

PrairieLand Community Supported Agriculture  
Week 13 – Aug 6, 2008

From the Farm:

As of yesterday, the Moores had received over an inch of rain. Thankfully, the worst of the winds passed them by, however, other areas near Watseka weren't so lucky. Keep your fingers crossed that the heavier rains that fell on Indiana don't come back to haunt Watseka when they drain.

In Your Share Today:

Diann braved the mud to grab this week's lettuce, dill, and basil. You also are receiving yukons and red skin potatoes; tomatoes; peppers -- bells, cubanellas, and warm roasting peppers aka Big Jims; eggplant; zucchini and summer squash; and large cucumbers.

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).

Eggplant Caponata

This recipe will use up a lot of your share. Serve it over pasta, on bread as an appetizer. You also can freeze it for later.

1-lb eggplants  
olive oil  
1 c chopped onions  
1/2 c chopped celery  
1/2 c peeled, seeded, and chopped tomatoes  
1/2 t dried rosemary  
1/4 c pitted, halved green olives  
1/8 c rinsed and drained capers  
3 T red wine vinegar  
2 t sugar  
Freshly ground pepper

Peel and cube eggplant into 3/4-inch pieces. Salt and let drain for 30 minutes; pat dry. Pour a thin layer of oil into a large frying pan. Sauté half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, sauté the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), sauté onions and celery until just tender, then add the tomatoes, and rosemary. Cover pan and cook for 4-5 min., uncover, and cook 5 min.. Add the eggplant, olives, and capers. Heat the vinegar and sugar until the sugar dissolves, and pour over the mixture. Simmer, covered, for 5-10 min. Season to taste and cool. Makes 3-4 c.

Or, take advantage of this week's dill to make this Eggplant Dip/Sandwich Spread

1 large eggplant

1/3 c chopped onion  
3 T olive oil  
2 T chopped fresh dill  
2 t salt  
1 t black pepper

Pierce eggplant skin in several places. Cut in half and place on greased baking sheet. Broil 8 to 10 minutes until soft. Scoop out pulp with spoon and place in bowl. Add rest of ingredients. Blend well. Serve hot or cold with crackers or bread.

### Zucchini and Summer Squash

The heat is beginning to break. So, take advantage of it with these recipes

Chocolate Zucchini Cake from Saveur magazine

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

Or, make this squash strata for brunch or dinner

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

Finally, there is this savory zucchini bread on the Closet Cooking blog which makes an excellent base for tomato and basil sandwiches

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

### Cucumber

With cucumbers like this and fresh dill you can make a

1 large cucumber  
1/3 cup cider vinegar  
1/3 cup water  
2 T sugar  
1/2 teaspoon salt  
1/8 teaspoon pepper  
chopped fresh dill  
sour cream

Halve cucumber and seed if desired. Or use with seeds in. Either way, slice the cucumber very thinly and place in a glass bowl. Mix vinegar, water, sugar, salt and pepper and pour over cucumbers. Stir well. Cover and refrigerate at least 4 hours. Drain most of the liquid off the cucumbers. Add dill and sour cream to taste.

### Refrigerator Pickles – Makes 1 quart

1 pound Kirby cucumbers  
1 T plus 1 1/2 t Kosher salt  
2 c distilled white vinegar  
1 1/2 t dill seed  
2 garlic cloves

1 bunch fresh dill, coarsely chopped

Wash the cucumbers and halve lengthwise. Do not peel. Seed with spoon, then cut them in half again lengthwise. Next cut the quarters into 1/2-inch thick slices. Transfer the slices to a colander set in a large bowl. Toss them well with the salt and refrigerate one hour. Rinse the cucumbers well and drain. Pat them dry with paper towels and transfer to a large bowl. Bring 1.5 cups water, the vinegar, dill seed and garlic to a boil in a sauce pan. Reduce heat and simmer 4 minutes, then remove from heat and allow mixture to cool for about 10 minutes. Add chopped dill to cucumber slices and toss together. Pour in brine. Let cool completely--about 30 minutes--then transfer mixture to airtight containers and refrigerate at least 1 week before eating. The pickles will last another three weeks.

Remember: green peppers and larger squash are excellent stuffed. See Recipes from America's Small Farms for Recipes.

Potatoes

Potato salad doesn't always have to be about mayonnaise. You can simply dress potatoes with a good vinaigrette.

1/4 c red wine vinegar

2 1/2 T minced shallot or onion

2 t Dijon mustard

1 large garlic clove, minced, and mashed to a paste with 1/2 t salt

1 c extra virgin olive oil

1 1/2 t chopped fresh dill

1 1/2 t finely chopped fresh basil

Add other fresh or dried herbs to taste e.g. 1 t dried thyme,

Black pepper to taste

Whisk together ingredients up to oil. Add oil in a slow stream to maintain emulsion. Add spices and herbs.

Roasted Chile Potato Salad

Drizzle cooked potatoes with olive oil, salt, pepper, and a little lime juice or vinegar. Add chopped chiles and if desired cumin and chopped cilantro.

Roasting peppers basically involves blackening them over a gas burner, under a broiler, or on a grill. Be careful not to over do it or you will only end up with dessicated peppers. Less is often more with roasting. Also, to get the most flavor rub off char with a paper towel, knife, or kitchen cloth, and don't use running water or you will rinse away the flavor. If you are going to remove seeds, do it on the cutting board or you will rinse away the flavorful juice, as well.

Pass along your favorite recipe to [info@prairielandcsa.org](mailto:info@prairielandcsa.org) or call 355-6279. Thanks!