

ROLLING PRAIRIE

notes from rolling prairie farmers alliance

WEEK OF JULY 20
2009

Coming Up

Zucchini Yeast Rolls

From *Simply In Season*.

Yields 24 rolls

2-3 cups shredded summer squash
1 cup water
½ sugar (note: we used less and it worked fine)
3 tablespoons oil
2 teaspoons salt

1 cup bread flour
1 cup whole wheat bread flour
1/3 dry milk powder (we omitted this)
2 tablespoons active dry yeast
1/2 teaspoon ground mace (optional)
Combine in a mixing bowl. Add liquid ingredients and beat well until smooth.

1 ¾ – 2 ½ cups bread flour
Stir in enough additional flour to make a soft dough. Knead 8-10 minutes until smooth and elastic. Place in a greased bowl, turn to grease both sides, cover with a damp cloth and let rise until doubled in bulk. Shape rolls and place on a greased baking sheet. Punch down and let rise until doubled. Bake in preheated oven at 350F until golden brown, 25-35 minutes. Brush with milk for a soft crust and let stand for 5-10 minutes before removing to a wire rack.



SUMMER SQUASH

(Editor's Note: Bob Lominska helps us out again this week with some thoughts and a recipe for summer squash.)

The amount of summer squash you are getting may be starting to challenge your creativity, though I hope not. One thing to remember is that when a recipe indicates using zucchini any summer squash can be used.

This week at Hoyland Farm, we have especially enjoyed two summer squash treats. One is Zucchini and Cheese Enchiladas found on page 186 of the *Rolling Prairie Cookbook*. The other is Zucchini Yeast Rolls. The recipe for the yeast rolls is found in *Simply in Season*, by Mary Beth Lind. This is a seasonal cook-

book that was inspired by and an excellent companion to ours.

We know we have some of the best cooks in the region as our subscribers and we encourage you to send us recipes for posting on our website that would help others master the art of eating seasonally and locally. Tom Buller is our webmaster and his email address is tjbuller2@yahoo.com.

One of our favorite varieties, and a frequent choice for your bag is Zephyr, a cross between zucchini and yellow squash.

