

PrairieLand CSA Week 10

News From the Farm

Hard to believe, but the Moores need rain. See Dianns note at pickup.

Today's Haul

cucumbers
green beans
potatoes
squash
red cabbage
mint
small eggplant or small pepper

Today is the first week of the "Something for everyone, but not enough for all" crate. This week you can take a small eggplant or a small pepper.

Recipes and Storage Suggestions

Cucumbers

You can turn these into refrigerator dill pickles--no canning necessary. Just scale down the proportions. Common Ground will be getting pickling spice if it is not already in. Until then you can usually find it at Strawberry Fields.

Or simpler still, slice thinly sprinkle with a little salt and a splash of rice vinegar.

Green beans and Potatoes

Since lettuce is hard to come by in summer's heat, we've been eating steamed ones on sandwiches. They are great dressed with oil canned tuna dressed w/ olive oil and red wine vinegar, with thinly sliced onion, egg, tomato if you have it, and olives.

We've also simply been steaming beans and dipping them in this dressing which is also good with steamed potatoes:

http://www.smilepolitely.com/food/dont_wait_for_spring_to_have_salad/

Alternatively, roast green beans with ends trimmed by drizzling with olive oil and placing on a lightly oiled baking sheet. Roast for 15 minutes at 500 degrees, shaking the pan occasionally for even cooking. Transfer the beans to a serving bowl and sprinkle with salt to taste.

Red Cabbage

To keep its color, you need to have acid, whether it be from lemons, cranberry juice, or vinegar.

Ginger-Red Cabbage Slaw

No cooking, and it goes with smoked meats and tofu, and along side potato salad...

1 head red cabbage

1 jar pickled ginger

2 T plus 1 t sugar

1 1/4 t kosher or sea salt

toasted black sesame seeds and/or green onion slices for garnish (optional)

Cut cabbage in half. Remove core. Cut each half in half again. Slice as thinly as possible into shreds. Mince 1 T pickled ginger. Pour out ginger juice and reserve. Combine cabbage, ginger,

ginger juice, sugar, salt in a non-aluminum bowl. Set aside for 10 to 20 minutes. Toss again. Transfer to a glass baking dish. Press cabbage into marinade. Cover and refrigerate overnight or for up to two days before using, tossing occasionally.

You can make this without the carrot. Both of these slaws are great on sandwiches.

Freezer Slaw

1 cabbage (red is prettier for this), cored and shredded
1 carrot, peeled and shredded
1 green pepper, chopped (optional)
1 sweet onion, chopped
1 t salt
1 c vinegar
1 c sugar
1 t celery seed

Combine vegetables. Let stand 1 hour. Boil together vinegar, sugar, and celery seed. Cool and pour over slaw. Put in containers and freeze or use now.

Squash

Zucchini Chips w/ Feta and Herbs From the Roasted Vegetable

2 T extra virgin olive oil
3 T freshly squeezed lemon juice
2 lbs. zucchini sliced into 1/2-inch thick rounds
Salt and freshly ground black pepper
2 ounces feta cheese, crumbled about (1/2 c)
1/4 c chopped fresh basil, dill, mint, oregano, sage, or thyme leaves

Preheat oven to 450 degrees F. Generously oil a large shallow roasting or half sheet pan. In a small bowl, whisk together the oil and lemon juice. Arrange the zucchini in a single layer in the pan. Brush with the oil mixture. Sprinkle with salt and pepper to taste. Roast for about 15 minutes, until the squash is well browned, turning once. Transfer the zucchini to a serving bowl. Add the cheese and herbs and toss to mix. Taste and add salt and pepper as needed. Serve hot.

Eggplant

Cut into 1/2-inch thick slices and grill or broil for sandwiches. Or, sprinkle with salt and pepper, dredge in egg or soymilk and flour, and saute.

Try the eggplant dips on page 156 of Recipes from America's Small Farms.

Mint

We couldn't make enough mint water / tea for July 4 th. It is great for hot weather if you haven't tried it already, steep half the bag in boiling water for 3 minutes to make a concentrated solution. Then dilute to taste. Add sugar if you must. Chill.

Mint is also good chopped with sliced cucumbers and yogurt. You can also blend these into a chilled soup.

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