

BUSH PRAIRIE FARM NEWS 7/8/2013

From the Farm

Seasonally, the peas are winding down and green beans are coming on (in the greenhouse). The regular outdoor zucchini has started as well as greenhouse tomatoes and sweet peppers. Actually, we grow most of our peppers and tomatoes in a high tunnel which is a greenhouse made of hooped pipe and plastic---no heat other than that from the sun. So, peppers and tomatoes are starting to rev up---we have a taste in your box.

As the season moves on, there are more vegetables available to put in your box. We are quite enthusiastic about this and may overwhelm you at times with quantity. Please let us know if you want us to cut back a little, i.e. smaller versions of all of the vegetables or email us and ask us to not send some things every week.

We are taking orders for egg subscriptions or eggs when you need by the dozen. Egg subscribers are first in line for eggs as available. At this point, the 21 new pullets/layer hens are putting out a dozen per day. Directions for signing up for an egg subscription or for ordering eggs as you need are below.

What's in the Box?

Beets	Cucumber	Oregano
Buttercrunch or Green Forest Lettuce	Zucchini	Green Beans (regular)
Sweet Pepper	Snow or sugar peas	Swiss Chard
Napa Cabbage	Fingerling Potatoes	Garlic Scapes
Green onions	Tatsoi	Broccoli

Storing Tomatoes

Store at room temperature away from direct sunlight, for use within 1 week after ripe. Tomatoes taste best if not refrigerated; refrigerate only if you can't use them before they spoil.

<http://www.fruitsandveggiesmorematters.org/>

Beets

Cut the greens from the beet, leaving about 2 inches of stem on the beet. Put the greens in a plastic bag in refrigerator—use within 3-4 days. The greens can be used like kale or swiss chard. In fact, swiss chard is just beet greens without the beet. As for the beets, store in a plastic bag WITHOUT washing in the refrigerator for up to three weeks. If you have not tried beets for sometime or maybe even think you don't like them, we recommend you try ours. The chionga beets have lighter greens attached and are pink and white striped when cooked and cut open. They are SUPER sweet. Beets are great steamed or roasted or grated raw in salads.

What to do with extra green onions....

Are you having a hard time using the green onions before they wilt? Cooking Light suggests cutting them in pieces and freezing them to be used later in stir fry or casseroles.

Roasted Beets

Scrub dirt from beets. Leave the root intact. Put beets on a large piece of foil and preheat oven to 375 degrees. Drizzle beets with olive oil. Seal the beets in the foil and roast until tender. Small to medium size beets will take 25 minutes or so and larger ones an hour or longer. Check for tenderness with a fork—they should pierce easily when done. Remove from oven and unwrap. Let cool and slip peelings off by rubbing your fingers against the skin. Serve peeled beets as is or pare with highly flavored creamy white cheeses such as feta or goat cheese and nuts such as hazelnuts or walnuts.

Taken in part from http://localfoods.about.com/od/preparationtips/ss/How-To-Roast-Beets_5.htm

Pictures of vegetables are on the CSA tab at www.bushprairiefarm.com

Please return your box on the next delivery day.

EGG SUBSCRIPTIONS NOW AVAILABLE.

We have about six subscriptions available—first come, first served. There are two options:

- 1) weekly dozen eggs delivered in your vegetable box for \$16/month OR
- 2) two dozen eggs per month delivered in your vegetable box for \$8/month

OR—order a dozen eggs for \$4/dozen when you need and as we have available.

Let us know by email of your interest. Kathleen@bushprairiefarm.com