

Prairieland Community Supported Agriculture
Week 12 – July 18, 2007

PrairieFire at Prairieland CSA

Remember WILL's Prairie Fire crew, including producer/host and PCSA shareholder, Alison Davis Wood, will be filming at the Champaign pickup site. Alison is hoping to interview a few shareholders at pickup. If you would prefer not to be filmed or interviewed, just let her know.)

Eggs will be moved to make room for the filming and will be on the front porch of the site.

What a Difference a Week Makes

Just as Jim finished the last of the patches on the drip irrigation system, the jet stream shifted south and has made a world of difference at the farm. Squash almost didn't make it into the shares this week as the Moores enjoyed a rare rainout for a few hours yesterday. More rain is coming tomorrow, possibly 2 inches in some areas.

The summer vegetables are entering the shares and the fall crops are up in the fields. Jim cultivated all day Saturday.

In Your Share Today:

The last of the cauliflower is in the shares this week along with the first of the field tomatoes! Eggplant from the field, as well as sweet peppers, and the first of the new potatoes arrive today. Red cabbage makes its first appearance, as well, joined by cucumbers, zucchini, and yellow squash.

Recipes and Storage Tips:

If you've got a recipe, we'd love to have it. Email info@prairielandcsa.org or call 355-6279 and I'll type while you read it.

Red Cabbage

Acids like red wine vinegar and cranberry juice help red cabbage keep its bright color whether you use it cooked or fresh. If you can't bear the thought of adding more humidity to your house, try this marinated sweet-sour cabbage salad.

<http://homecooking.about.com/od/saladrecipes/r/blsalad19.htm>

PCSA Shareholder and Urbana site co-host Sonia Newmark recommends this red cabbage recipe, that even kids will eat:

Danish Red Cabbage

From Sonia Newmark

1 lg cabbage (less than 3.5 lb)

1 / 4 c butter

3 T sugar

3 T vinegar

100 ml cranberry juice

Thinly slice cabbage and place in a large covered saucepan . Add remaining ingredients. Steam covered at very low heat for 1.5 hours. Cook without lid to evaporate some but not all of liquid for 1/2 hour. The cabbage should have at least an inch of liquid throughout the cooking time, add more cranberry juice if necessary. Serve warm as a side dish. Or, eat cold as a salad, on sandwiches with hard boiled egg, or in place of coleslaw as part of a California reuben.

Zucchini and Yellow Squash

Keep your squash dry and away from plastic in your refrigerator crisper to extend their life if your squash has gotten ahead of you. See the last two week's newsletters for suggestions at <http://www.prairielandcsa.org/newsletters.html>

Alternatively, you can try this savory muffin recipe from PCSA founders Bill and Shirley Records...

Zucchini/Yellow Squash Basil Muffins

2 eggs
3/4 c. milk
2/3 c. cooking oil
2 1/2 c. all purpose flour
1/4 c. sugar
1 T. baking powder
2 t. salt
2 c. shredded or grated zucchini
2 T. minced, fresh basil
1/2 c. grated parmesan cheese (optional)

Preheat oven to 425 degrees. Prepare muffin pans with nonstick spray. In a large bowl, break and beat eggs. Add milk and oil. In another bowl, measure out and stir together flour, sugar, baking powder, and salt. Add dry ingredients to egg mixture, 1 c. at a time. Stir until combined. Batter can be lumpy. Gently fold in zucchini and basil. Stir only until just mixed. Again, lumps are fine. Spoon batter into muffin cups. Fill 1/2 to 2/3 full depending on desired final size. Sprinkle parmesan cheese on top if desired. Bake 20 to 22 minutes, or until golden brown. Cool. Remove from pans. Can be frozen after cooled. Bake less time if making smaller sized muffins. Makes 18 to 20 small muffins.

Tomatoes

Penne al Pomodoro

Boil 8 oz penne pasta or spaghetti in salted water, and drain. Meanwhile, dice 2 tomatoes and thinly slice about a dozen basil leaves and/or equivalent amount of Italian parsley, and mince 1 clove garlic. Heat 1 to 2 T of olive oil in a large skillet. Saute garlic. When you can smell the garlic but it hasn't colored, add tomatoes and basil. Cook just until tomatoes soften. Toss pasta into sauce. Add fresh mozzarella or parmesan if desired.

Cauliflower

Now you have no excuse for not making a cauliflower and potato gratin using the basic gratin recipe in Recipes from America's Small Farms.

Yukon Gold Potatoes

These are not washed. If you aren't up for using your potatoes right away, leave them dirty and they will keep longer. If you wash them, let them air dry and store them in a string bag away from moisture and light.

Eggplant and Sweet Bell Peppers

Try Easy Pasta Fresca on page 171 of Recipes from America's Small Farms, or Ratatouille on page 174, and sandwiches on page 175.

Cucumber

Didn't use your daikon yet? Or your green cabbage from last week?

Shred them with julienned cucumber and dress with this dressing:

1 tablespoon rice vinegar

2 teaspoons soy sauce

1/2 teaspoon sugar

1 teaspoon sesame oil

Up the quantities if you need more dressing

Creamy Cucumber Salad

3 tablespoons mayonnaise

2 tablespoons milk

1 tablespoon vinegar

1 cucumber

1/2 teaspoon sugar (optional)

1/4 teaspoon salt (optional)

Mix mayonnaise, milk, vinegar, sugar and salt together in a large measuring cup until smooth. Peel cucumber or run a fork down the side for pretty stripes. Slice then and pour sauce over. If you have any fresh dill, cilantro, or basil, they are wonderful additions.

Questions, comments, or have a recipe you'd like to share?

email info@prairielandcsa.org or call 355-6279