

BUSH PRAIRIE FARM NEWS 8/5/2013

From the Farm

Both bush and pole beans are producing enough to put in every subscriber box. We grow a mix of bean varieties—this week you may have romano (yellow flat) and/or burgundy (purple) along with more standard varieties. The burgundy beans will turn green when you cook them. Beans are really fun to pick...and pick...and pick. We train the pole beans to climb up netting strung between 10 foot poles driven into the ground. At least with this type, we can stand up most of the time to pick but the best strategy is to have two people—one going down one side of a row and another going down the other side of the row---mostly to point out to each other which beans were missed. Newsflash---We are giving the kale a rest---waiting for the fall batch to come on. And, the bok choy is a bit hole-y this week—but still delicious and nutritious.

What's in the Box?

Cilantro or Parsley	Sweet peppers	Broccoli
Red Leaf Lettuce	Hot peppers	Eggplant
Buttercrunch Lettuce*	Green beans	Cabbage
Zucchini	Bok Choy (holey!)	Carrots
Cucumbers	Green onions	Fingerling Potatoes +
Tomatoes	Chard	

*Regular subscribers

Hot peppers this week

Ascent – Small green, purple, or red Thai pepper. Fiery hot!! 50,000 on the Scoville scale for hot peppers. Handle with glove.

Volcano – Long, waxy green pepper. Good for roasting or pickling. Slightly less heat than a jalepeno.

Jalepeno – Medium hot. 5,000 on the Scoville scale for hot peppers.

Remember you can chop the peppers up and freeze them for later use.

Green Beans

Green beans can be stored in a plastic bag in the refrigerator for up to one week. Cut the ends off and boil or steam for 5 to 10 minutes, depending on how tender you like them. They are delicious with a little salt and pepper. Two other options:

Parsley-Lemon Green Beans—Sautee a clove of minced garlic and 2 Tbsp. finely chopped fresh parsley. Add the 1 c. cooked green beans, season to taste with salt and pepper. Sprinkle with a little lemon juice.

Almond-Parmesan Green Beans—Sautee 1 clove minced garlic and 2 Tbsp. slivered almonds. Add 1 c. cooked beans and season to taste with salt and pepper. Sprinkle with 1 Tbsp. grated Parmesan and serve.

Tomatillos

Upon the suggestion of one of our subscribers, (thanks Steve M.), we removed the husk and cut the tomatillos in half, rubbed olive oil on them, sprinkled salt and pepper, and put them on the grill in a grill pan—about 3-4 minutes on each side. DELICIOUS!!!

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

Please return your box on the next delivery day.

EGGS - \$4/DOZEN – from chickens on organic feed.