

PrairieLand Community Supported Agriculture  
Week 12 - July 30, 2008

From the Farm:

Tropical conditions are persisting on the farm, requiring that some of the onions be tilled under this week. Long hours also are the rule for everyone on the farm. By the time Wes delivered vegetables today around 11 today, he had already helped inventory the meat freezers, and deliver a load of hogs to Chenoa.

In Your Share Today:

Green cabbage, summer lettuce, cucumbers, eggplant, green beans, tomatoes, basil, squash, and your choice of peppers from mild to medium.

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.

Zucchini and Squash

Here's a great way to use up some squash and beat the heat

Cold Zucchini Soup

6 medium zucchini or summer squash, thinly sliced

1 onion, thinly sliced

1 t salt

5 c water

3 T lemon juice

1/2 c pesto

8 oz of plain yogurt

Fresh basil leaves and extra yogurt as garnish

Put squash and onion in water with salt. Bring to a boil. Boil 10 minutes and simmer for 1 minute more. Allow soup to cool. Add lemon juice, pesto, and yogurt. Blend in a blender. Chill until serving. Serves 4 to 6.

Zucchini Pizza Quiche

3 c shredded zucchini

3 eggs substitute

1/3 c flour

1/2 salt

2 c part skim mozzarella cheese

2 small tomatoes, thinly sliced

1/2 c chopped onion

1/2 c green pepper, julienned

1 t dried oregano

2 t fresh basil

3 T Parmesan cheese

Combine squash and egg in a large bowl. Add flour and salt. Spread into the bottom of a deep dish 12-in pizza pan or 9 x 13 baking pan coated with olive oil or cooking spray. Bake at 450 degrees for 8 minutes. Reduce heat to 350 degrees. Sprinkle with mozzarella, tomatoes, onion, green pepper, herbs, and Parmesan. Bake for 15 or 20 minutes or until onion is tender and cheese is melted. Serves 6.

Eggplant

Try Tomato and Eggplant Soup

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

Green Cabbage

Here's a way to enjoy your cabbage without heating up the kitchen

Cabbage Roll Crockpot Soup

1 pound ground round

3 1/2 cups water

2 cups coarsely chopped green cabbage

1 cup sliced carrot

1/2 cup sliced celery

1/2 cup chopped onion

1/2 teaspoon dried dill

1/2 teaspoon dried oregano

1/2 teaspoon dried basil or 2 t fresh

1/2 teaspoon pepper

3 cans beef consommé - undiluted-10.5 ounces per can

2 cans diced tomatoes - undrained-14.5 ounces per can

1/2 cup uncooked converted rice

salt and pepper to taste

Brown meat in a nonstick skillet over medium-high heat; drain well. Place meat in a 4-quart electric slow cooker; stir in water and next 10 ingredients. Cover; cook on low-heat for 3 hours. Add rice, cook an additional 5 hours or until rice is tender.

Cucumber

Try this refreshing pasta recipe with cucumber, lemon, and mint.

<http://tinyurl.com/57mcrh>

Greenbeans

Greenbean Salad

Toss steamed green beans with 1/4 t salt or to taste, 1/8 t black pepper, 1 t sherry vinegar and 3/4 T of olive oil

Greenbeans and Horseradish Dip

2/3 c reduced sour cream  
1/3 c reduced fat mayo  
3 T prepared horseradish  
1/2 tsp salt

Combine all ingredients and serve with steamed greenbeans

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