

PrairieLand Community Supported Agriculture
Week 17 – Sept 3, 2008

From the Farm:

Labor Day was a day of labor at the Moore farm. At this point even a major rain won't save the remaining green beans. Now, the Moores are praying for rain in time to spare the pastures. Do what ever you have to do to send positive thoughts north as they hope for relief from Gustav's fallout.

2009 Shares on Sale

Yesterday marked the beginning of sales of shares for the 2009 season. If you missed the email, the price is again \$400. However, the number of weeks is being shortened to 20 due to the pattern of wet springs and early frosts in recent years. The Moores would rather err on the side of delivering too much rather than too little. Season will run from May 13 through Sept 23. As there are only 5 new spots being added for next year and 53 people on the waiting list, I strongly urge you not to delay in renewing your share. Once you sign up, please send at least your first payment to hold your share as we cannot hold shares without funds. 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.

Sign up link is here: <http://www.prairielandcsa.org/join/contract.html>

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

In Your Share Today:

Sweet corn returns, along with your choice of honeydew or cantaloupe, 2 heads of summer lettuce, 3 types of peppers, eggplant, potatoes, summer squash, zucchini, cucumbers, bok choy, and green beans.

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

If you are interested in learning to can, email info@prairielandcsa.org and I will try to schedule some canning workshops again this year. We may hold them jointly with Common Ground Food Coop.

Green Beans

I am repeating last week's freezing and quantity recipes here, with the additional suggestion from shareholder Tina Wismer of the classic Southern style green beans and potatoes with bacon. If you need a recipe, try Emeril's version here:

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

Blanching green beans is the way to go if you want to tuck some into the freezer. Simply boil for two minutes, then plunge into ice water, drain, and put into freezer bags removing air.

Green Bean Potato Bake, serves 8

6 cups of peeled cooked potatoes, cut into 1/2 inch cubes

2 c fresh green beans, snapped into 2 inch pieces

2 c fully cooked ham, cut into 1/4 to 1/2 cubes

2 c shredded Colby-Monterey Jack cheese, divided

2 T dried minced onion

1 can cream of mushroom soup, undiluted

1/2 c milk

1/3 c mayonnaise, do not use fat-free

1/3 c sour cream

Additional 1/2 c shredded cheese for garnish

In a greased 13 x 9 x 2 inch baking dish, layer potatoes, beans, ham, 2 c of cheese, and onion. In a bowl, combine soup, mayonnaise, and sour cream. Pour over top and gently stir to coat. Cover and bake at 350 degrees for 45 minutes. Uncover and sprinkle with remaining cheese. Bake 5 to 8 minutes longer or until cheese is melted.

Mixed Bean Chicken Stir Fry, serves 6

1/2 pound fresh green beans cut into 2-inch pieces

1/2 pound fresh wax beans cut into 2-inch pieces

3 boneless breasts of chicken

2 T vegetable oil

2 T plus 1 1/2 t cornstarch

3 T soy sauce

1, 8 oz can pineapple chunks or equivalent fresh

1 medium sweet red pepper (can also use green)

1 small onion, thinly sliced

1/4 t salt

1/4 t ground ginger or 1 t fresh minced

Blanch beans for 3 minutes. In a small bowl, combine cornstarch and soy and set aside. Flatten chicken to 1/4 inch thickness and cut into 1/2-inch wide strips. Heat 1 T of oil in a large skillet or wok. Sprinkle chicken with salt and stir-fry for 3 to 4 minutes until no longer pink. Remove from pan. Add remaining oil and stir fry pepper and onion, w/ fresh ginger if using until onion softens. Add pineapple, chicken, beans, and dry ginger if not using fresh. Add soy mixture and cook until thickened. Serve with rice.

Roasted Green Bean Salad #2, serves 4 to 6

2 pounds fresh green beans

1 T of olive oil, divided

1/2 t salt

2 T white wine vinegar

1 1/2 t Dijon mustard
2 T snipped fresh dill or 2 t dill weed
1 1/2 t sugar
1/4 t pepper
1/4 t salt
2 T olive oil

In a bowl, toss beans with 1 T olive oil and 1/2 t salt. Spread in single layer on an ungreased 15 x 10 x 1/2 to 1 inch baking tray. Bake uncovered at 400 degrees for 30 to 40 minutes or until beans are tender and lightly browned, stirring twice. Meanwhile, combine remaining ingredients up to olive in a small bowl. Slowly whisk in oil. Transfer cooked beans to a large serving bowl. Dress with vinaigrette, toss, and serve.

