

PrairieLand Community Supported Agriculture
Week 19 – Sept 5, 2007

From the Farm

Many of the melons ended up surviving, but they need to be used right away. Plan on eating your watermelon for dessert tonight or for breakfast tomorrow morning. The Roma beans in the share were simply too good not to include despite a few rust spots near the tip due to the rains.

2008 Shares On Sale

Several of you have already renewed your shares online. Thanks. If you know you will not be returning for whatever reason, please let us know if you haven't done so already, so that we can make marketing plans. Please email info@prairielandcsa.org or call 355-6279.

In Your Share – Bring 2 Bags, Maybe 3???

Watermelon AND cantaloupe, yellow onions, potatoes, big European eggplant, tomatoes, sweet bells, spicy poblano peppers or Anaheims, yellow summer squash, zucchini, cucumber, green beans, and Romano beans.

Recipes and Storage Tips:

Watermelon – eat this tonight or tomorrow morning. Not up for watermelon for dessert?

Try it as a salad with cucumber:

<http://www.recipezaar.com/174616>

Cantaloupe – These will keep for a few days in the fridge, but get to them soon as they also are moisture and heat stressed. For future reference, if you ever want to know how to pick a melon in the market, use these as a guide. Forget thumping, ripe melons should smell fragrant. And, if you press lightly where the stem attached, they should give slightly.

Eggplant

Eggplant Tian

Think of a tian as a stewed vegetable casserole. Like most, it's even better the next day.

1 eggplant, peeled and sliced 1/4-inch thick

5 small tomatoes, sliced 1/4-inch thick

3 small onions, sliced 1/4-inch

2 T extra-virgin olive oil

1 t sea salt, Kosher salt, or your favorite salt

1 T fresh thyme, finely chopped, can use basil instead

3 - 6 cloves garlic, finely minced

1/2 freshly grated Parmesan cheese, or similar soy cheese

Preheat oven to 400 degrees F. Lightly oil a 9x13-inch glass casserole. Layer half of sliced eggplant, tomato, onion, olive oil, salt, thyme/basil, and garlic in the casserole.

Repeat. Cover dish tightly with aluminum foil or oven-proof lid. Bake 50 minutes. Remove foil; sprinkle top with cheese. Bake an additional 10 minutes. Remove from oven, and let stand 15 minutes before serving.

Or, if you are looking for ways to add more whole grains to your diet, try this recipe for Mediterranean Eggplant and Barley Salad from the Sept 2006 issue of Gourmet at <http://www.epicurious.com/recipes/food/views/235753>

The Eggplant Bruschette from the March 2006 issue also is a tasty way to use eggplant: <http://www.epicurious.com/recipes/food/views/233960>

Ratatouille (page 174 of Recipes from America's Small Farms) over polenta with a side of steamed green beans will use up a major portion of this week's share.

Squash

This vegetable soup recipe also from the March 2006 Gourmet uses no stock so the vegetables really shine through.

<http://www.epicurious.com/recipes/food/views/233968>

Or try zucchini in the basic frittata recipe along with some goat cheese and oregano on page 24 of Recipes from America's Small Farms.

Picante Zucchini on page 165 of Recipes from America's Small Farms uses hot pepper and squash.

Peppers

Add grilled or roasted bell and poblano peppers and sautéed onion and diced squash to polenta for extra color and vitamins.

Potatoes

Don't forget baked potatoes for quick lunches. Top with roasted vegetables and/or cheese or leftover meat.

If you haven't tried Green beans, Potatoes, and Sausage on page 127 of Recipes from America's Small Farms, this may be the week to try it.

Romano Beans

Steam and top with chopped tomatoes and bits of fresh mozzarella or ricotta and a few chopped toasted walnuts for a pretty late summer salad. Drizzle your favorite simple vinaigrette (balsamic ones are particularly good).

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.