

PrairieLand Community Supported Agriculture 2009 - Week 19

Street work may be continuing in Urbana, so close parking may or may not be available.

2010 Shares Now On Sale

There are only 2 more weeks of sign up before the waiting list gets their shot.

Sign up online today at <http://www.prairielandcsa.org/contracts.html>

From the Farm:

Not so happy news from the farm. The Moores are irrigating and they lost two close friends from childhood and their early farmers market days last week.

Today's Haul

Broccoli, bell peppers – shareholder's choice, Italian style eggplant, kohlrabi, green beans, summer squash, zucchini, onions, radishes, and golden buttercup winter squash – use it place of pumpkin in recipes.

Recipe Suggestions

Broccoli, peppers, eggplant, green beans, and onions – sounds like stir fry to me. See page 34 of Recipes from America's Small Farms for directions.

Green Beans

Saute them with strips of colored bell pepper and a little garlic.

Broccoli

You are only getting one head today, but you can make soup for two. Garnish it with some good local goat cheese. <http://www.youtube.com/watch?v=Mvc8Au4YO60> Yes, I know it is Gordon Ramsay and I have issues with him, too. But the tips he gives in this video are really good and can be applied to other vegetable soups, such as carrot and asparagus, as well.

Onions

These are not really storing onions. Keep them in your fridge.

Zucchini & Summer Squash

Here is a quick chilled salad: <http://dianasaurdishes.com/07/spicy-tangy-asian-zucchini-noodles/>

And a not so naughty zucchini pancake recipe w/ whole grain flour:

<http://weight-watchers-points-recipes.blogspot.com/2008/06/zucchini-pancakes-225-pts.html>

Kohlrabi

The Moores specifically selected this variety because it doesn't get woody. You can use it in salads, or as parts of soups or gratins. You can find links to several kohlrabi recipes here:

<http://simplyrecipes.com/recipes/kohlrabi/> including kohlrabi and apple slaw, and kohlrabi curry.

Golden Buttercup Squash

Use this in any recipe that calls for pumpkin. See the recipes on the PCSA site:

http://www.prairielandcsa.org/recipes/winter_squash.html and check out the squash and pasta recipe on page 166 and the pumpkin pie recipe on page 188 of Recipes from America's Small Farms.

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.