

PrairieLand Community Supported Agriculture 2009 - Week 14

Pickup begins at 4 pm and runs through 7 pm in the garages at 714 W Iowa in Urbana, Illinois and 701 W Washington in Champaign, Illinois.

2010 Shares go On Sale Sept 1

From the Farm:

Diann say to do a rain dance, say some prayers, whatever it is you do. The farm has been getting skipped by storms as of late. See her note at pickup.

Today's Haul – Bring 2 Bags

Sweet corn, lots of green beans, 2 cucumbers, Italian eggplant, green and red lettuce, dill, zucchini and summer squash, cubanella and bell peppers

Cucumbers

Peeled, seeded, and julienned cucumbers are great on top of spicy stir fries and Asian noodle dishes. This is an adorable appetizer http://www.finedinings.com/thai_cucumber_shrimp_appetizers.htm that could just as easily become a salad with diced cucumber.

This is the week to make refrigerator dill pickles:

http://www.smilepolitely.com/food/the_quest_for_crunchy_dill_pickles/

Green Beans

<http://www.washingtonian.com/articles/restaurants/5763.html>

You can also make a great salad with steamed green beans, chopped tomato, and yogurt.

Steamed beans with a drizzle of olive oil or butter, and chopped dill are hard to beat.

If you have a couple of tomatoes left, try the braised green bean recipe under Parthenon Green Beans here <http://www.prairielandcsa.org/pdf/newsletters/2003/july30.pdf> with a dollop of yogurt.

Blanch and freeze a few of these for winter.

Zucchini and Summer Squash & Peppers

Lots of you are taking advantage of the stuffing recipes on page 164 of Recipes from America's Small Farms. These work well with hollowed out patty pan squash or zucchini/summer squash boats and peppers. Blanched and drained, these can be stuffed and frozen for fall and winter dinners.

Zucchini Latkes <http://www.thelocalbeet.com/2009/07/12/zucchini-latkes/> These are great by themselves or with vinegary tomato sauces.

You can slice zucchini into ribbons and toss it into pasta in the last few minutes of cooking. Toss with olive oil or butter, salt and pepper, and Parmesan if desired.

Shred and freeze a few squash, or dry them in your oven on a baking rack:

<http://momskitchencooking.blogspot.com/2006/07/zucchini-chips.html>

Eggplant

What can't you do with these big boys? Babaganoush page 156. The ingredients for Thai eggplant dip on the same page also lend themselves to a great stir fried eggplant dish. Throw in a little green pepper if you want. If you have tomatoes, Moussaka on page 170 freezes well. Peeled, cut, salted, drained eggplant "steaks" brushed with olive oil and cooked on a clean grill grate make wonderful sandwiches and bases for tomato sauces.

Lettuce

Back again, though the red variety keeps wanting to bolt in the heat. See the dressing recipes on page 54.

Corn

You can cut corn from the cob and put a bit of it in a zipper bag in the freezer, as well. There is plenty to try the Corn and Goat Cheese pudding, as well:

<http://www.prairielandcsa.org/pdf/newsletters/2009/july29.pdf>

Have a recipe you'd like to share, or questions, comments, suggestions? Don't hesitate to email info at prairielandcsa.org or call 355-6279.