

## PrairieLand Community Supported Agriculture 2009 - Week 16

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.

Reminder: Shares for 2010 go on sale next Tuesday.

### From the Farm:

Cooler temperatures are keeping the field tomatoes from doing their thing. See Diann's note at pickup for more details.

### Today's Haul – It's a Two Truck Day Again

The Moores needed two trucks again today which means you'll need two bags. Cucumbers, sweet corn, green beans, 2 types of lettuce, parsley and/or fennel fern, bell pepper, roasting pepper, slicing onions, long eggplants, and cantaloupe are here today!

### Fennel Fern / Parsley

Fennel is great with cucumbers, or sautéed with onions, tomatoes, and soy or pork sausage atop pasta. Parsley is an excellent addition to roasted vegetables and soups. You can also try making chimichurri with it, which can be used as a marinade or a finishing sauce.

<http://www.globalgourmet.com/destinations/argentina/sauce.html>

### Corn

See the savory pudding recipe on page 124 of Recipes from America's Small Farms, or use it with your green beans and a few substitutions in the stew recipe on page 125. Practice your grilling technique for Labor Day with the grilled corn recipe on page 134. Toss grilled corn with some pepper, onion, parsley, mild vinegar and use it as a salsa or a sauce on top of the protein of your choice on a bed of lettuce. Or check out the basic fritter recipe on page 33.

Sauteed corn, onion, and pepper and a little rice make a great stuffing for any squash you may still have.

### Cucumber

Sure it sounds odd, but thin ribbons of sautéed cucumber tossed with egg noodles and a little browned butter makes a very quick meal.

Or, make a salad of cucumber, onion, and parsley with a little vinegar, and oil, if you like.

### Eggplant

This is the perfect eggplant to grill for pizzas.

### Cantaloupe

Great by itself. Also good with a squirt of lime juice and a sprinkling of smoky chipotle chili powder. Hard to beat cantaloupe smoothies. And, you can make this sorbet without an ice cream maker:

<http://www.epicurious.com/recipes/food/views/Cantaloupe-Sorbet-4119>

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