

BUSH PRAIRIE FARM NEWS 7/15/2013

From the Farm

The box this week contains some nice ingredients for early salsa verde (green salsa) and an interesting challenge to use tomatillos, also known as Mexican green tomatoes. Seasonally, the peas are tapering off and the 'soft' vegetables like tomatoes and summer squash are ripening. The outdoor green beans are blooming; the longer grow-time cabbage is ready with potatoes to follow soon. For some reason, the kale and chard this year continue to thrive—maybe it is our cooler nights this past week.

What's in the Box?

Tomatillos	Cucumber	Carrots
Broccoli	Tomatoes	Green onions
Basil	Sweet green peppers	Green beans (regular)
Green cabbage	Hot peppers	Kale
Green Romaine lettuce	Peas-variety (regular)	
Zucchini	Bok Choy	

Tomatillos

These are the small round things encased in papery husks. They are tart and better used green just as they are today in your box. Store them in a paper bag in the refrigerator up to 1 month. Pulloff the papery husks by hand, then wash in cold water. They are a little sticky. Tomatillos can be eaten raw or cooked.

Some ideas for using tomatillos—

- Make a raw green salsa with chopped tomatillos, green onions, green peppers, and some lime juice, garlic, and salt and pepper to taste. Use on fish, chicken, or top cooked greens such as kale.
- Chop tomatillos and add to guacamole or green salad.
- Roast tomatillos in the oven with peppers or add to a mixed vegetable grill on the barbeque.

Salsa Verde

Boil tomatillos with the hot or sweet peppers (chopped) and garlic in water or vegetable broth until soft. Drain and puree in a blender with cilantro, green onions, and lime juice to taste. Some people add a ¼ tsp. or less of sugar. Use this as you would regular red salsa. It is also excellent on mild fish like cod, tilapia, or sole added at the end of the cooking time or at the table.

Hot peppers in the box this week – in paper bag

Ascent – HOT

Yellow Inferno Banana – mild to medium

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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

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

Please return your box on the next delivery day.