

Prairieland Community Supported Agriculture 2009 - Week 10

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.

From the Farm

In trying to get bedding for the animals for winter in between the rains, Wes baled straw until 9 pm after the Frankfort farmers market on Sunday, only to turn around and bale until dark again on Monday. Diann got her exercise harvesting the napa. Each crate only holds 4-5 heads and it takes 151 to fill all the shares. This adds up to a lot of trips down the 350 foot rows.

Today's Haul

Beets with tops, napa, 3 zucchini and summer squash, 2 broccoli, 2 cauliflower, Romaine-type summer lettuce, 1 lg or 2 sm eggplant depending upon pickup location, a small cucumber, and 1 large or 2 sm tomatoes depending upon your pickup location.

Recipes and Storage Suggestions

With the season at the halfway point, it's never too early to start stashing some produce for winter. Cut broccoli or cauliflower into florets and stems of equal size, smaller usually works better. Plunge into boiling water for 2 minutes. Then place in ice water until chilled. Drain and store in freezer bags with air removed. A drinking straw can help you remove more air.

Zucchini / Summer Squash

Thinly sliced zucchini and summer squash are great in frittatas. Top with some chopped tomato and thinly sliced basil. See recipe on page 24 of Recipes from America's Small Farms.

Alternatively sauté zucchini with mushrooms as a side or as a topping for pasta.

You can also substitute zucchini and summer squash for potato in vichyssoise, if the cooler weather has you craving soup.

Or, take a spoon and scoop out the center seed strip of the zucchini to create a boat. Steam for 5 minutes. Stuff with warm chicken or chickenless salad.

Add diced zucchini, chopped tomatoes, diced soft mozzarella, and thinly sliced basil to pasta. Dress with oil and vinegar, and salt and pepper.

Lettuce

Make a chopped salad with lettuce, tomato, and cucumber. Dress with olive oil and balsamic vinegar.

Beets

Sliced grilled, roasted, or steamed beets contrast beautifully with summer greens. Add a little crumbled goat cheese and some chopped walnuts. This dressing is a favorite of my neighbors and goes especially well with beets:

John Thorpe's Salad Dressing

1 clove of garlic mashed with 1 t of salt
1 shallot minced or equivalent mild onion
1/4 c white wine vinegar
1 t Dijon mustard

Whisk together the above slowly adding 1 c of extra virgin olive oil. Add 3 T of whatever fresh herbs you have basil, parsley, etc. Add salt and pepper to taste

Eggplant

Grill eggplant steaks brushed with olive oil and sprinkled with salt and pepper. Top with chopped tomato, basil, and a little garlic. Or, use on sandwiches with pesto mayo.

Quick Mediterranean Eggplant Pasta

Saute 1" chunks of eggplant in light olive oil. (Note: Peel the European/larger varieties, don't worry about the peel on the Asian) Make sure the oil is hot enough for the eggplant to sizzle when you place it in the pan. Sprinkle with salt and pepper. When brown, add chopped tomatoes, a little thyme and/or oregano, adjusting salt and pepper as necessary. Toss with pasta. Top with crumbled feta if desired.

Questions, comments, suggestions? Don't hesitate to email info at prairielandcsa.org or call 355-6279.