

## BUSH PRAIRIE FARM NEWS 6/17/2013

### From the Farm

We have added sugar or snow peas to the variety of vegetables this week. If you did not receive peas this week, you will next week. We have peas planted in three different locations---kind of an insurance that they will produce in at least one of those areas. Peas are a favorite of our endangered mazama pocket gopher with whom we share this land with. They love the roots so we have made 'gopher wire baskets' to keep them on the outside of the pea rows. We continue to work with U.S. Fish and Wildlife and fellow Thurston County farmers to write the rules and regulations for what can be done on property where the gophers reside.

### What's in the Box?

Broccoli	Zucchini	Sugar or Snow Peas
Kale	Salad turnips/radishes	Cucumber (regular)
Lettuce	Green Onions	Beets (regular)
Tatsoi	Napa Cabbage	

### Snow and Sugar Peas

Snow peas are very flat and best used in stir fries or roasted with olive oil. Sugar peas are smooth with rounded pods. They are delicious raw right out of the box or put into salad. They, too can be added to stir fries or roasted in the oven.

### Farmer's Market Kale Salad

2 Tbsp. olive oil  
1 Tbsp. lemon juice  
2 tsp. maple syrup  
1 tsp. Dijon mustard  
½ tsp. salt or less  
½ tsp. red pepper or less  
¼ tsp. black pepper  
8 oz. kale  
¼ c. golden raisins  
¼ c. toasted pine nuts or walnuts

Whisk together the oil, lemon juice, syrup, mustard, and seasonings. Remove stems and ribs from kale. Cut leaves into 1-inch strips. Pour dressing over kale & garnish with raisins and nuts.  
Thanks to one of our subscribers, Jane, who gave us this recipe taken from Food.com.

### More tips for kale....

This is how we used kale as a side this week. Fold the leaf in half lengthwise and cut the 'rib' and stem out. Chop a bunch of the leaves crosswise in 1-2" strips. Put in boiling water for 3-4 minutes. Drain and put in ice water. Brown onions in olive oil. Squeeze kale and add to the pan. Sprinkle with salt and red pepper to taste. Cook for about 5-8 minutes. Top with feta cheese and put under the broiler for 3-5 minutes. Squeeze ¼ lemon on the top and eat.

Take a look at [www.bushprairiefarm.com](http://www.bushprairiefarm.com) under the CSA tab for pictures of the vegetables in this week's box. *Picture will be put up on Thursday.*

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