

Prairieland Community Supported Agriculture
Week 10 - July 16, 2008

From the Farm:

The Moores ran out of light yesterday, so Jim ended up picking the summer squash this morning. As such, it is the freshest that has ever been through the CSA. Tomorrow will be a nail biter for Diann as Aaron competes for the second year in the Iroquois County Fair demolition derby. He is using his friend Dustin's car that survived a demolition derby last week in another fair. The derby starts at 7:30 pm, if you want a seat in the grandstand, leave Champaign-Urbana no later than 5:30 pm. Get directions here: <http://www.iroquoiscofair.com/> I am not sure what ticket prices are this year.

In Your Share Today:

Small head of cabbage, two egg plant, one green pepper, one bunch onions, tomatoes, lettuce, and six summer squash & zucchini.

Share the Wealth

If you know of a pantry or organization that is in need of produce, please let us know at 355-6279.

Extra Totebags Available

We ordered additional totebags to help round out the order. If you would like one, email info at prairielandcsa.org or call 355-6279.

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> As always, if you are stumped for how to prep, store, or cook any of your produce, or if the suggestions are more general than you feel comfortable with, don't hesitate to call 355-6279.

Here are some recipes to help you move through your zucchini. Of course, kabobs are always a good bet. If you have a larger zucchini, you can try the stuffing recipes on page 164 of Recipes from America's Small Farms. You can try the Greek Zucchini Pancake recipe on page 151, or one of the following.

Zucchini Pancakes 1

3 / 4 pound zucchini (about 3 medium)
1/2 cup all-purpose flour
1 large egg
1/4 cup finely sliced green onion
Salt and pepper
oil for frying

Grate zucchini on the large holes of a box grater or a food processor. Squeeze out water and place in a bowl.

Add flour, egg, green onion, and a generous amount of salt and pepper.

Over medium high heat, heat about 1/ 8 inch of oil in a large skillet. When oil is hot enough to create foam around a piece of green onion, add batter a tablespoon at a time. These are about the size of silver dollar pancakes. Cook about 2 minutes on each side, until golden brown. Drain on paper toweling or a grocery sack on a baking rack. Serve with yogurt or sour cream, or salsa.

Zucchini Pancakes 2

1 c flour
2 t baking powder
pinch of sugar
1/ 2 t salt
dash of pepper
3 cups grated zucchini
3 T butter, melted or use vegetable oil
1 T minced parsley and/or green onion
1 clove garlic, minced
3/4 c grated Parmesan cheese
1 egg, beaten

Combine to make a fairly thin batter. Drop by spoonfuls into an oiled skillet. Turn when golden. Can be reheated in the oven.

Zucchini Enchiladas

1/ 4 c butter
1 c milk
1/ 2 t. salt
1 1/ 2 c chicken or vegetable broth
1/ 2 c flour
1/ 2 c diced green chiles (can use canned)

Melt butter over low heat, slowly add flour and stir until blended. Still stirring, add milk, salt, and broth. Increase heat to medium and add chiles. Allow to thicken to creamy consistency (approx. 10 minutes). Remove from heat, allow to cool so you can dip tortillas into it in next step.

Spread 1/ 2 c of chile cream sauce (above) into a baking dish. Warm six flour tortillas in the microwave. Dip each in sauce, then fill with 1/ 6 of a mixture of:

2 1/ 2 c shredded zucchini
1 1/ 2 c shredded jack cheese

Roll each and place seam side down. Cover with remaining sauce and:
1/2 c of additional cheese.

Alternatively, you can add 2 c of zucchini to a traditional enchilada recipe along with 1/2 pound of ground meat.

Tomatoes

Some of the best recipes for tomatoes stem from peasant fare made with absolutely fresh ingredients. Try the Greek salad caprese, or Tuscan bread salad recipes on page 161.

Lettuce

If you haven't gotten to using last week's beets yet, try roasted them and topping your salad with them, some local chevre from Prairie Fruits, a few walnuts (toast them in a skillet for a few minutes), and a mustardy vinaigrette. Very, very yummy.

Cabbage

This week's small cabbage is the perfect size for stir fry. Use the southwestern sauce on page 35 for a change of pace. Note that the chili powder called for means ground chili. Chili powder mixes typically contain cumin and other spices, which are already called for in the sauce recipe. Of course, you can always add marinated chicken or tempeh. Try this recipe from epicurious for a chipotle marinade if you want to grill your chicken or tempeh <http://tinyurl.com/5l62yf>

Eggplant

Saute eggplant with squash, onion, green pepper, and tomato. Add a little thyme or basil, salt and pepper, and use to top pasta or serve as a side. Want some more specific directions? Halve the Easy Pasta Fresca recipe on page 171.