

PrairieLand Community Supported Agriculture
Week 14 – Aug 13, 2008

From the Farm:

Bountiful harvests continue on the farm. We are running ahead of share value at this point in the season. Because of the potential for early frosts in early October, the Moores try to build in a cushion when they can. For those planning for next year, Diann says the share price will remain the same (\$400), however, the start date will be mid-May ending in early October.

In Your Share Today:

You'll want to bring two bags for today's share: red potatoes, roma beans, onions, tomatoes (including romas), bell pepper, roasting pepper, cayenne pepper, cucumbers, summer squash, zucchini, basil, and for the first time from the Moore Farm ---SWEET CORN!!!!

Recipes, Serving and Storage Suggestions

If you missed last week's newsletter and recipes, you can access it online at <http://www.prairieLandcsa.org/newsletters.html> Stumped for how to prep, store, or cook any of your produce? Need more specific directions? Don't hesitate to call 355-6279 or email info@prairieLandcsa.org.

Sweet Corn

Forget about boiling for 20 minutes -- all fresh corn really needs is blanching. Dress it up with butter if you want. Or, opt for lime and a little ground chipotle.

Roma Beans

Treat these like green beans in terms of cooking times. Roma beans are great on their own. Cut them diagonally into 2 inch pieces or leave them whole. Steam and drizzle with a little olive oil and sprinkle with salt and pepper. Or combine them with potatoes...

Red Potatoes & Roma Beans with Creamy Basil Dressing

1 1/2 pounds potatoes
1 1/2 T olive oil, divided
1 t salt, divided
3/4 t cracked pepper, divided
1/2 pound roma beans
Creamy Tarragon Dressing

Preparation

Preheat oven to 425 degrees F. Cut potatoes in half, and place in a large bowl. Toss with 1 T. olive oil, 1/2 tsp. salt, and 1/2 tsp. pepper. Place potato halves, cut sides up, in a cookie sheet with sides. Toss green beans with remaining 1/2 T. oil, 1/2 tsp. salt, and 1/4 t. pepper, and place on another sheet pan. Bake beans for 12 minutes or until tender. Bake potatoes for 35 minutes or until tender and browned. Remove from oven and let stand. Arrange green beans around roasted potatoes on a serving platter. Drizzle with

Creamy Basil Dressing.

1/ 4 c buttermilk

2 T fresh lemon juice

1 t sugar

1 t Dijon-style mustard

3/ 4 t salt

1/ 4 t coarsely ground pepper

1/ 2 c olive oil

2 T finely chopped green onion or mild white/yellow onion

1 T chopped fresh basil

Whisk milk, juice, sugar, mustard, salt, and pepper. Gradually whisk in oil in a slow, steady stream, until smooth. Stir in onion and basil. Use immediately, or store in an airtight container in fridge for up to a week. (note: basil and onion will become stronger as dressing sits). Let chilled dressing stand 30 minutes before using.

Alternatively, you can use your potatoes and beans in Green Beans, Potatoes, and Sausage on page 127 in Recipes from America's Small Farms.

Make some pesto (see below) and try the potato lasagna with pesto sauce on page 192 of Recipes from America's Small Farms. It uses potatoes and green beans/Roma Beans.

Basil

Making pesto isn't hard. The recipe on page 212 is a good one. If you've never made pesto before, you'll want to make sure the basil leaves are dry. You can freeze pesto in ice cube trays or silicone mini muffin pans for later use. Use food service film to line your ice trays if you're concerned about pesto flavored iced tea. If you want a lighter sauce, consider substituting some lemon juice for part of the olive oil. You can also use 3 parts basil and 1 part mint. For those who like a little spice, add a pinch of crushed red pepper flakes.

Cucumbers

Try the summer soup recipe on page 140. Alternatively slice equal amounts of cucumber and tomato and dress with buttermilk dressing. Or, try Martha Stewarts cucumber, tomato, and onion salad <http://tinyurl.com/69bx39> Cucumbers are perfect partners for mint and feta. Add a little mild vinegar and olive oil and you have another great salad.

Eggplant

Want the flavors of eggplant Parmesan but not the mess? Bake small eggplants (8 to 10 ounces) for 15 minutes at 450 degrees. Then split in half and scoop out all but 1/ 4 inch of the flesh. Saute it with onion, chopped tomato, basil, salt, and pepper. Fill eggplant shells with filling until brimming in a baking dish and bake 10 minutes. Meanwhile, make a white sauce, with 1 T butter, 1 T flour and 1 c of milk using the directions on page 193. Spoon sauce over eggplants. Grate on plenty of Parmesan. Bake for 20 minutes more.

Zucchini and Summer Squash and Peppers and Onions

Few things are better than kabobs made with sweet peppers, squash, and onions. Serve with rice, bulgur, or other grains, or orzo.

Cayenne and Warm, Roasting Peppers

Add these to your favorite salsa. Roast for richer flavor. If you want to minimize the heat from these peppers, remove the seeds and inner ribs.

Please pass along your favorite recipes and serving suggestions to info@prairielandcsa.org or call 355-6279. Thanks!