

Prairieland Community Supported Agriculture
Week 13 – July 25, 2007

From the Farm

Recent rains have made for small tall pastures and some very happy animals at the Moore Farm. The deer also have been happy. Unfortunately, they have been happy with the sweet potatoes! They have not left a single plant.

As for crops in this week's share, Diann says to snap off the tip of the beans where any rust might be. Rust occurs in damp conditions. Healthy plants can typically handle a bit of rust, however, it can cause problems for stressed plants or if plants are particularly susceptible. The peppers in this week's share are not hot, says, Diann. So, don't fear having to run for a glass of water.

Aaron is fairing better than his vehicle after the Iroquois County Fair Demolition Derby. Diann was thankful that a bent radiator in the first heat and an illegal hit from an opponent that put him over the barrier in the consolation round took him out of the fray early. If you didn't make it to Crescent City here's a taste minus the mud, noise, and fumes: <http://www.annabarnesmedia.com/aaron/> Click on the thumbnails for larger images.

In Your Share Today:

Salsa Fest is here. Tomatoes are in the share in quantity as are a variety of peppers. You'll also find red potatoes, eggplants, green cabbage, yellow squash, zucchini, and for the first time this season, greenbeans!!

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.

Cabbage – You can try stuffed cabbage using the recipes on page 80 of Recipes From America's Small Farms. Or, try the slaw recipe below which can be used with green or red cabbage

Freezer Slaw

1 cabbage, cored and shredded
1 carrot, peeled and shredded
1 green pepper, chopped (optional)
1 sweet onion, chopped
1 t salt
1 c vinegar
1 c sugar
1 t celery seed

Combine vegetables with salt. Let stand 1 hour. Boil together vinegar, sugar, and celery seed. Cool and pour over slaw. Put in containers and freeze or use fresh. 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

Again, 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 three week's newsletters for suggestions at <http://www.prairielandcsa.org/newsletters.html>

Picante Zucchini on page 165 of Recipes From America's Small Farms is a good option. And you can show your kids that Ratatouille isn't just a cartoon character with the recipe on page 174.

Or, throw cut the eggplant and zucchini into 1/4 to 1/2 inch thick slices lengthwise. Toss with olive oil, balsamic vinegar, salt, pepper, and fresh basil if you have it. Grill until tender. Use on salads, sandwiches (with pesto mayo), and pasta for the rest of the week.

Eggplant

Make a great dip with the recipes on page 156 or try Eggplant Pastitsio on page 169.

Tomatoes

Try Tuscan Bread Salad on page 161.

Chiles

Use your chiles in salsa with your sweet peppers and tomatoes. Salsa is a matter of preference, use more or less of any ingredient as you prefer...

2 tomatoes chopped

1 small red onion chopped, or use green onions

1 sweet pepper chopped

1 hot pepper, minced (use less or more if desired)

juice of 1 lime

1 clove garlic, minced (optional)

1-2 T chopped cilantro (optional)

Combine ingredients, let sit for 20 minutes for flavors to develop. For a richer flavor, cut tomatoes and onions in half and grill on skewers before adding.

Red Potatoes

Again, 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.

Try Green Beans, Potatoes, and Sausage on page 127 of Recipes from America's Small Farms.

Green Beans

Do not store these in the bag until next Tuesday or they will continue to rust. Use them early in Mediterranean Beans and Tomatoes on page 131 of Recipes from America's Small Farms.

Or make an abbreviated version of Salade Nicoise Steam some potatoes and green beans and toss them while warm with the dressing below from former shareholder John Thorpe. This dressing makes everything wonderful. Arrange the steamed vegetables with quartered tomatoes and hard boiled eggs, and sprinkle with olives, capers, and fresh cracked pepper and salt. Drizzle with a little more dressing if desired.

John's Salad Dressing

1 clove of garlic mashed with 1 t of salt

1 shallot minced or equivalent mild onion

1/4 c white wine vinegar

1 t Dijon mustard

Whisk together the above slowly adding 1 c of extra virgin olive oil

Add 3 T of whatever fresh herbs you have basil, parsley, etc.

Add salt and pepper to taste

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

email info@prairielandcsa.org or call 355-6279