

PrairieLand CSA Week 12

Pickup Notes:

Please be gentle with the tomatoes today and please do not shuck corn in the garages. Remember we are guests.

News From the Farm

Tomatoes are here and lettuce is back!!!!

Today's Haul

summer squash

cabbage

potatoes

eggplant

Cubanella pepper

sweet green pepper

green beans - 2 bags

basil

lettuce

tomatoes – shareholder's choice of Roma, red, or yellow

Recipes and Storage Suggestions

Green Beans

If you want to freeze some of your beans, blanch them in boiling water for 2 to 4 minutes. Remove and place in ice water. When cool, drain thoroughly in a colander. Package into freezer bags and freeze.

Roasting is another great way to make short work of a lot of beans.

Oven Roasted Green Beans

1 pound green beans, stem ends snapped off

1 T olive oil

Table salt and ground black pepper

Balsamic vinegar (optional)

Pre-heat oven to 450 degrees F. Adjust the oven rack to the middle position. Line baking sheet with aluminum foil. Spread beans on baking sheet. Drizzle with oil and using your hands to toss green beans to coat the evenly with the oil. Sprinkle with 1/2 t salt, toss to coat. Distribute in one even layer. Roast 10 minutes.

Remove baking sheet and redistributed beans. Put back in oven and continue baking 10-12 minutes until the beans are dark golden brown in spots and have started to shrivel. Adjust seasonings with salt and pepper. Drizzle with balsamic vinegar if desired.

Note: Wrinkles are not always a sign of overzealous cooking. For roasted green beans shriveled exteriors indicate a successful transformation from bland and stringy to tender and flavorful.

Tomatoes and Basil

Try a Caprese salad. Alternate layers of basil, tomato, and fresh mozzarella on a plate. Sprinkle with salt and pepper. Drizzle with olive oil. Though not authentic, I like to drizzle balsamic vinegar on top, as well.

If you want to try your hand at making your own mozzarella, Common Ground should be getting vegetable rennet any day if it is not in stock already. Directions are here:

<http://www.cheesemaking.com/includes/modules/jWallace/ChsPgs/1Mozz/Index.html>

Or, make Penne al Pomodoro

Boil 8 oz penne pasta or spaghetti in salted water, and drain. Meanwhile, dice 2 tomatoes and thinly slice about a dozen basil leaves, and mince 1 clove garlic. Heat 1 to 2 T of olive oil in a large skillet. Saute garlic. When you can smell the garlic but it hasn't colored, add tomatoes and basil. Cook just until tomatoes soften. Toss pasta into sauce. Add and handful of fresh mozzarella chunks. Stir until just melting. Serve.

Cabbage

Put cabbage away for fall as sauerkraut:

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

This will be ready just in time to cook with apples and sausages.

Or, saute 4 c of coarsely chopped cabbage and 1/2 c chopped green pepper in canola oil. Dress with 3 T canola oil, 2 t brown mustard, 1/2 t salt, and a dash of celery seed.

Cubanella Peppers and Sweet Green Peppers

Saute these with Italian sausage and serve over pasta.

Eggplant

Quick pickle it like the Italians do:

1 large Italian eggplant cut into 1 1/2-inch cubes, unpeeled

1 clove garlic, chopped

1 t oregano chopped (or 1/3 t dry)

Salt and pepper to taste

1 c olive oil

1 t finely chopped mint or basil

Drop eggplant cubes into boiling water. Cover and cook for 5 to 10 minutes. Eggplant should remain firm, the blanching is to remove any bitterness.

Meanwhile, mix remaining ingredients in a small bowl.

Drain and place in a bowl. Do not rinse you want it to remain hot.

Pour olive oil mixture over eggplant. Toss to coat. Serve as part of an antipasti platter.

