

BUSH PRAIRIE FARM NEWS 7/22/2013

From the Farm

This is a great time during the farm season and our dry, sunny weather and cool nights bodes well for crops like broccoli and cabbage. We planted 600 more broccoli plants for the fall and another 400 corn plants—whew! That’s the last of the corn planting, thank goodness. Cucumbers and zucchini are coming on fast and furious—if you feel overwhelmed, let us know and we can back off a bit...or if you want a large zucchini for zucchini bread or to freeze for later, let us know. We grow a wide variety of summer squash—the colors and shapes add interest to summer menus. Because we do not use pesticides or herbicides, you do not need to peel the zucchini, squash, or potatoes—makes for quicker preparation!

What’s in the Box?

Broccoli	Medley of Zucchini	Sugar snap peas*
Cilantro	Cucumber	Bok choy
New Potatoes	Tomatoes	Carrots
Green cabbage	Sweet peppers	Green onions
Red lettuce	Hot peppers	
Buttercrunch lettuce	Swiss Chard	

**Regular share only.*

Cilantro

The lacy, parsley like leafy bunch with a citrus spicy taste in your box. Store by putting in a glass of water up to 3-4 days. Used in Mexican and middle Eastern cooking. Just snip or chop and add to the dish.

About Zucchini

Store zucchini in a plastic bag in the refrigerator for 4-5 days. Do not wash until ready to use. Zucchini is high in vitamin C and a good source of the trace minerals molybdenum and manganese. And, as with most vegetables, it is low in calories and fat, cholesterol and sodium free.

From Mother Earth News. When it comes to zucchini and other summer squash (such as pattypan and yellow crookneck) the high season translates into big quantities of fresh goods that come with little price tags — especially if you grow your own (*or get them in your CSA box...*) Your task in the kitchen is to let your mind expand and find as many clever ways as you can to prepare summer squash. These blank canvases of the summer kitchen can be served raw or cooked; shredded, sliced or diced; and can be included in practically any meal. Eventually, you’ll get brave enough to hide some in almost every dish and never tell a soul. Don’t worry — this supporting actor is happy to be part of an ensemble cast as you let other, more flavorful or expensive characters charm your audience.

Here are a few of suggestions for how to use zucchini

1. Serve raw chunks alongside other crudité veggies with creamy dips.
2. Grate raw squash into fresh green salads.
3. Drizzle vinaigrette over julienned strips for a quick summer salad.
4. Sauté slices with butter and herbs.
5. Add long strips to boiling pasta near the end of cooking.

6. Toss slices in oil, salt and pepper, then grill for 10 minutes.
7. Toss slices in oil, salt and pepper, then roast in the oven at 400 degrees Fahrenheit for about 20 minutes, turning once OR grill on medium.
8. Dip slices in egg wash, then dip in cornmeal batter and fry.
9. Add grated zucchini to any cake batter for extra moisture.
10. Pickle squash and zucchini slices with carrots, celery, cauliflower, onions and jalapeños to make a spicy Italian condiment called giardiniera that's great on sandwiches.
11. Add slices of squash to soups, stews, curries, stir-fries, pizzas, pasta, kabobs, and pots of beans and rice.
12. Shred and freeze for later use.

Read more: <http://www.motherearthnews.com/real-food/zucchini-recipes-zm0z11zalt.aspx?page=2#ixzz21PrdQhYe>

Stacked Vegetable Quesadillas *from Simply in Season by Mary Beth Lind and Cathleen Hockamn-Wert*

1/2 sweet onion- thinly sliced

Sautee in 1 Tbsp. oil 1- 2 minutes

1 clove minced garlic

4 oz. sliced mushrooms

2 carrots – shredded or matchstick

1 zucchini or other summer squash – julienned or chopped

1 sweet pepper – thinly sliced

Add to onions and cook for 5 minutes just until vegetables are tender crisp. Salt and pepper to taste.

12 corn tortillas

1 ½ c. pepper jack cheese, shredded

Assemble 4 stacks simultaneously on a baking sheet. Start with a tortilla, top with a large spoonful of vegetables, some grated cheese, then another tortilla. Repeat layers, ending with a third tortilla (or not....) Place tortilla stacks in preheated oven at 400 degrees for 10-15 minutes, until cheese is melted and stacks are hot. Cut into quarters and serve warm with salsa, sour cream, avocado, and/or chopped fresh cilantro.

Hot peppers in the box this week

- **Inferno hot banana** -- Early high yielder produces big fruits with outstanding flavor - just hot enough to taste good with everything. Matures from yellow to red.
- **Chichimeca** – Large, mild green peppers good for stuffing, salsa, or salads. Matures green to red.

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

Thank you for returning your box on the next delivery day.

EGGS - \$4/dozen. Organic fed chickens.