

## BUSH PRAIRIE FARM NEWS 7/28/13

### From the Farm

We have harvested a fantastic garlic crop this year. First, we turned the water off for a week or so, then we pulled the garlic (like onions) and let them lay in the sun for a few days to start drying. We tie 10 or 15 garlic stems together and hang each bunch on a line in the metal building to dry further. The garlic bulbs will be ready for your box in a few weeks. We are sending tomatoes just a wee on the green side—they travel better in the box. Just leave the tomatoes out on the counter or in a window to ripen. Tomatoes do not belong in the refrigerator—it depletes their flavor and texture. The eggplant is new this week. The slender long ones are one of several oriental varieties plus we grow the standard globe eggplant. Our green beans are just a little late, but coming on strong—should be in your box within the next two weeks. And, finally, if you would like extra tomatillos for salsa verde, let us know.

### What's in the Box?

Broccoli	Tomatoes	Eggplant
Basil	Sweet peppers	Carrots
Red cabbage	Hot peppers*	Green onions
Romaine lettuce	Kale	Desiree red potatoes
Assorted Zucchini	Bok choy	
Cucumbers	Tomatillos	

### About Zucchini

Check out the varieties on the 'What's In The Box' page at [www.bushprairiefarm.com](http://www.bushprairiefarm.com). 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.

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.
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. Shred and freeze for later use.

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

### About Eggplant

Eggplant may be new to you---it was to us. But, we tried it several different ways and love its texture and versatility. Eggplants are a member of the potato family which includes tomatoes and hot peppers. They are often used as a meat substitute and are low in fat, cholesterol, and sodium free as well as a

good source of fiber. Store in the vegetable crisper of the refrigerator for up to three days. For more about eggplant and how to store, go to

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=163&SubID=134>

**Peeling** is recommended for the globe type eggplants; however, not necessary for the long slender oriental varieties. Some sources also recommend salting the eggplant and let it sit for an hour prior to cooking. It keeps the vegetable from soaking up too much oil and it may take away the slightly bitter flavor.

Here is one recipe to get you started.

#### **Easy Eggplant Stir Fry**

1 eggplant, peeled and cubed

1 small zucchini, thinly sliced

½ c. green pepper cut in slices

1 small onion, sliced

1 ½ Tbsp. (or more) of low fat Italian salad dressing

½ c. chopped tomatoes

1 - 2 c. brown rice, cooked

Toss the vegetables except tomato in the salad dressing. Heat a skillet or grill pan on the barbeque. Stir fry or grill until tender. You could snip up the basil from the box and add to the mix. When vegetables are done to your liking, add the tomatoes and serve the mix over rice. Maybe top the whole dish with a little parmesan and black pepper. Serves about 2.

#### **Hot peppers in the box this week**

- Pasilla Bajio – Mild. Almost no heat.
- Red Cayenne – 30,000 – 50,000 on the Scoville scale HOT! Habeneros and Thai Chili Peppers are hotter and serranos and jalepenos are milder than red cayenne.

*Remember you can freeze them to use later.*

**Pictures of vegetables are on the CSA tab at [www.bushprairefarm.com](http://www.bushprairefarm.com)**

**Please return your box on the next delivery day.**