Or, try this version with Asian eggplants

Herbed Baby Eggplant

1 1/2 lb small Asian eggplants

1 1/2 t salt

1 t minced garlic

1/4 c olive oil

2 1/2 T red wine vinegar

Freshly ground black pepper

1/2 c basil leaves, slivered

Preheat oven to 350 degrees. Remove eggplant caps and quarter. Sprinkle with salt. Let drain 30 minutes. Rinse and pat dry. Spread pieces in a single layer on a baking sheet, cut side up.

Mix garlic and oil and drizzle over. Bake 30 minutes, until the eggplant is brown and tender.

Cool slightly. Place eggplant in a large bowl. Drizzle with vinegar. Add basil and toss.

Zucchini Appetizers

3 thinly sliced or grated zucchini or summer squash

1 c baking mix (see note)

1/2 c grated Parmesan cheese

1/2 c finely chopped onion
2 T snipped parsley
1 t salt
1/2 t dried oregano
Dash pepper
1 clove garlic, finely minced
1/2 c vegetable oil
4 eggs slightly beaten

Preheat oven to 350 degrees F. Grease a 13 x 9 x 2-inch pan. Mix all ingredients. Spread in pan. Bake until golden brown, about 25 minutes. When cool, cut into 2 x 1-inch rectangles. Makes 4 dozen appetizers. Alternatively serve larger squares on salad greens as a first course.

Note: If you do not have baking mix, you can make your own and use the rest for pancakes:
<http://kitchensimplicity.com/homemade-bisquick-mix/>

Easy Summer Squash and White Bean Saute

1 T olive oil
1 medium onion, halved
2 cloves garlic, thinly sliced
1 medium zucchini sliced into half moons
1 medium summer squash sliced into half moons
1 T chopped fresh basil or 1 t dried
1/4 t salt
1/4 t ground black pepper
1 can of cannellini or great northern beans, rinsed
2 medium tomatoes, chopped
1 T red wine vinegar
1/3 c grated Parmesan cheese

Heat a large, nonreactive skillet. Add oil. When oil is hot, saute onion and garlic until just softened. Add squash and seasonings. Reduce heat to low. Cover and cook 3 to 5 minutes until vegetables are tender crisp. Stir in tomatoes and beans. Heat through, about 2 minutes. Remove from heat, stir in cheese and serve.

Pesto Potato Salad

Cut potatoes into 3/4-inch cubes. Place in a large saucepan and add water to cover by 1 inch. Bring to boil over medium-high heat; add 1 tablespoon salt, reduce heat to medium, and simmer, stirring once or twice, until potatoes are tender, about 8 minutes. Drain potatoes and transfer to large bowl, reserving 1/4 c cooking water. Do not rinse potatoes, you want them to stay warm. Toss with pesto. (recipe follows) Thin as necessary with cooking water to evenly coat. Variation: Add snapped green beans in the last 2 to 4 minutes of cooking.

If you don't like the sharp garlic taste that often overwhelms pesto, this recipe has a great trick for taming it...

Better Basil Pesto

1/4 c walnuts or pine nuts
3 medium cloves garlic
2 c packed, crushed fresh basil leaves
7 T extra-virgin olive oil
1/2 t salt
1/4 c grated Parmesan cheese

Toast nuts in small, heavy skillet over medium heat, stirring frequently, until just golden and

fragrant (4 to 5 minutes). Bring 1 c water to a boil in a small pot. Add garlic. Boil for 45 seconds and drain. Rinsing in cold water to stop cooking. Crush the basil leaves as much as possible while you are measuring them to release their scent. Place garlic, basil, oil and salt in food processor. Process until smooth, stopping as necessary to scrape down sides of bowl. Transfer mixture to small bowl, stir in cheese, and adjust salt.

Lettuce

Use some of your pesto to make a creamy pesto dressing.

Creamy Pesto Dressing

1/2 c mayonnaise

1/4 c pesto

Buttermilk or diluted yogurt (about 1/3 cup)

Stir together mayonnaise and pesto. Thin with buttermilk to desired consistency.

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