

## **PrairieLand CSA - Week 18 - Last Pickup**

Today is the last pickup of the season between 4 and 7 pm @ 714 W. Iowa in Urbana and 701 W. Washington St in Champaign.

### **Thanks!**

On behalf of the Moores, treasurer Julie Rundell, Urbana hosts Lisa Truel and Sonia Newmark, and myself, thank you for being part of PrairieLand CSA. Your patience and enthusiasm have been remarkable during what has surely been one of the most trying of weather years. Your kind words to the Moores via email and at the market literally helped them to pull through.

### **2011 End of Year Survey**

Shortly you will be receiving a link to our 2011 End of Year Survey. Whether you are returning for 2012 or not, please take a few minutes to fill out the survey so that we can improve PCSA.

### **2012 Shares**

40 of the 150 shares for 2012 have already been sold. Shares go on sale to the general public October 1. You can renew yours today here: <http://www.prairielandcsa.org/contracts.html>

### **From the Farm**

Frost is on the way this weekend for the Watseka area, so the last pickup couldn't have been timed better.

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

Wax beans, purple beans, or Roma beans, eggplant, hot peppers, sweet peppers, potatoes, slicing cucumbers, pickling cucumbers, acorn and kuri squash, zucchini and summer squash.

### **Sweet Peppers**

As with last week, leave your pepper on a plate by a sunny window for a couple of days and it will turn red or yellow. Use fully ripened peppers in stir fry. For green ones, stuff them with cooked quinoa, rice, brown rice, farro, or other grains, and leftovers from the fridge. You can make ultra quick stuffed peppers with whole wheat couscous which cooks in less than five minutes.

### **Winter Squash**

These will keep in pantyhose in the closet for long-term storage. But, if you are planning on using them this month, go ahead and use them as a centerpiece in the interim. My neighbor made this soup for me on Sunday. It is perfect on a chilly evening. <http://www.realsimple.com/food-recipes/browse-all-recipes/butternut-squash-soup-sage-parmesan-cROUTONS-10000001010486/index.html>

She made her own sage and parmesan croutons by brusing bread slices with olive oil and sprinkling with salt, dried sage, and parmesan. She toasted them in the oven until just golden. She also added a dollop of yogurt to the soup when she served it.

### **Potatoes**

combine them with pesto, pasta, and green beans

<http://www.realsimple.com/food-recipes/browse-all-recipes/pesto-pasta-green-beans-potatoes-10000001150886/index.html>

roast them with Parmesan

<http://www.realsimple.com/food-recipes/browse-all-recipes/parmesan-roasted-potatoes-10000001192054/index.html>

combine them with peppers and pork (or sub chicken)

<http://www.realsimple.com/food-recipes/browse-all-recipes/spicy-pork-tenderloin-potatoes-peppers-10000001736071/index.html>

you can serve this mustardy vinaigrette dressed salad at room temperature or warm  
<http://www.realsimple.com/food-recipes/browse-all-recipes/potato-salad-grainy-mustard-vinaigrette-10000001074820/index.html>

or celebrate Oktoberfest by combining them with sausage and cornichons  
<http://www.realsimple.com/food-recipes/browse-all-recipes/sausages-smashed-potatoes-cornichons-00000000027553/index.html>

Remember, don't wash your potatoes if you want to store them. If you are planning on using them in the next couple of weeks, then wash them, dry on toweling and then store in a cool, dark place with good air circulation.

### **Cucumber**

Combine with yogurt and serve with this quick chickpea curry  
<http://www.realsimple.com/food-recipes/browse-all-recipes/chickpea-spinach-curry-00100000066526/index.html>

Cucumber kimchee is one of the best ways to enjoy kimchee as you don't have to wait for weeks to eat it. You can eat it the next day. You also can use up your chile pepper in this recipe <http://koreanfood.about.com/od/sidedishesbanchan/r/OiSobaegi.htm> Note that Korean chile pepper is milder than ground peppers like Cayenne but still can pack a punch. Adjust the amount in the recipe to your tolerance.

### **Eggplant and Green Beans**

Emeril Lagasse combines eggplants and green beans in this Chinese inspired dish  
<http://www.foodnetwork.com/recipes/emiril-lagasse/eggplant-and-green-beans-in-spicy-garlic-sauce-recipe/index.html>

There's also this Thai curry  
<http://indian.food.com/recipe/spicy-eggplant-and-green-bean-curry-363605>

and this stirfry with tofu  
<http://alwaysremainawesome.blogspot.com/2010/05/eggplant-tofu-and-green-bean-stirfry.html>

### **Roma Beans**

If you opt for Romas, steam them. Then saute them with garlic and olive oil. Top with thinly sliced sopressata and pecorino for a main dish salad.

### **Zucchini / Summer Squash**

Top zucchini latkes with your favorite chutney, salsa, or wasabi sour cream. <http://smittenkitchen.com/2006/12/latke-minus-vodka/> You can also use a mixture of half wheat flour and half fine corn meal.

### **Questions, Comments, Concerns?**

email or call 355-6279