Picnic Beans with Dip

Blanch 1 pound of green and or wax beans. Chill until serving.

For dip combine the following in a blender or food processor:

1/2 c mayonnaise, can use reduced fat
1/2 c half and half
6 T vegetable oil
2 T white wine vinegar
1 T Dijon mustard
1 small onion, quartered
1 t salt
1/4 t ground coriander
1/4 t dried savory
1/4 t pepper
1/8 t dried thyme

Refrigerate dip at least 1 hour before serving. Makes 1 2/3 c.

Shepherd's Bean Pie, serves 12 to 15

1 1/4 pounds fresh green beans cut into 2 inch pieces
1 1/4 pounds fresh wax beans cut into 2 inch pieces
3 medium carrots cut into 2-inch julienne strips
1/2 small onion
1 t butter
1 can cream of chicken soup, undiluted
1/2 c heavy whipping cream
1/2 c chicken broth
3 t dill weed
1 c shredded Swiss cheese
6 ounces fully cooked ham
1/4 c slivered almonds

7 c hot mashed potatoes (with butter and milk)
1/4 t dill weed and 1/2 Swiss cheese for garnish

Blanch beans and carrots. Saute onion until tender. Combine soup, cream, broth and 3 T of dill in a large bowl. Add the cooked beans, carrots, and onion, gently stir to coat. Transfer to a greased, shallow 3 qt baking dish. Top with ham, 1 c cheese and almonds. Spread mashed potatoes over top. Cover and bake at 350 degrees for 30 minutes. Uncover and garnish with remaining cheese and dill weed. Bake 5 to 10 minutes more or until cheese is melted.

Cucumbers

Don't know what to do with your cucumbers. Freeze them. If you are cucumbered out, make these freezer pickles from University of Illinois extension and save them for Superbowl Sunday. Best of all, you don't need any special equipment or ingredients, and it can be scaled to the amount of cucumbers you have on hand. This recipe produces a crisp, sweet pickle that goes well in salads, on sandwiches, or as a side for barbecue. The secret to the crisp texture is the sugar, so do not reduce the sugar in the recipe.

2 quarts cucumbers, peeled and thinly sliced (use any variety of cucumber)
1 medium onion, sliced thinly
1 tablespoon salt (table salt, canning salt or kosher salt can be used)
1-1/2 cups sugar
1/2 cup white distilled vinegar

Mix cucumbers, onions and salt in a large bowl and cover with plastic wrap. Set the bowl on the counter for 2 hours. Pour into a colander and drain water from cucumber mixture. Combine sugar and vinegar. Stir well and pour over cucumbers. Pack into freezer containers or zip-closure bags. Freeze immediately. Pickles are ready to eat in 3 or 4 days and will keep in the freezer for up to one year.

Lettuce, Corn, Potatoes

Fall is a great time for composed salads with lettuce, steamed potatoes, roasted pepper, cooked corn, and smoked sausage or veggie sausage. Dress them with a mustardy vinaigrette.

Peppers

For a hearty fall lunch, split a green pepper in half lengthwise. Make one of the stuffings from Recipes from America's Small Farms or use whatever leftover rice, pasta, or grains, and other steamed or roasted veggies, as well as leftover meat and/or cheese.

Zucchini and Summer Squash

This week's squash tamer recipe comes from the blog, A Gluten Free Guide. It is a quiche-like pizza crust that uses 2 1/2 cups of zucchini. Recipe is here:

<http://tinyurl.com/63uo8n>

Bok Choy

Keep this first of the fall greens simple. Steam and then sauté with a little oil and garlic. Dress with a little soy and call it done.

Eggplant

Eggplant was made for curry. If you don't have a favorite curry recipe, try this one from All Recipes.com which gets good points for flavor and ease of cooking. You can substitute poblano for the jalapeno and use mild curry powder if your family is not adventurous when it comes to spice. Recipe is here: <http://tinyurl.com/57tsoy>

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