

PrairieLand Community Supported Agriculture
Week 18 – Sept 10, 2008

From the Farm:

Gustav's fallout was erratic but the Moores managed to catch some of it. In fact, they received enough rain that this week's beans had to be hand washed and dried with fans. Truly a labor of love.

2009 Shares on Sale

Shares remain on sale to current members through September 15th. Any remaining shares will go on sale to those on the waiting list and to the general public on September 16 and October 1, 2008 respectively. As the waiting list is large and there have now been at least two people attempt to sign up who weren't even on it, I cannot urge you strongly enough to renew your share ASAP. Sign up link is here:

<http://www.prairielandcsa.org/join/contract.html>

Remember, we cannot hold shares without at least a first payment.

If you have any questions, please do not hesitate to email or call 355-6279.

2008 Season Last Pickup 9/24

The Moores will have given us our full value by September 17th, however, they are opting to go an additional week, making the last pickup September 24th.

Help for 9/24 Pickup

As I will be leaving for a 275 mile AIDS ride on 9/24, I still need to find a volunteer to take two shares to the Greater Community AIDS Project Eastern Illinois Foodbank on 9/24 before 4pm. Email info@prairielandcsa.org or call 355-6279 if you can lend a hand. You will be helping people not have to choose between medicine and food. Volunteer work doesn't get much more rewarding than that.

In Your Share Today:

Green beans, potatoes, sweet peppers, eggplants, lettuce, dill, and 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.

Canning Workshops

Canning workshops will be a go. They are being held jointly with Common Ground Food Coop. Check the schedule at CGFC for dates and times and to make reservations. There will be a small fee to cover expenses, probably about \$5.

Green Beans

Just when you're counting them out, they are back. For a fall spin on green beans, blanch 1 pound. In a skillet, heat a 2 t of olive oil in a skillet and brown 2 oz of pancetta (Italian

unsmoked bacon). When the bacon is rendered, add 1 T of chopped fresh sage. When sage starts to become fragrant remove sage and pancetta from pan. Add 1 T of oil to pan, sauté green beans for 4 to 5 minutes. Toss with pancetta mixture and serve.

Cucumbers

You've got the dill this week, now there's really no excuse for putting off refrigerator pickles. Meijer has 3 liter glass jars with rubber rings.

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.

Dill

Fresh dill was made for potato salad. But it is just as good added to a cucumber sauce like the ones on page 150 of Recipes from America's Small Farms. These sauces are great with grilled foods and spicy Indian dishes. They can also be expanded into soups.

Potatoes

Nothing takes the chill off a winter hike like the classic Swiss roesti. Here is Alton Brown's take on it:

1 pound Yukon gold potatoes (other waxy varieties will also work), chilled, peeled, and shredded

1/4 pound onions, shredded

4 teaspoons vegetable oil

4 tablespoons unsalted butter

Kosher salt and freshly ground pepper

Combine potatoes and onions in a tea towel. Squeeze as much liquid as possible from the mixture. In a large mixing bowl, combine this mixture with the oil and divide into four equal parts.

In a 10-inch non-stick saute pan melt a 1/2 T of butter. Season one part of potato mixture with salt and pepper and spread into a thin layer in the pan. Brown for 5 to 7 minutes. Invert the roesti onto pan lid and remove pan from heat. Add additional 1/2 T of butter to

the preheated pan. Slide roesti into pan raw side down and brown for an additional 5 to 7 minutes. Remove to a rack and hold in a warm oven. Repeat previous steps for remaining potato mixture.

Roesti are typically topped with Swiss cheeses like Appenzeller and often slice of tomatoes. Sometimes they are used for bases for eggs, as well. Chopped rosemary and/or dill also are good with roesti.

Peppers

Sauteed peppers and sausages are classic fall fare. Serve them over polenta with a simple green salad. Leftover sausages and peppers are great mixed with tomato sauce over pasta.

Zucchini and Summer Squash

Fall is also a good time for Greek Zucchini Cakes. Recipe on page 151 of Recipes from America's Small Farms. These are great for brunch. They also are good with tomato sauce or chopped tomatoes marinated with olive oil, chopped basil, and minced garlic.

Eggplant

If you haven't tried Baba Ganoush from page 156 of Recipes from America's Small Farms, Ratatouille page 174, now is the time. Grilled eggplant is also great on whole wheat pizza.

Pizza Crust

You can store unused pizza dough in plastic bags in your fridge for several days. Make some on the weekend and use the leftover dough for quick dinners during the week. This recipe uses only whole white wheat flour, but you can easily adapt your favorite using half whole white wheat and possibly a little extra water for a lighter textured crust.

2 1/4 cups whole white wheat flour

scant 1 t salt

1/2 t instant yeast

2 T olive oil

1 c cold water

In a large bowl, mix flour, salt, and yeast. Stir in oil and water with a wooden spoon.

Gather dough into a ball as you stir. Turn out onto counter and knead until springy, elastic, and sticky not just tacky. See kneading instructions here:

http://www.ehow.com/how_13898_knead-bread-dough.html If your dough isn't behaving, you may just need to walk away for 5 or 10 minutes and allow the gluten to relax a bit. The dough will be easier to work with when you return.

When the dough is kneaded, cut it into 3 equal pieces and roll/mold each into a ball. Rub each ball with olive oil and slip into plastic sandwich bags. Refrigerator overnight.

When you are ready to make pizza (anytime in the next few days), remove the desired number of dough balls from the refrigerator at least 1 hour before making the pizza. Keep them covered so they don't dry out.

Preheat the oven to 450 degrees. Working one at a time, gently press a dough round into a disk wide enough that you can bring it up onto your knuckles to thin out - you should be able to pull each round out to 12-inches or so. If the dough is being fussy and keeps

springing back, let it rest for another 15-20 minutes. Place the pulled-out dough on an oiled sheet pan. Brush with olive oil and bake for five minutes to set crust. Add your toppings (less is more for a crisp crust). Bake until the crust is crisp and nicely colored, around 10-15 minutes more. Remove from the oven.

Please pass along your favorite recipes and serving suggestions to info@prairielandcsa.org or call 355-6279. Thanks!