

PrairieLand CSA Week 14

Pickup Notes:

Urbana shareholders, please DO NOT park in front of the brick home with the tan trim on the corner. The owners have made a complaint to the city about people parking by their home. There are no legal spots by the home, so please do not park there. We could be in danger of losing the Iowa pickup location if this situation cannot be resolved.

News From the Farm

The volume is still good this week, but there are some signs of the gap caused by flooding and dry weather, most noticeably the absence of large numbers of tomatoes. Lettuce is waiting for transplant but without rain in the forecast it will be a losing proposition. So enjoy it today, because it may be the last.

Today's Haul

onions
potatoes
sweet corn
summer squash
zucchini
eggplant
peppers
green beans
lettuce
basil
Roma tomato (1)

Recipes and Storage Suggestions

Basil, Potatoes, Green Beans

Try it Mikey, you'll like it. Really, a lot of Champaign shareholders left this behind last time. You can add thinly sliced basil to salads and sautes of squash and eggplant. If you are stir frying, add few leaves to the hot oil before adding the vegetables.

Pasta with pesto and grilled or roasted vegetables is good for dinner, next day lunches, and for picnics/potlucks as it does well at room temperature.

You can use your pesto with your green beans and potatoes in Potato Lasagna with Pesto Sauce on page 192 of Recipes from America's Small Farms. You'll find the pesto recipe on page 212. No pine nuts? Leave them out or substitute walnuts. Toasting the nuts is the way to go if you have the time, but if you don't it will still be good.

Corn

Yes, it is decadent, but it is really quick. Boil corn and diced potatoes in the same pot. Take out the corn after 4 minutes. Cut away from the cob. Drain the potatoes when they are fork tender. Toss with thinly sliced basil and some smoked salmon, a little salt (remember the salmon is salty), pepper, a little mayo to make it creamy, and a dash of cayenne. Serve it on a bed of lettuce, then, pretend you are sitting on the coast of Maine feeling the cool, Atlantic breeze.

Don't forget about quiches and frittatas with corn and peppers on page 20 and 23 of Recipes from America's Small Farms.

If you didn't get a chance to try it last year, this relish is excellent on grilled foods. This is a scaled down recipe from the canning classes at Common Ground, but it will keep for several weeks if not months in your fridge:

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.

You can also add corn to corn bread and to polenta along with green pepper and chilis.

A handful of corn added to regular pancakes or to cornmeal pancakes also is good. See recipes here: www.prairielandcsa.org/pdf/newsletters/2009/may27.pdf

Green Bean and Walnut Spread

6 cloves garlic, unpeeled
2 T olive oil
1/2 pound green beans
1/2 c walnuts
1/2 chopped parsley or basil
Juice of half a lemon, or 2 T balsamic or red wine vinegar
1/2 t salt

Preheat oven to 400 F. Rub garlic with enough oil to coat. Wrap in foil and roast for 25 to 35 minutes or until you can squeeze the pulp out of the skin. Meanwhile, trim greenbeans and cut in half. Steam for 3 minutes. Puree green beans, garlic pulp, and rest of ingredients until fairly smooth. Spread on toasted bread.

In the interest of time, though it probably won't be as pretty, I am pretty sure you could just roast the green beans as well for a dip.

Eggplant and Squash

This week I got a call from Brenton Johnson who runs a CSA in Austin, TX. He passed along these recipes for eggplant and squash: <http://www.jbgorganic.com/blog/> Since we don't have the red peppers for the Romesco sauce, drizzle the eggplant crisps with pesto and chopped tomato.

Questions? Concerns? Please do not hesitate to let us know at 355-6279 or at info@prairielandcsa.org