

## Prairieland Community Supported Agriculture 2009 - Week 17

### Parking notes for Urbana Shareholders:

West Iowa Street from South Busey Avenue to South Orchard Street will be closed to through traffic today until 5 p.m. while the city repairs a storm sewer manhole. Additionally, the owners of the brick house across the street from the Iowa St. pickup location were hostile to shareholders parking in the no parking areas near their driveway last week. This, despite the fact that contractors have parked in these same spots all summer long. So, if you can, please avoid parking in these spots in the interest of neighborhood harmony.

### 2010 Shares Now On Sale

Big thanks to former PCSA treasurer and remote programmer Tamra Stallings, now of Nashville, TN, for overhauling our online signup form. Please print out the contract when you sign up to get the start and end dates for next season.

### From the Farm:

Last week was the last of the cucumbers. Wes has now harvested all of the onions and the Moores are in the final push to transplant the last of the fall crops. Diann says the recent rains have been a good test of the new drainage tile. A big thanks to you for helping make this possible. The steady income stream from PCSA helps the Moores to be able to undertake long range projects like the tile and asparagus which will see its first harvest next year.

### Today's Haul

Really pretty sweet corn, green cabbage, sweet bell pepper, roasting pepper, green beans, eggplant, lettuce, onions, summer squash / zucchini, and basil.

### Corn

If you are thinking you'd like to put some away for winter, here are step by step directions with photos. <http://www.pickyournown.org/freezingcorn.htm> The latter are mostly an expansion on the U of I directions here: <http://web.extension.uiuc.edu/state/newsdetail.cfm?NewsID=7148>

### Eggplant

These are great for stuffing. Or, slice them into 1-inch thick steaks, brush with olive oil and salt/pepper, and grill/broil. Top with mozzarella.

Or try this recipe adapted from Too Many Tomatoes, Squash, Beans, and Other Good Things

### India Eggplant

1/3 c olive oil  
3 cloves garlic mashed  
1 onion chopped  
1 green pepper chopped  
1 t ground tumeric  
1 t ground cumin  
1 t ground ginger  
1 eggplant peeled and cut into 3/4-inch dice  
3-4 tomatoes chopped, or one large can diced tomatoes  
1 T brown sugar

Preheat oven to 375 degrees. Heat oil and cook onions, garlic, pepper, and spices until onion is

translucent. Add eggplant, tomatoes and sugar. Heat through and pour into a greased casserole dish. Bake for one hour.

### Green Cabbage

This week's cool nights are the time for cabbage and egg noodles with browned butter. Slice cabbage into thin ribbons. Throw into pasta during last two minutes of cooking. Drain. Brown 3 T of butter. Pour over cabbage and noodles. Salt and pepper to taste.

Or, try the stuffed cabbage recipes on page 80 of Recipes from America's Small Farms.

### Green Beans

Try adding chopped green beans to frittatas and potato salads, or substitute them in casseroles for broccoli, or asparagus as in the Asparagus Strata on page 111.

### Chinese-style Green Beans

1/2 lb fresh green beans blanched for 5 minutes or steamed until tender crisp  
1 t vegetable oil  
1 t minced ginger root  
1 clove garlic, minced  
2 T water  
1 T soy sauce  
1 t cornstarch  
1/2 t brown sugar  
1/2 t dark sesame oil  
1/4 t crushed red pepper

Whisk together water, soy, starch, sugar, sesame oil, and pepper in a small bowl and set aside. Heat a nonstick skillet or wok over moderate heat. Add vegetable oil. When oil is hot, add ginger and garlic and stir-fry for 30 seconds. Add beans. Stir until heated through. Add sauce mixture. Cook 30 seconds, stirring until heated through.

### Steam Sauteed Green Beans

Steam sauteing is another way to enjoy these. Heat a tablespoon of olive oil in a skillet. Add a clove of thinly sliced garlic. When you smell the garlic, toss in the beans and stir fry for a minute or two. Grab the skillet lid. Add a 1/4 cup of water and put on the lid to steam the beans. They will turn out tender crisp.

### Zucchini & Summer Squash

#### Zucchini and Chickpea

<http://www.justhungry.com/zucchini-and-chickpea-pancakes>

#### Zucchini Brownies

[http://www.smilepolitely.com/food/the\\_sweet\\_end\\_of\\_summer/](http://www.smilepolitely.com/food/the_sweet_end_of_summer/)

Or try Mexican Style Zucchini Tacos on page 162.

### Basil

Add a few leaves to oil as you are heating it for stir fries and other dishes.

Make a mini batch of pesto using the recipe on page 212 if you haven't already. Put pesto in mini muffin cups, an ice cube tray that you don't use for ice anymore, or dollop by tablespoon onto parchment on a cookie sheet. Freeze and pop into a freezer bag to add to soups and stews this winter.

Or make basil oil to season recipes over the winter.

[http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=635699](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=635699)

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.