

From Bush Prairie Farm

6/3/2013

Welcome to our 2013 season—this is our third year with the CSAs. We are delighted to welcome back six subscribers who have been with us all three years; six who have been with us for the past 2 seasons; and fifteen new subscribers. The seasons are a bit like kids—each season is a little different than the last.

This year, we had some great warm weather early on to kick-start some of the vegetables, then a cold-wet weather pattern that halted growth for about ten days. One thing that does not change in the Pacific Northwest is green, green, green in the first few boxes. The variety of vegetables starts off slowly with boxes that are less in volume and as the season moves on—the vegetable variety increases as does the amount in the boxes. Our kale went nuts this year—it is the largest we have grown. And, we grow about six varieties so you will see a beautiful ‘bouquet’ of kale in your box. **DO NOT BE AFRAID OF KALE!!**

Truthfully, we had not eaten it before we started this farm. It is delicious and nutritious with so many ways to prepare it. If you have a favorite way that is not included in our recipes, please share on our Bush Prairie Farm Facebook page. If you are not sure what the vegetable is in your box, check out the labeled picture on the website (www.bushprairiefarm.com). We post a picture each week.

What's in the Box?

Tatsoi	Leaf Lettuce
Kale	Napa Cabbage
Broccoli	Green Onions
Radishes	Bok Choy (regular)

Tips on this week's vegetables

Kale is an amazing vegetable recognized for its exceptional nutrient richness, health benefits, and delicious flavor. Kale's health benefits are linked to the high concentration and excellent source of antioxidant vitamins A, C, and K -- and sulphur-containing phytonutrients.

Store kale unwashed in a plastic bag with a little air in the refrigerator. For preparation, I highly recommend kitchen scissors. Wash the greens and roll 2-4 leaves or fold in half. Start from the leafy end and cut ¼' ribbons across the leaf until you reach the thickest part of the stem. Tear any remaining leaf from the stem. Kale is great for stir frying or adding to pasta or rice or pizza. My favorite way to prepare kale is to stir fry in a little olive oil for a few minutes, add a small amount of soy sauce and lemon juice to taste, and sprinkle with sesame seeds and red pepper.

Bok choy and tatsoi are Asian greens that have both stalks and leaves—the stalks are a little like celery. The dark green round leaf vegetable is tatsoi. These are best stored in a loose plastic bag in the refrigerator. Both are great raw or cooked. Pull stems apart and wash. Here are a few ways to use bok choy: or tatsoi— eat raw like celery; chop and put in soups or rice or scrambled eggs, chop fine and add to green salads,

Thank you for returning your empty box on next week's delivery day.

A few more ideas for kale

Make a simple salad with a bunch of thinly sliced kale, red pepper, onion, raisins, and your favorite salad dressing.

Braise chopped kale and apples, garnish with chopped walnuts, and add a splash of balsamic vinegar.

Toss whole-grain pasta with chopped kale, pine nuts, feta cheese, and a little olive oil. Cover and cook a chopped kale with a garlic clove and 1-2 tablespoons olive oil for 5 minutes; season with salt, pepper, and a tablespoon of red wine vinegar

Make kale chips by slicing kale into bite-size pieces, toss with a drizzle of olive oil and a pinch of salt, and bake for 10-15 minutes at 350 degrees in the oven.