

## PrairieLand CSA Week 16

### News From the Farm

Cooler weather is welcome, but the farm desperately needs rain.

### Please Put All Names/emails on 2011 CSA Online Signups

Signup begins September 1 and we are asking for your help to keep our records straight for the 2011 season. Because CU is home to many dual name households (PCSA's own volunteers included) and several shareholders split among households, we need to have everyone's name on the signup form so that we don't end up counting shares twice due to different names on checks, Paypal, etc. and so that payments get credited to the right account. Also, please include all email addresses for the newsletter so that we can have a complete list from the start.

### Today's Haul

sweet corn (last of the season)  
Roma beans  
summer squash / zucchini  
pickling cucumbers and slicing cucumbers  
onions  
napa  
watermelon

### Recipes and Storage Suggestions

#### Sweet Corn

Today's corn is likely the last of the season. You can eat it this week or save it for later this winter using the directions here: <http://www.wikihow.com/Freeze-Corn>

Use this guide for blanching times:

small ears (4 to 6-inches long; 1 1/4-inch or less diameter) 7 minutes  
medium ears (6 to 8 inches long; 1 1/4 to 1 1/2 inches in diameter) 9 minutes  
large ears (8 to 12 inches long; over 1 1/2 inches in diameter) 11 minutes.

Now that it is cooler, try making your own creamed corn and you'll never eat commercially canned again. Cut this recipe in half: <http://www.epicurious.com/recipes/food/views/Creamed-Corn-242617>

You can also combine your corn with some cut Roma beans in succotash. Throw in a bit of chopped zucchini for some additional color.  
[http://www.boston.com/lifestyle/food/articles/2009/08/05/sauteed\\_corn\\_and\\_green\\_bean\\_succotash\\_recipe/](http://www.boston.com/lifestyle/food/articles/2009/08/05/sauteed_corn_and_green_bean_succotash_recipe/)

#### Roma Beans

You can fix these the same way as regular green beans. They are especially good steamed and sauteed with onion and/or garlic. Add steamed ones to salads. Or, add them to soups or stews during the last 20 minutes of cooking.

Take a tip from Good Housekeeping and serve them with roasted chicken glazed with balsamic vinegar, whole wheat couscous, and roasted or grilled pears.

[http://www.goodhousekeeping.com/recipefinder/balsamic-chicken-pears-ghk0208?click=recipe\\_sr](http://www.goodhousekeeping.com/recipefinder/balsamic-chicken-pears-ghk0208?click=recipe_sr)

### Summer Squash / Zucchini

#### Squash Roll-Ups

These are the vegetable equivalent the tortilla pinwheels that show up at parties and great for Labor Day parties. Combine equal parts of cream cheese and sour cream (or tofutti cream cheese) with minced onion, minced roasted chiles, or other vegetables to form a thick spread. Cut squash lengthwise into strips about 1/8" thick and spread lightly with mixture. Roll, secure with toothpick if necessary.

Or now that it is cooler try stewed zucchini and chickpeas over polenta:

<http://www.simplysugarandglutenfree.com/recipe-for-stewed-zucchini-chickpeas-with-oven-baked-polenta/> which is sugar free and gluten free.

Or use the basic gratin recipe in your cookbook on page 25 or the basic quiche recipe on page 20.

#### Pickling Cucumbers

Make some quick sweet pickle chips for your Labor Day weekend cookout:

<http://allrecipes.com//Recipe/summertime-sweet-pickles/Detail.aspx>

#### Slicing Cukes

The key to this salad is slicing the cucumbers paper thin. A mandolin can cut this task down to size in nothing flat. If you don't own one yet, you can find a Benrinner mandolin at most Asian grocery stores for about \$16. You can spend more on a mandolin, but it really isn't that necessary. Keeping your fingers away from the blade, now that is necessary.

[http://www.eatingwell.com/recipes/japanese\\_cucumber\\_salad.html](http://www.eatingwell.com/recipes/japanese_cucumber_salad.html)

#### Napa

You can use napa in most slaw recipes but if you want to go beyond slaw, check out these eight suggestions: <http://www.sheknows.com/food-and-recipes/articles/809695/8-things-to-do-with-napa-cabbage>

If you feel like making traditional kim chi instead of the quick version in the list above, this recipe has always worked well for me:

[http://www.smilepolitely.com/food/cooler\\_weather\\_time\\_for\\_kim\\_chi/](http://www.smilepolitely.com/food/cooler_weather_time_for_kim_chi/)

Questions? Concerns? Please do not hesitate to let us know at 355-6279 or at [info@prairielandcsa.org](mailto:info@prairielandcsa.org)