

## BUSH PRAIRIE FARM NEWS 8/19/13

### What's in the Box?

Basil	Tomatoes	Green onions
Green lettuce	Sweet peppers	Broccoli
Red leaf lettuce	Hot peppers	Tomatillos
Zucchini	Green beans	Bok choy
Cucumbers	Carrots	Eggplant
Cabbage	Garlic	Potatoes

**Hot peppers this week** – Inferno banana(mild), garden salsa—larger green one (mild); Serrano (medium)

### Green Beans!!

This is near the peak of the season. We have our second (and final) row of climbing green beans just starting to produce; 2 rows of bush beans in full swing; and 2 more not quite ready. Here are a few recipes to add variety to the usual boiled or steamed beans.

#### Roasted Green Beans

1 lb beans (this week's lite portion)  
3-4 cloves garlic minced  
Olive oil

Take stem ends off of green beans and lay in a single layer on a baking sheet or grill pan. Sprinkle with garlic then drizzle with oil. Bake in preheated 400 degree oven or grill, shaking the pan or partially turning every few minutes. When beans start to look wrinkled and brown in some spots, about 5 minutes on the grill, a bit longer in the oven, remove from heat. Season to taste with salt and pepper. If desired, drizzle with balsamic vinegar or lemon juice immediately before serving. Serve hot or at room temperature.

#### Basil-Tomato Breen Beans

Cook 1 lb. green beans in a small amount of boiling water until crisp-tender, 5-8 minutes. Drain. Saute ¼ c. minced onion and 1 clove minced garlic. Add 2 Tbsp. minced fresh basil, 1 cup chopped tomatoes and cooked green beans. Cover and cook about 5 minutes. Season to taste and serve.

*Both recipes taken in part from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert*

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.