

PrairieLand Community Supported Agriculture 2009 - Week 18

Street conditions are back to normal for pickup at 714 W Iowa today. Pickup runs from 4 to 7 pm at the garages there and in Champaign at 701 W Washington St.

2010 Shares Now On Sale

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

From the Farm:

Cooler weather hasn't done much for the tomatoes, but it is bringing broccoli back to the fall shares in a big way. Wes is harvesting squash.

Today's Haul

Sweet corn, peppers, green beans, Asian eggplants, onions, broccoli, lettuce, and a bunch of summer squash / Zucchini from the later plantings.

Corn Relish

1 1/3 c fresh corn kernels cut from about 2.5 ears
1/3 c water
1/2 c chopped celery
1/4 c chopped sweet red pepper
1/4 c chopped green pepper (can sub a few chopped green beans, as well)
1/3 of a medium onion, chopped
1 small clove garlic minced
1/3 c white vinegar
1/4 c sugar
1 t salt
heaping 1/4 t celery seed
2/3 T all-purpose flour
1 t dry ground mustard
heaping 1/8 t ground tumeric
2 T cold water

Cut corn from the cob, do not scrape. Combine corn and water in a lidded 2-quart nonreactive pan. Bring to a boil uncovered. Reduce heat if necessary and gently boil covered for about 10 to 12 minutes or until corn is nearly tender. Add celery, peppers, onion, vinegar, sugar, salt, and celery seed. Boil uncovered 4 to 5 minutes more. Stir flour, mustard, and tumeric with 1/2 c cold water in a glass or measuring cup. Add to corn mixture. Cook and stir until thickened and bubbly, then cook 1 to 2 minutes longer.

Dry fried Asian Eggplant

(I sometimes throw a handful of chopped green beans into this, as well)

2 cloves garlic, finely minced
2 t minced fresh ginger
2 T chopped onion
Dash red pepper flakes
1 pound eggplant, chunked
1 T soy sauce
1 T brown sugar, packed

1 T balsamic vinegar
1 T hot water

Heat 3 T of oil in a wok or heavy skillet over moderate heat. Add garlic, ginger, onion, and pepper flakes. Stir until fragrant, but do not let brown. Add eggplant, stirring to combine. Allow eggplant to brown, stirring occasionally for 4 minutes. Drizzle a bit more oil in if eggplant sticks. Meanwhile, combine soy, sugar, balsamic, and hot water. Stir into eggplant, simmer until 90 percent absorbed.

Green Beans

Add them to the basic quiche recipe on page 20 of Recipes from America's Small Farms. No time for pie crust, try this classic from the 1980s:

<http://www.recipesource.com/main-dishes/dinner-pies/green-bean1.html>

Broccoli

Really? After several weeks without it, you aren't going to just steam it and inhale it? If you must, add it to the basic pilaf on page 35. Or use the cheese sauce recipe on page 82 as a base for a less processed casserole--and you know the one I am talking about--that typically uses the orange block that used to be cheese, rice, celery, onions, broccoli, and some condensed soup.

Onions

Making you cry? Try the remedies on page 88. Though personally, I find a razor sharp knife and quick hands to be the best method.

Zucchini & Summer Squash

Try this zucchini salad: <http://allrecipes.com/Recipe/Zucchini-in-Sour-Cream-Sauce/Detail.aspx>

Or this pasta dish: <http://allrecipes.com/Recipe/Creamy-Zucchini-with-Linguine/Detail.aspx>

Shredded squash is great in quesadillas.

Vegetarian lasagna with zucchini is great for dinner and brown bag lunches.

This one looks great: <http://theitaliandish.blogspot.com/2009/02/my-moms-zucchini-lasagna.html>

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.