

BUSH PRAIRIE FARM NEWS 9/16/2013

From the Farm

We are still stuffing the boxes full—the season is going well—last year at this time, we had already had frost. We can detect the transition of seasons as we harvest among honey bees getting that last pollen for the winter and fat, pregnant spiders telling us fall is near. The boxes will start to decrease in variety with the decreased light and cooler temperatures. We have one more round of lettuce to plant in the tunnels and success will depend on lack of frost. And, the winter squash will be harvested in the next week or so.

What's in the Box?

Larette Fingerling Potatoes
Lettuce
Radishes
Zucchini
Cucumbers
Eggplant
Tomatillos

Tomatoes
Sweet peppers
Hot peppers
Green beans
Corn
Basil
Green onions

Walla Walla sweet onion
Broccoli
Bok choy (holey!)
Garlic
Beets

Hot peppers this week – Krimson Lee (sweet & spicy) , Fajita (mild) , Chichimeca (mild), Red cayenne (medium hot)

Fajitas – Chicken or Beef

Slice the peppers—sweet and/or mild hots and onion. Use whatever other vegetables you desire from the box—broccoli and zucchini work very well. Crush a couple cloves of garlic. Throw all the vegetables in a pan with hot oil. Stir fry to desired texture. Add cooked chicken or beef. Chop tomatillos up and add at the end of the cooking. Squeeze some lime on top. Put a large spoonful in a warm flour tortilla. Add a little lite sour cream and dinner is served. You may want to add a tossed salad with tomatoes and cucumbers and steamed green beans.

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