

PrairieLand Community Supported Agriculture  
Week 16 – Aug 27, 2008

From the Farm:

Lawns aren't the only things turning brown these days. Though there is plenty of moisture down deep, subsoil moisture just isn't there on the Moore farm, meaning that prospects for many fall vegetables and the last planting of sweet corn are not good. Additionally, the cooler nights are keeping eggplants and tomatoes from setting new fruit. Existing fruit will continue to ripen, but the plants are beginning to pack it in. Out in the pastures the animals seem to know that fall is coming early, as well. They have already got their winter coats. If they are any kind of barometer, you may want to dig out your winter blankets sooner rather than later this year.

Because they are unsure of what the coming weeks are bringing, the Moores have heaved up the shares again this week. "We know that this is more than you may want to handle," says Diann, "but we don't want to come in short on value and we can't store it in the fields." To help you out, Diann researched some quantity recipes for green beans and broccoli this week.

In Your Share Today:

Potatoes, broccoli, squash, zucchini, cucumbers, eggplant, roasting pepper, green bell pepper, sweet Cubanella pepper, Italian parsley, yellow wax beans, green beans, and your choice of cantaloupe or honey dew!

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).

Canning Workshops

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. We may hold them jointly with Common Ground Food Coop.

Green Beans

Blanching green beans 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.

Green Bean Potato Bake, serves 8

6 cups of peeled cooked potatoes, cut into 1/2 inch cubes  
2 c fresh green beans, snapped into 2 inch pieces  
2 c fully cooked ham, cut into 1/4 to 1/2 cubes  
2 c shredded Colby-Monterey Jack cheese, divided  
2 T dried minced onion

1 can cream of mushroom soup, undiluted  
1/2 c milk  
1/3 c mayonnaise, do not use fat-free  
1/3 c sour cream  
Additional 1/2 c shredded cheese for garnish

In a greased 13 x 9 x 2 inch baking dish, layer potatoes, beans, ham, 2 c of cheese, and onion. In a bowl, combine soup, mayonnaise, and sour cream. Pour over top and gently stir to coat. Cover and bake at 350 degrees for 45 minutes. Uncover and sprinkle with remaining cheese. Bake 5 to 8 minutes longer or until cheese is melted.

Mixed Bean Chicken Stir Fry, serves 6

1/2 pound fresh green beans cut into 2-inch pieces  
1/2 pound fresh wax beans cut into 2-inch pieces  
3 boneless breasts of chicken  
2 T vegetable oil  
2 T plus 1 1/2 t cornstarch  
3 T soy sauce  
1, 8 oz can pineapple chunks or equivalent fresh  
1 medium sweet red pepper (can also use green)  
1 small onion, thinly sliced  
1/4 t salt  
1/4 t ground ginger or 1 t fresh minced

Blanch beans for 3 minutes. In a small bowl, combine cornstarch and soy and set aside. Flatten chicken to 1/4 inch thickness and cut into 1/2-inch wide strips. Heat 1 T of oil in a large skillet or wok. Sprinkle chicken with salt and stir-fry for 3 to 4 minutes until no longer pink. Remove from pan. Add remaining oil and stir fry pepper and onion, w/ fresh ginger if using until onion softens. Add pineapple, chicken, beans, and dry ginger if not using fresh. Add soy mixture and cook until thickened. Serve with rice.

Roasted Green Bean Salad #2, serves 4 to 6

2 pounds fresh green beans  
1 T of olive oil, divided  
1/2 t salt  
2 T white wine vinegar  
1 1/2 t Dijon mustard  
2 T snipped fresh dill or 2 t dill weed  
1 1/2 t sugar  
1/4 t pepper  
1/4 t salt  
2 T olive oil

In a bowl, toss beans with 1 T olive oil and 1/2 t salt. Spread in single layer on an ungreased 15 x 10 x 1/2 to 1 inch baking tray. Bake uncovered at 400 degrees for 30 to 40 minutes or until beans are tender and lightly browned, stirring twice. Meanwhile,

combine remaining ingredients up to olive in a small bowl. Slowly whisk in oil. Transfer cooked beans to a large serving bowl. Dress with vinaigrette, toss, and serve.

### Picnic Beans with Dip

Blanch 1 pound of green and or wax beans. Chill until serving.

For dip combine the following in a blender or food processor:

1/2 c mayonnaise, can use reduced fat

1/2 c half and half

6 T vegetable oil

2 T white wine vinegar

1 T Dijon mustard

1 small onion, quartered

1 t salt

1/4 t ground coriander

1/4 t dried savory

1/4 t pepper

1/8 t dried thyme

Refrigerate dip at least 1 hour before serving. Makes 1 2/3 c.

