

## **PrairieLand CSA 2011 - Week 9**

Pickup is today between 4 and 7 pm @ 714 W. Iowa in Urbana and 701 W Washington St in Champaign. Please keep the garage doors closed to keep out the heat.

### **Cookbooks Still Here**

Cookbook orders are listed on the checkoff sheet at pickup. Please take only the book with your name on the bookmark. If you did not receive or need an additional cookbook for your share, please email or call 355-6279.

### **Construction Is Finished in Champaign**

If you want to switch back to 701 W Washington in Champaign, please let me know. If you pick up in Champaign, you can park in the driveway and anywhere in the neighborhood that is legal. Please do not park on the north side of the street, in front of the fire hydrant, in front of the neighbors' driveways, and especially not in the 3-way intersection. My insurance agent can tell you two stories about why this is a bad idea from the days before the section of street in front of my house became a 3-way intersection.

### **From the Farm**

Outfitted with a neck brace, back brace, and helmet, Aaron took second in the demo derby. However some of the most recent plantings didn't fare as well as he did, succumbing to the heat on the sands. The heat also is causing some of the green bean plantings to run together. See Diann's note at pickup.

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

Green beans, 5 summer squash / zucchini, - 5, onions, sweet pepper (purple to ivory bell, Cubanella--your choice), eggplant (European or Asian, your choice), red lettuce, and cauliflower.

### **Onions**

Refrigerate these do not store them on your counter. If you want onions for later this winter, chop them, put them on a baking sheet, and freeze. Transfer the frozen onions to a zippered freezer bag and you'll be able to scoop out the quantity you need for winter soups, etc.

### **Cauliflower**

This has been a less than ideal year for cauliflower which doesn't like flooding and tends to yellow if its leaves can't shade the heads. This is it for the early season cauliflower, so do something special with it. You'll find some good suggestions, here: <http://www.101cookbooks.com/archives/simple-cauliflower-recipe.html>

### **Zucchini / Summer Squash**

Too much heat in the kitchen? Sliced squash of any size does especially well in the microwave. Salt and pepper and microwave until just tender. Eat as is, or drizzle with a little olive oil, chopped basil, and/or grated Parmesan. Or grill small zucchini whole, slice into 1/2-inch rounds, and toss with pesto or pesto mayo. Serve hot or at room temperature. Pick up a larger one and grate it and freeze for zucchini bread this fall when it will be cooler.

### **Red Lettuce**

This is summer lettuce, which means it will be stronger than spring lettuce. Pull the leaves from the stalk and wash well, and drain thoroughly. Grilling the lettuce rolled into bundles and secured with bamboo skewers like the radicchio in week 6 (<http://www.prairieLandcsa.org/pdf/newsletters/2011/july6.pdf>) will mellow it. Summer lettuce goes well with balsamic vinaigrettes, goat cheese, soft-cooked eggs, nuts, and other acidic or creamy additions. Dried fruit or berries, watermelon, and peaches also go well. Treat this like you would mild arugula.

### **Green Beans**

To put some of your green beans aside. Blanch them by putting them into boiling water just until they turn bright green, then plunge them into ice water, and drain. I use these in casseroles, soups, and stir fries in the winter. Though they are more limp than fresh in the latter, the difference in taste makes up for it.

For a simple green bean dish, steam whole or snapped beans until tender crisp, and dress with the dressing here; [http://www.smilepolitely.com/food/dont\\_wait\\_for\\_spring\\_to\\_have\\_salad/](http://www.smilepolitely.com/food/dont_wait_for_spring_to_have_salad/)

### **Eggplant**

Grill smaller eggplants for sandwiches, stir fry, or try this for as main course or starter:

[http://www.smilepolitely.com/food/enjoying\\_eggplant\\_easier\\_than\\_imagined/](http://www.smilepolitely.com/food/enjoying_eggplant_easier_than_imagined/)

For larger ones, try the dips on page 156.

### **Cabbage**

If you haven't gotten around to using yours from last week, here are a couple of additional suggestions...

Shareholder Alisha Kirchoff recommends her favorite cabbage recipe: <http://happyherbivore.com/recipe/quick-mexican-cabbage/>

When it is too hot to cook, I slice cabbage and dress with lime juice, salt, and toasted ground cumin and top with a few tomato wedges, if I have them.

For cooler nights, like last night, core and slice half a large head of cabbage as thin as fettucine. Toss into 9 ounces of boiling fettucine during the last minutes of cooking. Drain. Brown 3 to 4 T of butter in pan. Add pasta and cabbage. Toss. Add salt, pepper, and caraway seeds to taste. Serve with pork or tofurky brats.

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

email or call 355-6279