

Prairieland Community Supported Agriculture 2009 - Week 15

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.

Can it be possible? Sad but true, there are only 5 weeks left in the 2009 season. Shares for 2010 go on sale Sept 1.

From the Farm:

Jim and Wes hauled out the irrigation lines, did a lot of patching, and let the water run this week. Unfortunately last week's down pours here didn't occur on the farm. Rain has fallen all around them, but the Moores have had less than .3 total. The Moores are scrambling to save green beans and keep the tomatoes and eggplants from aborting their fruit. To fill the gap between the green house tomatoes and the field tomatoes, the Moores are bringing eggs today. These are raised on pasture with no antibiotics.

Today's Haul – It's a Two Truck Day

The Moores needed two trucks today which means you'll need two bags. Today is the peak of the season. You'll find green beans, sweet corn, peppers (bell, cubanella, jalapeno), Asian eggplant, fennel fern, cucumbers, zucchini, summer squash, Mediterranean magda cousa squash, green romaine lettuce, and A DOZEN EGGS!

What is magda cousa? It is a pear shaped light green squash that some say is sweeter than zucchini.

Common to Lebanon and the Mediterranean, here is a traditional preparation of it:

<http://cucinapanzano.blogspot.com/2009/07/summer-squashcousa.html> You can substitute Gimme Lean or other ground soy products.

Summer Squash

If you are getting in a rut with your summer squash, the folks at Mariquita Farms CSA in California can help you out. http://www.mariquita.com/recipes/summer_squash.html

They have lots of recipes for squash including Cream of Zucchini and Anise Soup that you can sub your fresh fennel fern for the fennel seeds in and an alternate frittata recipe. There are also recipes for zucchini carpaccio, zucchini and chickpeas, zucchini and pepper skillet, and a hamburger relish for the canning inclined or cut it down and make a fridge-sized batch.

Cucumbers & Fennel Fern

Peel cucumbers if you want or not. Slice them thin. Sprinkle them with salt, pepper, and chopped fennel fern. Toss them with some yogurt and call it done.

Green Beans

Stir fried green beans with black bean sauce and tofu and/or pork are hard to beat for a quick evening meal. You can make your own with some green onions and this recipe:

www.prairielandcsa.org/pdf/newsletters/2009/july1.pdf

Add a bit of jalapeno to your stir fry to give it a kick.

Trim beans to a half inch and add to chowders and other soups.

Corn

Chowder is the way to go for cooler evenings. This is a good basic chowder recipe:

http://simplyrecipes.com/recipes/corn_chowder/

If you don't have potatoes, add extra corn or diced zucchini. The carrots are nice, but optional. If you don't have celery, you can use a half teaspoon of celery seed. You can use cubanella pepper in place of the red bell.

Eggplant

Ratatouille sandwiches are one of the best things going this time of year and ratatouille is one of those dishes that is better the next day. See page 174 of Recipes from America's Small Farms if you haven't tried this already.

This dish is a great way to use eggplant, as well:

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

If you don't have any fresh tomatoes, you can top it with tomato sauce. It's also good with a splash of balsamic vinegar.

Eggs

See the basic omelet and frittata recipes on pages 23 and 24, as well as the quiche recipe on page 20. Serve them on a bed of romaine. Try the homemade mayonnaise recipe on page 28. Add a dash of chili sauce, pesto, or herbs to spice it up for sandwiches or salads.

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.