

## PrairieLand Community Supported Agriculture 2009 - Week 11

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

See Diann's note at pickup.

Today's Haul

10 summer squash / zucchini, broccoli / cauliflower, green onions, cucumber, Asian eggplant, tomatoes, cubanella peppers and some with a bit of heat, green beans, and the return of the something for everyone but not enough for all surprise crate.

Recipes and Serving Suggestions

Salsa

This is the week. If you don't have a favorite recipe you can use tomatoes and peppers in a 2:1 ratio, along with green onion in a slightly lower amount than peppers. Add a tablespoon or two of cider vinegar (local option) or some lime juice (less local option) and some salt to taste. Throw in some fresh cilantro if you have it and like it. You can also use some chopped cucumber. But don't limit yourself to making salsa out of just these ingredients. Try peaches, watermelon, and corn when you get the chance. See the recipes on page 154 of Recipes from America's small farms.

Zucchini

10 of these babies sounds more imposing than it is. They are large in number, but not in size. All the same, with so many, now is the time to shred and freeze a little for winter. Or, dry some zucchini chips in your oven on a baking rack: <http://momskitchencooking.blogspot.com/2006/07/zucchini-chips.html>

If you are looking for something different to do with your zucchini for tonight, try this version of baked zucchini chips:

<http://allrecipes.com/Recipe/Baked-Zucchini-Chips/Detail.aspx> and the Greek Zucchini Cakes on page 151 of Recipes from America's Small Farms. Either would be great topped with some chopped tomato and onion.

Alternatively, you can simply toss 3 medium zucchini sliced into 1/4-inch coins with 2 T olive oil, 2 T vinegar, salt, and pepper and roast for about 7 minutes on each side at 450 degrees. Toss with goat cheese if you have it.

The ratatouille recipe on page 174 of Recipes from America's Small Farms will take care not only of your zucchini, but your tomatoes, peppers, onions, and eggplant. It is even better the next day. Serve it over pasta, or just eat it with crusty bread as in the sandwich suggestion page 175.

Squash "Pizza" on page 168 also will take care of almost half your zucchini in one shot.

Cauliflower

This will likely be the end of the cauliflower, so do something good with it. See the July 8 newsletter for suggestions: <http://www.prairielandcsa.org/pdf/newsletters/2009/july8.pdf>

## Tomatoes & Cucumber

Make a half batch of Gazpacho on page 158, substituting green onion for the red.

## Eggplant

Returning shareholders will recognize this recipe. It is very forgiving. I didn't have celery last week, so I used a teaspoon of celery seed instead. Sometimes I add more tomatoes. Sometimes, I steam fry the eggplant by starting it off in a small amount of olive oil to brown at least one side, then add a bit of water and place on the lid. Caponata is always better the next day. It also freezes well, making it great for quick winter meals and entertaining.

## Caponata

1-lb eggplant

salt

olive oil

1-2 cloves minced garlic

1 c chopped onions

1/2 c chopped celery

1/2 c peeled, seeded, and chopped tomatoes

1/2 t dried rosemary

1/4 c pitted, halved green olives

1/8 c rinsed and drained capers

3 T red wine vinegar

2 t brown sugar

Freshly ground pepper

Peel and cube eggplant into 3/4-inch pieces. If using Asian eggplant, peeling is optional. Sprinkle generously with salt and let drain for 20 to 30 minutes in a colander. Pour a thin layer of oil into a large frying pan. Saute half the eggplant until golden brown, 6-10 minutes. Remove to a strainer, drain. Add more oil, saute the rest of the eggplant, and drain. In the same oil (or add 1 T additional oil if necessary), saute onions, garlic, and celery until just tender, then add the tomatoes, and rosemary. Cover pan and cook for 4-5 min. Uncover, and cook 5 min. Add the eggplant back in along with the olives, capers, vinegar, and sugar. Cook covered for 5-10 min. more. Season to taste and cool. Makes 3-4 c. Use to top bruschetta or pasta. Can be served warm or at room temperature.

## Green Beans

There is a continuing battle in my sister's family over the right way way to cook green beans. Her in-laws come from the Southern U.S. tradition of cooking them for extended times with a bit of bacon or salt pork. She believes they should be steamed or sauteed with garlic in olive oil. Truth be told, a cup of steamed beans has less than half the vitamin C and slightly over half the vitamin A of a cup of raw tomatoes which are considered to be high in both of these. So, as long as you have a cup of tomatoes, you can take the vitamin loss on your long cooked beans. All be it more Greek, this recipe for long-cooked beans is adapted from Paula Wolfert's "The Cooking of the Eastern Mediterranean" is a great put it in the oven and forget about it recipe for potlucks. See Parthenon Green Beans at <http://www.prairielandcsa.org/pdf/newsletters/2003/july30.pdf>

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