### Shepherd's Bean Pie, serves 12 to 15

1 1/4 pounds fresh green beans cut into 2 inch pieces

1 1/4 pounds fresh wax beans cut into 2 inch pieces

3 medium carrots cut into 2-inch julienne strips

1/2 small onion

1 t butter

1 can cream of chicken soup, undiluted

1/2 c heavy whipping cream

1/2 c chicken broth

3 t dill weed

1 c shredded Swiss cheese

6 ounces fully cooked ham

1/4 c slivered almonds

7 c hot mashed potatoes (with butter and milk)

1/4 t dill weed and 1/2 Swiss cheese for garnish

Blanch beans and carrots. Saute onion until tender. Combine soup, cream, broth and 3 T of dill in a large bowl. Add the cooked beans, carrots, and onion, gently stir to coat.

Transfer to a greased, shallow 3 qt baking dish. Top with ham, 1 c cheese and almonds.

Spread mashed potatoes over top. Cover and bake at 350 degrees for 30 minutes.

Uncover and garnish with remaining cheese and dill weed. Bake 5 to 10 minutes more or until cheese is melted.

## Broccoli

Blanching 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. You will be glad you spent the time this summer when you see how much this is going to be in the store this winter.

## Broccoli Stuffed Potatoes

2 T butter

2 T all purpose flour

1 c milk

1/4 t ground mustard

1/4 t salt

1/4 t pepper

1/2 c shredded cheddar cheese

3 c chopped fresh broccoli, blanched

1 c fully cooked ham, cubed

4 to 6 baking potatoes baked, or equivalent amount of new potatoes

In a small saucepan, melt butter. Stir in flour until smooth. Gradually add milk, mustard, salt, and pepper. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat; add cheese, stirring until melted. Fold in broccoli and ham. Serve over hot mashed potatoes.

## Cucumbers

These taste like the classic Kosher dill and don't require canning. I used this with some baby pickling cucumbers last week.

### Pickling Solution:

6 cups water

2 cups vinegar

1/2 cup canning salt

Bring ingredients for the pickling solution to a boil. Turn off heat.

4 to 5 pounds fresh cucumbers

2 t dill seed, or 12 to 15 heads of fresh dill

1 T of pickling spice (cloves removed)

pinch of red chili flakes if desired

4 cloves of garlic

Wash cucumbers. Cut in half, seed if large, and cut again lengthwise or however many times to get desired spear width. Cut half crosswise again to create 4 inch long spears. Layer cucumbers, garlic, fresh dill if using, in a 1 gallon lidded jar. and dill. Pour hot vinegar solution over the top, let set on counter for 3 or 4 hours. Refrigerate, ready to eat in 2 to 4 days.

## Zucchini and Summer Squash

If you missed the gazpacho recipes from last week, see them here:

<http://www.prairielandcsa.org/newsletters.html> Kabobs are always good for using smaller squash. Larger squash are good stuffed.

If you are thinking about making any breads this winter, shred the amounts necessary for the recipe, place in a freezer bag, remove air, and freeze.

If you missed the baking recipes from August 6, here are the links again to check amounts:

Chocolate Zucchini Cake from Saveur magazine

<http://tinyurl.com/63qn84>

Squash strata

<http://tinyurl.com/6h6xqf>

Savory Zucchini Bread from the Closet Cooking blog

<http://tinyurl.com/66q5vs>

## Italian Parsley

Chop it and add it to pasta and other dishes for flavor. Dry it to dress up dishes this fall and winter. Or, use it as part of an ultimate Latin American sauce for grilled foods.

## Chimichurri

1/2 cup minced fresh parsley

2 cloves garlic

1/2 cup olive oil

2 T fresh lemon juice

1/4 t salt and 1/8 t pepper, or to taste

Puree parsley and garlic in food processor as for pesto. Add olive oil and lemon juice to make paste into sauce. Finish with salt and cracked black pepper. Let set for at least 2 hours before serving.

## Cantaloupe or Honeydew

If you absolutely have to do something with these other than eat them straight or as smoothies, check out

## Iced Cantaloupe Soup with Jalapeño and Basil

<http://tinyurl.com/3k8zc7>

Or if you are feeling adventurous at your weekend cookout, experiment with honeydew, lime juice, cilantro, and jalapeno in a cocktail. Or try this adult honeydew and Midori popsicle at <http://tinyurl.com/6y45cz>

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