

PrairieLand Community Supported Agriculture 2009 - Week 13

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.

Same Price for 2010 Shares

The Moores have decided to keep the share price the same for 2010. And, to make things even easier to swing, shares will go on sale Sept. 1 so that current shareholders have a full month to purchase their shares before the waiting list folks get their shot.

From the Farm:

Diann says to enjoy the green house tomatoes while you can because the cool, wet weather has created a gap between them and the field tomatoes.

Today's Haul

3 big cucumbers, green beans, zucchini & summer squash, 4 eggplant, 1 bell pepper, 1 hot pepper, 7 tomatoes, 5 ears of sweet corn

Recipes and Serving Suggestions

Cucumbers

Raita, tzatziki, quick pickles, Japanese tsunomo – you have no end of options this week. See page 150 of Recipes from America's Small Farms for recipes for the classic Greek tzatziki and Indian raita that are great dips as well as cooling sauces for spicy and grilled foods. You can find a refrigerator dill pickle recipe here: <http://bit.ly/dJBXz> and classic Japanese cucumber salad here: <http://tinyurl.com/mzuxey> There's also a green bean salad recipe in the latter.

Green Beans

Check out Mediterranean Green Beans and Tomatoes on page 131 which makes a great vegetarian summer meal.

Roasted Green Beans

Always a good way to take down a pound of green beans in a hurry.
1 pounds tender green, purple or yellow beans, washed and trimmed
1/2 head of garlic, peeled, and minced
1-2 T olive oil
salt and pepper to taste

Preheat oven to 400 degrees. Toss the garlic and beans in a bowl with the olive oil, salt, and pepper. Spread evenly over two baking sheets and roast for about 40 minutes, stirring and turning at least once during cooking. Roasting time will vary with bean size. Smaller beans may be done in 30 minutes. They are done when they are slightly blistered and wrinkled with light-brown spots. Serve as is warm or at room temperature. Or, dress the beans with chopped tomato, a splash of balsamic vinegar, and a couple of tablespoons of finely chopped basil.

Zucchini and Summer Squash

Double Chocolate Zucchini-Squash Cake

This easy to make cake is chocolatey, stays moist, and keeps well, but there is no getting around the fact that it has zucchini in it. So, don't think you are putting one over on the kids. Fess up at the outset.

1/2 c butter or canola shortening

1/2 c canola oil
1 3/4 c sugar
2 eggs or egg substitute
1 t vanilla
1/2 c buttermilk (substitute regular milk with a T of lemon juice, or a thinned mixture of milk and plain yogurt)
2 1/2 c flour
1/2 c cocoa, Dutch processed is best
1/2 t baking powder
1 t baking soda
2 c grated or finely shredded zucchini
1/2 c chocolate chips, divided

Preheat oven to 325 degrees F. Grate or finely shred zucchini and set aside. Combine dry ingredients and set aside. In a separate bowl, cream butter (shortening), oil, and sugar. Add eggs, vanilla, milk and beat. Fold dry ingredients into butter mixture. Stir in zucchini and 1/2 c chocolate chips. Pour into a 9 x 13 x 2 inch pan. Sprinkle remaining chips over the top and press in lightly. Bake 40 to 45 minutes until cake springs back when lightly touched in the center or when a toothpick comes out clean (assuming you haven't hit a chocolate chip).

Or check out the very innovative use of zucchini in Gourmet magazine's July 2009 edition, Zucchini Whoopie Pies at <http://www.gourmet.com/recipes/2000s/2009/07/zucchini-whoopie-pies>
And there's zucchini-bran bread on page 180 which freezes well.

Tomatoes & Cucumber

Make the full batch of Gazpacho on page 158, substituting green onion for the red if you have some left. Add a bit of hot pepper to give it some zip.

Corn

Like you really aren't just going to eat this right off the cob. But if you want to make a salad with it, you can try the corn relish on page 249 substituting green bell pepper and a little of the hotter pepper if you dare.

Eggplant

Try the casserole or ratatouille on page 174, pastitsio on page 169, and pasta fresca on page 171.

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.