

PrairieLand Community Supported Agriculture
Week 20 – Sept 12, 2007

From the Farm

As some of you know, the Moores lost a dear friend late last week. Tomatoes had to take a back seat this week as there simply wasn't enough time to pick them.

2008 Shares Moving Quickly

As you know shares go open to the waiting list as of Sept. 15. If you have not already reserved yours online, please do so ASAP at <http://www.prairienet.org/pcsa/contracts.html>

If you know you will not be returning for whatever reason, please let us know by emailing info@prairielandcsa.org or calling 355-6279. If you will be moving, you can find a CSA where you're headed at www.localharvest.org

In Your Share

Yellow wax beans join the mix this week, along with cantaloupe, potatoes, green beans, Cubanella peppers, Anaheim chiles, poblano chiles, cucumber, onions, zucchini, and summer squash.

Recipes and Storage Tips:

Squash

Thanks to shareholder Sue Schreiber for some new zucchini/summer squash recipes.

Writes Sue... "The first one is an authentic Chinese dish, though it's been adapted for the US. In China the dish is made with cucumbers instead of zucchini, but the texture of the cucumbers available here just isn't right. Zucchini end up giving just the right texture. This dish isn't good as a leftover since the salt causes quite a bit of water to leach out of the vegetables. If I do want to have some leftovers, I just set aside some of the vegetable/meat mixture and put the sauce on it later. This recipe was created by my friend Lydia from Taiwan. The beauty of this recipe is that it doesn't involve using the stove or oven at all! Perfect for very hot days! A food processor makes quick work of the chopping."

Chinese Chicken Salad

8 servings

- 1 rotisserie chicken (could substitute cooked chicken breasts)
- 5 zucchini (shredded or cut into thin strips)
- 1.5 cups cilantro (chopped)
- 3 or 4 cloves of garlic (chopped finely)
- 1/4 cup jalapeno (diced) optional
- 1/4 cup sugar
- 1/3 cup soy sauce
- 3 Tbsp sesame oil

1/2 tsp rice vinegar
1/2 tsp salt

Steps:

1. Peel the chicken skin and fat off, and take all the bones out of the chicken.
2. Cut the chicken in strips 2 inches long (or just tear with fingers)
3. Mix chicken strips, zucchini, cilantro, Jalapeno, and sesame oil in a mixing bowl.
4. Combine sugar, soy sauce, salt, rice vinegar and garlic in a mixing cup.
5. Add mixing cup liquid to the chicken mixture and toss well.
6. Serve immediately

For variety, consider adding: shredded carrots, vermicelli noodles or shitake mushrooms.

Chocolate Zucchini Cookies

Writes Sue: "You can't taste the zucchini in these cookies, but it adds vitamins, fiber, and a nice moist texture. These zucchini cookies can be made to be more sweet like traditional cookies or more healthy like breakfast cookies. Either version keeps well in the freezer. The healthy version is particularly good to have around as a quick, nutritious, easily packable snack for expecting or nursing moms. I originally found this recipe online and adapted it, but I don't remember where!" Prep and Cook Time: 1 hour.

- 1 cup butter, at room temperature (for healthy version, use cup yogurt & cup butter)
- 1 1/2 cups sugar (1 to 1 cups sugar for healthy version)
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups grated zucchini
- 2 3/4 cups all-purpose flour (replace some or all of the all-purpose flour with whole wheat flour for healthy version. Also add 2 Tbs. of oat bran or ground flax seed)
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 1 cup walnuts, chopped
- 1 cup semisweet chocolate chips
- 1/2 cup raisins
- 1 cup sweetened flaked coconut (can use unsweetened coconut in healthy version)

Preheat oven to 350 degrees F. In a large bowl, cream together butter and sugar until light and fluffy. Beat in eggs and vanilla. Stir in zucchini. In a medium bowl, whisk together flour, baking powder, cinnamon, and salt. Add to zucchini mixture. Stir in nuts, chocolate chips, raisins, and coconut. Drop by tablespoonfuls onto buttered cookie sheets. Bake until lightly browned, 15 to 20 minutes (20 - 25 min for healthy version), and transfer to a rack to cool. Repeat with remaining dough. Yield: Makes 5 dozen cookies

Wax beans and Green beans

These are beautiful tossed together in the same dish, especially if you garnish it with some sliced or diced pepper. If you have any extra tomatoes, chop them and throw them into the mix as well. Vinaigrette dressings with a pinch of sugar and some chopped basil are great on wax bean dishes, use a ratio of 1/4 t sugar to 5 T oil and 3 T vinegar.

Wax beans are often used in Three Bean Salad. And while the canned version is one of the more nasty things on earth, the fresh version is really good. Here's a recipe from a few years back:

<http://www.prairielandcsa.org/pdf/newsletters/2004/Sept22.pdf>

Cantaloupe

Mix with yogurt and pour over ice for a smoothie for breakfast or a snack.

Peppers

Roast this week's peppers, seed, and chop and add to scrambled eggs for a pretty brunch, or a quick, light dinner.

Potatoes

Red potatoes and Yukon Golds are considered medium starch potatoes, perfect for potato salads and dishes that you want the potatoes to keep their shape. If you are using them to do home fries or oven fries, remember that the difference between these and russet potatoes is the amount of water between their cells. Russets have less. So, you may want to drain your potatoes longer than your recipe specifies, or salt the potatoes and then drain to draw out more of that extra moisture. If you are doing oven fries, you'll want to place your baking sheet on the lowest level of your oven and have your oven hot, around 475. Soak the potatoes for 10 minutes to remove starch, then salt and drain for 30 minutes if you are doing home fry wedges. Arrange the wedges in single layer on an oiled, sided baking sheet sprinkled with salt and pepper. Bake the potatoes about five minutes with the pan covered with foil. Remove the foil and continue to bake until the bottoms of potatoes are spotty brown, 15 to 20 minutes. Flip the wedges, using a spatula if necessary and bake for 5 to 15 minutes longer. Note: Rotate the pan if one side is getting browned unevenly.

Cucumber

For a quick make ahead main dish salad, toss seeded 1/4 inch diced cucumber with cooked and cooled cheese tortellini. Dress with 1 c sour cream or reduced fat sour cream, 2 t minced garlic, salt, pepper, and dried dill.

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