

## BUSH PRAIRIE FARM NEWS 8/12/2013

### From the Farm

We are at the halfway mark of the season---and yes, we go through October! The tomatoes are starting to come on and we usually do our best to send vine ripened tomatoes. However, in our first year of CSAs, we learned that the heirlooms do not travel well in the boxes when they are fully ripe. So we will send the heirlooms in a not-quite-ripe state. Just put them in a window or out on the counter to ripen. Tomatoes do not go in the refrigerator regardless of their maturity.

We attended the Capitol Land Trust Gala benefit last Saturday night. The Land Trust purchases land in Thurston County to set aside for wildlife and agriculture. We continue to work with them and the County to strip the development rights off of our farm so that it will remain as a farm/historical site beyond our lifetimes.

### What's in the Box?

Cilantro	Tomatoes	Broccoli
Carrots	Sweet peppers	Potatoes
Green lettuce	Hot peppers	Tomatillos
Red leaf lettuce (regulars)	Green beans	Eggplant
Zucchini	Red Cabbage	Beets
Cucumbers	Napa Cabbage	
Garlic	Green onions	

### *Hot peppers this week –*

Inferno Banana – yellow. 2,500 – 5,000 on the Scoville scale. Super mild.

Goliath Jalapeno – 4,000 – 5,000 on the Scoville scale of hot pepper heat

Cayenne – Slender green. 40,000 – 50,000 on the Scoville scale. HOT!

### About Garlic

Garlic stores best in a cool, place similar to where you store potatoes. Leave the papery skin on. It will keep for several weeks. Garlic is a bulb that has many sections called cloves. Peel a clove off and remove the paper shell. It can be eaten raw or cooked—sliced, chopped, minced, crushed, or whole. Add garlic nearer the end of a stir fry preparation—if it is cooked too long, it will burn and taste bitter.

### Eggplant Cheese Pie

2 c. eggplant, sliced crosswise or in chunks

½ chopped onion

1 clove minced garlic

Sautee these ingredients in 1 Tbsp. oil for 2 minutes, then cover and cook for 5 minutes until eggplant is tender. Keep heat low for garlic or add the garlic a little later in the cooking process.

Add

½ tsp. each dried oregano and basil

Salt and pepper to taste

Zucchini slices

Line bottom and sides of a 10" oiled pie plate with the zucchini slices

Spoon eggplant mixture on top of the zucchini

1 c. shredded mozzarella

1/3 c evaporated milk

1 egg

Combine these ingredients in a bowl and spread over the vegetables. Bake at 375 degrees for 30 minutes

*Adapted from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert.*

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