

PrairieLand Community Supported Agriculture  
Week 15 – Aug 20, 2008

From the Farm:

Diann's grandmother passed away this week unexpectedly, leaving the Moores scrambling to get in this week's harvest and take care of family obligations. "I am officially spent," said Diann last night.

It may be August, but due to the colder weather earlier this year, we are just now hitting the transition between greenhouse and field tomatoes. This week marks the end of the greenhouse tomatoes. The wet and cold weather earlier this year also meant that the Moores couldn't plant this season's sweet corn in the field, they hand-seeded trays in the greenhouse and then transplanted each corn plant in the field when the weather warmed. Be sure to enjoy this labor of love as the next planting is questionable. The third planting of sweet corn desperately needs rain for pollination, so, keep your fingers crossed for some showers this weekend, says Diann.

Cold weather early on also is pushing back this season's winter squash. However, the recent heat wave has one broccoli planting arriving 3 weeks early, contributing to another broccoli fest.

Uncertain weather like this is why the Moores prefer to heavy up the value of the share during mid-season whenever possible to guarantee that shareholders get everything they paid for even if it means having to end the season before late October. We'd rather have people have full bags in the summer than risk them having empty ones in fall, explains Diann.

In Your Share Today:

Yukon gold potatoes, big bag of green beans, 3 heads of broccoli, Cubanelle sweet pepper, 2 cucumbers, summer squash, zucchini, tomatoes, and 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](mailto:info@prairielandcsa.org).

Putting Produce Aside

Blanching green beans and broccoli is the way to go if you are wanting to tuck some into the freezer. Simply boil for two minutes, then plunge into ice water, drain, and put into freezer bags removing air.

Frozen green beans are great in winter stir fries. Frozen broccoli is perfect on top of baked potatoes with cheese or in soups.

If you are interested in learning to can, email [info@prairielandcsa.org](mailto:info@prairielandcsa.org) and I will try to schedule some canning workshops again this year.

#### Sweet Corn

Again, all fresh corn really needs is blanching.

#### Green Beans

Cut your green beans down to size with this very easy recipe which will accommodate half of this week's share as is or all if doubled.. Line a baking sheet/tray with foil. Stem green beans. Toss with olive oil and salt and pepper. Roast green beans on tray in a single layer in a 425 degree oven for 30 minutes, until just starting to get a few brown spots. Remove from oven, toss with zest and juice from a lemon, and a fistful of chopped mint. Add a little balsamic vinegar if desired, as well as feta cheese.

#### Cucumbers

Want creamy cucumbers without all the fat. Take a tip from Indian and Greek cuisine and use yogurt with your cucumbers instead of sour cream. Add some chopped mint if you have it.

#### Zucchini and Summer Squash and Peppers and Onions

Intrepid PCSA shareholder Georgia Morgan resolved to get rid of her squash backlog this week and sent along these three zucchini gazpacho recipes...

#### Zucchini Gazpacho

1 big zucchini  
2 yellow tomatoes  
1/2 green bell pepper or 1 cubanella  
1 small sweet onion, chopped into quarters  
2 cloves garlic  
2 slices white bread, crusts removed  
1/4 c extra virgin olive oil  
Tabasco  
salt  
pepper  
3 T parsley, chopped  
juice of 1/2 an orange  
extra olive oil for drizzling

Blend the zucchini, tomatoes, onion quarters, bell pepper, olive oil and garlic in a food processor. Get it a bit combined and then add the bread, a bit of Tabasco, parsley and orange juice. Taste and add salt and pepper as needed. Serve into individual bowls and drizzle with the olive oil.

#### White Zucchini Gazpacho (serves 10)

2 pounds zucchini, (4 medium sized), peeled and chopped

2 cloves garlic, crushed  
1/2 c sweet onion, chopped  
1 c chicken broth or stock, more if desired  
2 c plain yogurt  
1 T lemon juice, fresh squeezed  
1 t Kosher salt, or to taste  
1/2 t white pepper, or to taste

Using cleaned and peeled zucchini, chop into small chunk-sized pieces. Approximately 1 1/2 to 2 pounds of the zucchini will be needed. Chop garlic and sweet onion into pieces. Add garlic, onion, zucchini, and 1/2 c chicken stock together in a food processor or blender. Blend until smooth in texture or until desired consistency is achieved. Place blended ingredients in a large bowl. Add yogurt, remaining chicken stock, lemon juice, salt, and pepper to combined ingredients in bowl and whisk all contents together until well blended. Season to taste. Add more chicken broth if necessary to achieve desired consistency. Pour soup into a tightly covered container and place in refrigerator to chill for several hours or overnight. Serve cold. Garnish with croutons and fresh herbs such as parsley, cilantro or basil. Also, freshly grated Parmesan cheese or any other hard cheese desired, such as sharp cheddar can be used as a garnish.

#### Green grape and Zucchini Gazpacho Serves 6

Adapted from Susan Volland's cookbook: Green, Black, Red. Recipes for cooking and enjoying California Grapes

1 medium cucumber, peeled and chopped  
2 large celery stalks  
1 1/2 c green grapes  
1 c vegetable or chicken broth  
1/2 onion, sliced  
1 large zucchini, chopped  
1/3 c day old bread, chopped, crust removed  
1/4 c red wine vinegar  
2 T extra virgin olive oil  
1 garlic clove, chopped  
salt and pepper to taste  
diced tomatoes for garnish

Combined all the ingredients, except the tomato, in a large bowl. Puree in batches in a blender or food processor until very smooth. Chill for at least one hour to improve flavor. Serve and garnish with diced tomatoes.

#### Tomatoes

Since we may not see tomatoes for a couple of weeks, do something special with these like Salad Caprese on page 161 of Recipes from America's Small Farms.

Please pass along your favorite recipes and serving suggestions to [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279. Thanks!