

Prairieland CSA Week 15

News From the Farm

The Moores are extremely grateful for the break in the weather. Last week, ninety chickens and a lamb succumbed to the heat last week despite the Moore's efforts to keep them cool. Some crops have had to be plowed under as it is just not cost-effective to water them indefinitely. Other crops like the corn are struggling producing smaller ears as a result. Still the Moores are thankful not to be in the shoes of their CSA friends in St. Anne who had to completely replant due to the spring flooding and only now are able to bring shareholders crops like squash.

How Are You Managing Your Share?

Yes there is a steady supply of squash and everyone has their own way of getting through it. We've heard that in one shareholder household, the children are learning about hunger in our community first hand. They are opting to share part of their squash by leaving it for shelters, pantries, and soup kitchens. In another, the squash is getting grated for winter zucchini bread gifts for letter carriers and teachers. And one family is using larger squash as a way to use up leftovers by making stuffed squash. Great job everyone!

2011 CSA Signup

Remember, signup for returning shareholders starts Sept. 1 for the 2011 season.

Today's Haul

green pepper
hot or sweet pepper, shareholder's choice
napa
onion - slicing to shallot size, shareholder's choice
summer squash and zucchini
cucumbers, 3 pickling size and 1 regular
small head of lettuce
sweet corn
basil, dill

Recipes and Storage Suggestions

Napa, peppers, onion, and squash – sounds like stirfry to me see page 34 of your CSA cookbook.

Or make Summer Vegetable Salad

1/2 head napa, sliced crosswise into 1/4-inch ribbons
1 sweet pepper, julienned
1 green zucchini, julienned
1 yellow summer squash, julienned
1 small sweet onion, cut into half moons
2 T chopped basil
Salt and pepper to taste

Combine above. Then make dressing by whisking together: 1/2 T Dijon mustard, 1/2 T honey, and 3 T cider or rice wine vinegar. Drizzle in 3 T olive oil and 3 T canola oil while whisking constantly. Add salt and pepper as necessary.

Roasted Pepper and Cucumber Salad

Or roast peppers over a flame. Steam in a bowl with a plate on top. Cut cumpers in half. Seed with a spoon if necessary. Chop peppers and cucumbers into similar size strips. Dress with 1 T minced onion, and balsamic vinegar and olive oil in a 2:1 ratio. Add chopped dill and/or basil.

Cool Cucumber Soup

Blend 1 medium cucumber peeled and seeded with 1 1/4 c yogurt, 1 t fresh dill, 1 t lemon juice. Garnish with additional chopped dill. Serves 2.

Sweet and Sour Cucumbers

Sprinkle sliced pickling cucumbers with salt, pepper, and chopped dill. Dress with 2 T sugar, 1/4 c cider vinegar, and 2 T water. Season

Squash

You can find squash stuffing recipes on page 164. The sausage version is good with tomato sauce and grated cheese. Wheat berries, quinoa, and couscous make excellent stuffings.

Ground turkey and TVP also are good protein options for stuffed vegetables.

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