

Prairieland CSA Week 11

Pickup Notes:

Produce is on the opposite side of the garage today in Urbana.

Water main project vehicles are presently parked west of the driveway in Champaign. With any luck they will finish work before 4.

Food Inc. is showing at the Art tomorrow night. Get your tickets at Common Ground Food Coop or B-Lime.

News From the Farm

The Moores are sending bigger shares now as the planting gaps from the flooding will be cutting into share volume in a few weeks.

Today's Haul

green beans

potatoes

red beets with greens

zucchini and summer squash

cucumbers

corn (6 full size ears)

eggplant

sweet cubanella pepper

Swiss chard

Recipes and Storage Suggestions

Corn

Freeze some for later if you want: <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.

Corn salads with black beans, chopped pepper, onion, cilantro, parsley, garlic, garlic chives, and/or tomatoes are great ways to use up corn. Sprinkle with salt and pepper. Dress with a simple dressing of mayonnaise, a splash of cider vinegar, and a generous sprinkling of chipotle powder.

Green Beans

Try dressing steamed beans with this Asian-inspired dressing:

1/3 c rice or white wine vinegar

2 t soy sauce

1 garlic clove, minced

1 T minced ginger

2 t sesame oil

1/3 c canola oil

For a quick meatless meal try this green bean tofu stirfry:

<http://www.toomanychefs.net/archives/001690.php>

You can also use half tofu and half ground pork.

Also see the link in potatoes below.

Cucumbers

These are gorgeous today. Think fish tacos with cucumber salsa made with diced cucumber, onion, chili, vinegar, and a pinch of sugar. Or throw some into a spicy stir fry just before serving for a cooling crunch.

Red Beets with Greens

Blanch or steam the greens. Use them as the base of a room temperature salad with roasted beets, goat cheese or feta, and a berry vinaigrette. Or do warm greens, slices of steamed beet, sliced strawberries, and a nice balsamic vinaigrette with some cheese or fried tofu chunks.

Here is s a Moroccan Beet Green Salad:

<http://food.gearlive.com/index.php/food/article/moroccan-beet-green-salad-recipe/>

Swiss Chard

Some of the same preparations that work for beet greens also work for Swiss Chard. Try ribbons of sautéed Swiss Chard with fettucine. Don't forget to chop the colorful stems and sauté them as well. You can also use Swiss chard in quiches, omelets, and frittatas.

Cubanella Peppers

Use these in place of green peppers in recipes thinly sliced for stir frying or chopped for salads and salsas.

Eggplant & Summer Squash

Peel European eggplants (anything that is not long and skinny). Cut into pieces no larger than 1 inch by 3. Cut squash similarly. Saute with salt and pepper. Toss with pesto and serve over pasta.

Here is a Greek grilled solution:

<http://bbq.about.com/od/vegetablerecipes/r/bl060923a.htm>

This looks impressive, but is really easy. You can use Swiss Chard in place of the spinach.

<http://www.epicurious.com/recipes/food/views/Eggplant-and-Spinach-Lasagne-Spirals-107010>

You can also layer roasted or grilled zucchini and eggplant between lasagna layers.

Potatoes

I had an amazing salad over the weekend with slices of grassfed beef, carmelized onion, and sliced sauteed potatoes over greens, though steamed Swiss Chard would work too. It was drizzled with a creamy tarragon dressing. Some green beans would also be a nice addition. The dressing was a lot like this: <http://www.cooks.com/rec/doc/0,1715,153191-251197,00.html>

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