

PrairieLand CSA 2011 - Week 10

Pickup is today between 4 and 7 pm @ 714 W. Iowa in Urbana and 701 W Washington St in Champaign. Please DO NOT park on the north side of Washington St., especially in front of the fire hydrant. Frequently drivers do not stop at Washington/Harris intersection, making this extremely dangerous. Additionally, with students moving in, the police are ticketing illegally parked vehicles in the neighborhood this week.

Cookbooks

Remaining cookbooks are in the boxes at pickup under the checksheet with bookmarks. The second order will be arriving next Wednesday.

From the Farm

The last week has been extremely difficult for the farm animals and our farmers, the Moores. Several ewes aborted lambs due to the heat and 100 chickens succumbed to the high temperatures. This week's green beans had to be picked twice, because the first ones were so heat ravaged that they turned to mush in the cooler. Radicchio and napa yields are down by more than 80 percent. That said, Gwen the wonder dog kept the raccoons out of today's sweet corn and the Moores were able to pick up some rain over the weekend.

This week's potatoes are courtesy of Wes who dug them in the heat.

This Week's Share

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.

Romaine lettuce, summer squash / zucchini (3 large, 3 small), sweet corn (please do not shuck in garages), two eggplants, onions, potatoes, hot pepper, green beans

Also this week will be your choice of napa, radicchio, or regular cabbage. Please choose one of these as there were not enough for everyone to receive one of each.

Sweet Corn

It's said that corn is best if you can pick it and run it to a pot of boiling water on the stove. This is a sweet but not a super sweet variety, so you'll want to use it sooner rather than later to retain the sweetness that will turn to starch if it sits. You need only boil corn for a couple of minutes, just enough to remove the raw taste. Can't take any more humidity? Grill it. Remove the silks while leaving the outer layers intact. Soak for 30 minutes. Grill the corn over direct heat on a gas grill. You can even put it in the embers of a charcoal fire. Cook for 5 to 8 minutes per side until the husks are charred and the corn has steamed through. Brush with butter and sprinkle with salt. Add a squeeze of lime and a sprinkle of chipotle. Or, go full out Mexican and dress with a little mayo, cotija (see El Charro) or Parmesan cheese, chipotle, and lime.

Zucchini / Summer Squash

Combine sliced zucchini with diced onion and corn cut from the cob and hot pepper. Saute in olive oil. Dress with salt, pepper, and a little lime juice. Add chopped cilantro if you have it. You can also try your hand at drying zucchini chips in the oven or a food dehydrator for winter soups. <http://www.motherearthnews.com/Real-Food/2008-06-01/Dried-Zucchini-Chips.aspx>

Romaine Lettuce

Grilled Cesar salad: <http://www.foodnetwork.com/recipes/neelys/grilled-caesar-salad-recipe/index.html>
Can you tell I got new burners for our grill this week? The previous ones lasted five years. No grill? Use one of the great dressing recipes on pages 54 and 55 of Recipes from America's Small Farms.

Green Beans

Use these sooner rather than later. One of my favorite fast green bean dishes is to saute ground pork with garlic and Chinese black bean sauce. Add green beans and cook until just tender. Sprinkle with dried red chili.

Sometimes I do half pork and half drained cubed firm tofu. You can also use fresh hot chile. Saute it with the pork.

Eggplant

If you haven't tried any of the eggplant dips in Recipes from America's Small Farms, this is the week. You can also make a simple Turkish style preparation by slicing eggplant into rounds and sauteing in olive oil. Serve hot, warm, or cold with yogurt seasoned with minced garlic and dill

Need more ideas? See <http://www.aubergines.org/recipes.php>

Potatoes

For roasted new potatoes, see page 244.

For potato salad, make it with chives

<http://allrecipes.com//Recipe/red-potato-salad-with-sour-cream-and-chives/Detail.aspx>

If you want a lighter dressing, combine equal parts low fat mayo and low fat yogurt

For a heat-proof salad, sprinkle potatoes with salt, pepper, and 1/2 t dried dill while still warm and dress w/ 2T olive oil and the juice of one lemon and 1 1/2 T spicy brown mustard or Dijon mustard

or for potatoes and green beans w/ olive oil dressings:

<http://allrecipes.com//Recipe/green-bean-and-potato-salad/Detail.aspx> or

<http://www.epicurious.com/recipes/food/views/Red-Potato-and-Green-Bean-Salad-with-Dijon-Vinaigrette-106929>

or creamy dressings:

<http://southernfood.about.com/od/potatosalads/r/r90726a.htm>

or try this main dish version with chicken:

http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=630132

Cabbage / Radicchio / Napa

For cabbage, see last week's newsletter:

www.prairielandcsa.org/pdf/newsletters/2011/july27.pdf

or any of the coleslaw recipes on page 73

For radicchio, see

www.prairielandcsa.org/pdf/newsletters/2011/july6.pdf or

www.prairielandcsa.org/pdf/newsletters/2011/july13.pdf

For napa,

use the leaves as wraps for stir fries or any of the coleslaw recipes on page 73

Questions, Comments, Concerns, Recipe Suggestions?

email or call 355-6279