

PrairieLand Community Supported Agriculture
Week 11 - July 23, 2008

From the Farm:

Adequate moisture is back, and the Moores are enjoying a much needed break from the heat, especially since harvesting is usually done in long sleeves, and in the case of zucchini, with a hooded sweatshirt.

Jim's winter research paid off, as the Moores have a lettuce that can take the summer heat. You'll find it in this week's share, along with greenbeans from one of the few plantings that pulled through.

In Your Share Today:

Red cabbage, tomatoes, slicing cucumber, lettuce, green pepper, several eggplant, yellow squash, zucchini, and green beans.

Note: You will need to get the beans out of the plastic bags ASAP as they were picked wet from the rains.

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.

Zucchini and Squash

Use the recipe on page 164 of Recipes from America's Small Farms to stuff zucchini. These stuffings also will work for eggplant and poached green peppers. Though not a pizza per se, the Squash Pizza recipe on page 168 makes an excellent side for grilled meat, tempeh, or tofu.

Eggplant

The Eggplant Pastitsio recipe on page 169 gets rave reviews from several shareholders. You can also try the eggplant dips on page 156. Grilled eggplant makes an excellent topping for pizza. See the June 25 newsletter for crust recipe: <http://www.prairielandcsa.org/pdf/newsletters/2008/june25.pdf>

Red Cabbage

This recipe from PCSA Shareholder and Urbana site co-host Sonia Newmark is one that even the kids will eat. The cranberry juice helps it keep its beautiful color:

Danish Red Cabbage

1 lg cabbage (less than 3.5 lb)
1 / 4 c butter
3 T sugar
3 T vinegar
100 ml cranberry juice

Thinly slice cabbage and place in a large covered saucepan . Add remaining ingredients. Steam covered at very low heat for 1.5 hours. Cook without lid to evaporate some but not all of liquid for 1/2 hour. The cabbage should have at least an inch of liquid throughout the cooking time, add more cranberry juice if necessary. Serve warm as a side dish. Or, eat cold as a salad, on sandwiches with hard boiled egg, or in place of coleslaw as part of a California reuben.

If you've got a carrot hanging out in the vegetable bin, you're in business for this recipe, and if not, it's still good. This is the perfect thing to have with roast pork or egg salad sandwiches during the winter.

Freezer Slaw

1 cabbage (red is prettier for this), cored and shredded
1 carrot, peeled and shredded
1 green pepper, chopped (optional)
1 sweet onion, chopped
1 t salt
1 c vinegar
1 c sugar
1 t celery seed

Combine vegetables. Let stand 1 hour. Boil together vinegar, sugar, and celery seed. Cool and pour over slaw. Put in containers and freeze or use now.

Green Beans, Cucumber, Tomatoes, Salad Greens

Show these off with some salad greens, a couple of hard cooked egg, wedges from two tomatoes, some sliced cucumber, and some good tuna in olive oil, as well as some capers and a handful of Nicoise olives. Dress with:

1/4 c red wine vinegar
2 1/2 T minced spring 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 T finely chopped fresh basil

Whisk together ingredients through oil. Add oil in a slow stream to maintain emulsion. Add basil.

This dressing also is good to pour over potatoes for a non-mayonnaise version.

Let us know how you use your share, email info at prairielandCSA.org or call 355-6279. We're always up for new ideas and suggestions.