

## Prairieland CSA Week 20

### From the Farm: Going Out in a Blaze of Glory

Today may be the last pickup of the 2010 season, but it is anything but small. You'll want to bring two bags.

### Neighborhood Notes

On Monday night, the Urbana City Council voted to restore parking to the south side of Iowa near the curb. So this will no longer be an issue.

The rain garden project was completed on Saturday at the Champaign location. You can see photos of the installation and of the garden in action this morning here: <http://bit.ly/cNQHhf>

### News From the Farm

On behalf of the Moores thank you for helping them through what has no doubt been a roller coaster of a season. Thank you to Lisa Treul and Sonya Newmark and their families for hosting the Urbana site and distributing excess produce to local charities. Thanks to Julie Rundell for keeping the books. As for myself, I cannot begin to tell you how much your participation in Prairieland CSA means to me. Together we have battled the 20 plus year trend of young farmers being forced to leave their farms, and for another year, we have won. You give Wes the chance that my brother, my cousins, and so many of my friends who grew up in this area never got. Thank you.

### 2011 Signup Continues

We are now approaching 40% of shares sold, so please reserve your share for next season soon so you do not miss out. Just so you know, in my ideal world, I call the Moores on Christmas Day to tell them that the CSA is sold out. What do you say? Let's live the dream just once.

Please remember to include all shareholder names on the signup form so that we don't end up counting shares twice due to different names on checks, Paypal, etc. and so your payment gets credited to the right account. Having all names and email addresses also streamlines compiling mailing lists and checkoff sheets. Thanks.

### Today's Haul

Butternut Squash

Onions

Cucumber

Zucchini and Summer Squash

Green Beans

Potatoes

Broccoli

Beets (shareholders choice of red, gold, Chioggia mixed bunches or single variety bunches)

Sugar Baby Red Watermelons

Popcorn

### Recipes, Suggestions, and Tips

Try the basic stew recipe on page 38 of Recipes from America's Small Farms to use up a lot of vegetables at once. Add stock to thin it out into a soup. Top with pesto slathered crostini.

Butternut Squash

These are the best squashes for soups and for roasting. You can also peel these squashes, remove the skin with a spoon, slice them lengthwise into "steaks" and grill them. You can also roast diced potatoes (unpeeled) with peeled diced squash. Toss with olive oil, salt, pepper, and crumbled dried or fresh minced rosemary.

### Beets

Great job with the beets last week. There were fewer than I can ever recall left for the shelter. Roast them with the skins on and pair with goat cheese or feta and walnuts. Dress with a simple vinaigrette. Also see last week's newsletter for recipe ideas:

<http://www.prairielandcsa.org/pdf/newsletters/2010/sept15.pdf>

Combine chunks of roasted beets, squash, and onions with lentils for a great fall salad. Dress with a balsamic vinaigrette and serve warm or at room temperature.

### Cucumbers

If you didn't try it last week, you have to try this Russian grated beet and cucumber salad:

<http://yulinkacooks.blogspot.com/2006/04/creamy-beet-salad.html>

Or take the easy way out. Peel and steam beets, toss with sliced cucumber, a big spoonful of dill relish, mayo and a little yogurt.

### Green Beans

Steam them first. Then sauté with a little olive oil and garlic. They are great in soups, as well like this end of summer soup:

<http://www.realsimple.com/food-recipes/browse-all-recipes/summer-vegetable-soup-0000000006911/index.html>

### Zucchini

There are several that are the perfect size for stuffing. See the suggestions in Recipes from America's Small Farms. Or, grate them for muffins. Note, the best zucchini muffin recipes will have a dash of cloves.

This one is less oily and gets a boost from oats. Though you'll want to add a dash of clove to it.

<http://www.bhg.com/recipe/quickbreads/zucchini-oat-bread/>

Here is a savory one, as well.

### Zucchini/Yellow Squash Basil Muffins

2 eggs

3/4 c. milk

2/3 c. cooking oil

2 1/2 c. all purpose flour

1/4 c. sugar

1 T. baking powder

2 t. salt

2 c. shredded or grated zucchini

2 T. minced, fresh basil

1/2 c. grated parmesan cheese (optional)

Preheat oven to 425 degrees. Prepare muffin pans with nonstick spray. In a large bowl, break and beat eggs. Add milk and oil. In another bowl, measure out and stir together flour, sugar, baking powder, and salt. Add dry ingredients to egg mixture, 1 c. at a time. Stir until combined. Batter can be lumpy. Gently fold in zucchini and basil. Stir only until just mixed. Again, lumps are fine. Spoon batter into muffin cups. Fill 1/2 to 2/3 full depending on desired final size. Sprinkle parmesan cheese on top if desired. Bake 20 to 22 minutes, or until golden brown. Cool. Remove from pans. Can be frozen after cooled.

Bake less time if making smaller sized muffins. Makes 18 to 20 small muffins.

### Broccoli

There's enough to eat this week and some to freeze. Or make steamed broccoli into a quick soup and freeze for when everything outside turns brown. This one from Gordon Ramsey freezes well since it has no dairy:

2 heads broccoli  
Reserved cooking liquid from broccoli  
Salt and pepper to taste  
Olive oil and/or goat cheese optional, for garnish

Cut the florets off the heads of broccoli. Cut the stems into similarly sized pieces. Add all of the broccoli--florets and stems--into a pot of rapidly-boiling, salted water (2 tablespoons salt in 5 quarts of water). Cover. Cook 3.5 to 4 minutes. Using a slotted spoon, put the cooked broccoli pieces into a blender. Fill blender about halfway with cooking liquid. Blend carefully since it's hot. Add more cooking liquid as necessary to achieve the desired consistency. Check seasonings, add salt and pepper as necessary.

If desired, add cheese (goat cheese or cheddar cheese) to the bottom of the bowl before pouring the soup in. Serve, drizzled with olive oil if desired.

Here's another soup, but it won't freeze due to the potatoes:

<http://www.realsimple.com/food-recipes/browse-all-recipes/vegetable-soup-10000000524366/index.html>

### Popcorn

#### Microwave Popcorn

To pop in the microwave, remove kernels. Combine 3 T with 1 t canola oil in a small bowl. Transfer to clean paper bag. Fold the bag over 1/2 -inch and then fold again. Seal with a small strip of cellophane tape. Place folded side up in microwave. Cook on high for 2 to 3 minutes or until there 5 seconds between pops.

#### No Kettle Corn

Pop corn as above, but sprinkle with 1/ 2 T of sugar and a generous sprinkling of salt immediately after popping. Shake bag several times to coat.

#### Barbecue Popcorn

4 qtst popped pop corn

In a bowl, combine:

1/4 light olive oil

2 T barbecue sauce

1/2 t onion powder

1 t chili powder

1/4 t ground cumin

1/2 t salt

Dash pepper

Place popcorn in a bag. Drizzle with seasoning mixture. Shake thoroughly. Sprinkle with Parmesan cheese if desired.

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