

## **Prairieland CSA 2011 - Week 13**

Pickup is today between 4 and 7 pm @ 714 W. Iowa in Urbana and 701 W Washington St in Champaign.

### **Canning Classes**

If you are interested in learning the basics of water bath canning, email me and I will try to find a date and time that works for the group.

### **2012 Shares**

Shares for 2012 go on sale September 1. They will remain at \$400, but the season will change to 18 weeks, to reflect the current weather pattern of wet, cold springs. The start date will be June 6th with the last pickup on October 3.

### **From the Farm**

The farm got rain. As you may know from the small size of the Moores' sweet corn and the local news, the rain did not come in time to save the area's corn farmers. On the Moore farm, the rain did not come in time to ensure enough hay for the animals over winter. Yesterday, several head of cattle went to the sale barn as it is simply too expensive to buy hay and the hay shortage is too wide spread. Farmers nationwide are selling off herds in anticipation of low hay and corn supplies. The Moores are thankful that the CSA provides them a steady income during uncertain times, especially as farmers markets become less profitable in pockets across the country: <http://www.nytimes.com/2011/08/21/us/21farmers.html?pagewanted=all>

### **This Week's Share**

As always, please be kind to your fellow shareholders. Please leave some larger vegetables for those whose schedules do not permit them to arrive before 6:30.

Sweet corn, onions, potatoes, cucumbers, squash, eggplant, sweet peppers, warm/roasting peppers, hot chiles.

### **Sweet Corn**

Not big, but sweet. Last week, we grilled ours, cut it from the cob and tossed it with some black beans, chopped cherry tomatoes, chopped onion, minced green chile, and some chopped arugula that was looking rather sad in the bottom of the produce bin, though you could use cilantro or even basil. We dressed it with 2 parts mayonaise, 1 part greek yogurt, a big splace of cider vinegar, and generous squeezes of sriracha chile sauce mixed with a bit of garlic powder, salt, and smoked chipotle powder. You could also add some cubed oven or microwave baked potato

This macaroni and cheese with chiles and corn at BBQU looks good as well: [http://www.bbqu.net/season4/403\\_4.html](http://www.bbqu.net/season4/403_4.html)

### **Squash**

Try the zucchini tacos on page 162 of Recipes from America's Small Farms.

There's also....

#### **Zucchini Enchiladas**

1/ 4 c butter

1 c milk

1/ 2 t. salt

1 1/ 2 c chicken or vegetable broth

1/ 2 c flour

1/ 2 c diced mild to medium green chiles (can use canned)

Melt butter over low heat, slowly add flour and stir until blended. Still stirring, add milk, salt, and broth. Increase heat to medium and add chiles. Allow to thicken to creamy consistency (approx. 10 minutes). Remove from heat, allow to cool so you can dip tortillas into it in next step. When sauce cools, spread 1/ 2 c of chile

cream sauce into a baking dish. Warm six flour tortillas in the microwave. Dip each in sauce, then fill with 1/6 of a mixture of:

2 1/2 c shredded zucchini

1 1/2 c shredded jack cheese

Roll each and place seam side down. Cover with remaining sauce and:

1/2 c of additional cheese.

Alternatively, you can add 2 c of zucchini to a traditional enchilada recipe along with 1/2 pound of pulled pork or chicken. Add a little minced hot chile if desired.

**Zucchini Potato Pancakes (makes 12 pancakes)**

3 c zucchini shredded (about 2 medium)

1 c peeled, shredded potato

1/2 c seasoned bread crumbs

3 T all purpose flour

1 t baking soda

1 t salt

1/4 t pepper

3 eggs lightly beaten

1 small onion, finely chopped

2 garlic cloves, minced

4 T canola oil, divided

In a sieve or colander, drain the zucchini and potato; squeezing to remove excess liquid. Pat dry; set aside. In a large bowl, combine the bread crumbs, flour, baking soda, salt, and pepper. Stir in eggs until blended. Add the onion, garlic and zucchini mixture; toss to coat.

Heat 2 T oil in a large, non-stick skillet over medium heat. Drop batter by 1/4 cupfuls into oil Fry in batches until golden brown on both sides., using remaining oil, as needed. Drain on paper towels.

Optional: Add green chile if desired.

**Zucchini Stuffed Chicken (serves 4)**

1 medium onion, chopped

2 T olive oil, divided

2 c diced zucchini

1 c diced sweet red pepper

1/3 c grated Parmesan cheese

1 T minced fresh basil or 1 t dried

1/2 t salt

1/4 t pepper

4 bone-in chicken breasts halves, 8 oz each

In a large, oven-proof skillet, saute onion in 1 T oil for 5 minutes or until crisp-tender. Add the garlic, cook 1 minute longer. Add zucchini and red pepper; saute for 3 minutes or until crisp-tender. Remove from the heat, stir in the cheese, basil, salt, and pepper. Carefully loosen the skin on one side of each chicken breast to form a pocket; stuff with vegetable mixture. In the same skillet, brown chicken skin side down in remaining oil. Turn chicken. Bake, uncovered at 375 degrees F for 25 to 30 minutes or until a meat thermometer reads 170 degrees F.

### **Cucumbers and Onions**

My neighbor makes these and they are amazing

<http://www.groupprecipes.com/65954/easy-refrigerator-sweet-pickles.html>

## **Eggplant**

This weekend, I saw Steven Raichlen cut eggplants in half, grill them and top with a tomato, cheese, basil, vinaigrette. The recipe isn't posted yet, but if you can grill eggplant, you can so do this. Simply top the eggplant with mixture of cubed soft mozzarella, chopped tomato, slivered basil leaves, a little olive oil, a little red wine vinegar, a little salt and a little black pepper.

## **Questions, Comments, Concerns, Recipe Suggestions?**

email or call 355-6279