

BUSH PRAIRIE FARM NEWS 6/16/2014

From the Farm

This week we succession planted lettuce, bok choy, and peas to have a continuous supply for your boxes through the summer. The new addition to the box is Napa cabbage with one head weighing out at 4 pounds! Both cabbage and broccoli do very well in our cooler Pacific Northwest climate. That said, we do have a stubborn pest in the now endangered mazama packet gopher which ate about one-third of the broccoli/cabbage crop. It is devastating to see 2 foot tall broccoli plants with the roots nibbled and half the plant pulled down in the gopher tunnel. To get around this pest issue, we have planted the next broccoli starts in individual 'gopher wire' baskets. This solution may keep the broccoli alive, but is not the forever solution as it is too time consuming to dig baskets in.

What's in the Box?

Broccoli	Freckles romaine lettuce	Garlic scapes
Kale	Lettuce	Tatsoi
Napa cabbage	Cilantro	Zucchini
Green onions	Snow or sugar peas	

Snow and Sugar Peas

Snow peas are very flat and best used in stir fries or roasted with olive oil. Sugar peas are smooth with rounded pods. They are delicious raw right out of the box or put into salad. They, too can be added to stir fries or roasted in the oven.

About Napa Cabbage

Napa cabbage is more tender lending itself to an addition to green salads for extra crunch or added near the end of cooking for soup or stir fry. Napa cabbage is an Asian vegetable that is longer and more oval-shaped than regular cabbage. It has a unique taste like a mild celery or bok choy.

4 Things to Do with Napa Cabbage

Braised napa cabbage

Cut up the white stems of napa cabbage to a skillet and cover them halfway with vegetable or chicken broth, ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 5-8 minutes. Add chopped green napa cabbage in the last few minutes of cooking.

Napa cabbage spring rolls

Slice napa cabbage and green onions in thin strips. Roll with chopped cooked shrimp, rice noodles, and basil* in a spring roll wrapper OR wrap the meat/noodle mixture with the napa cabbage leaves. Dip in peanut sauce—peanutbutter, soy sauce, and lime.

*Use the cilantro in the box in place of basil.

Taco topping

Thin slice napa cabbage and use in place of lettuce for a taco topping. Add chopped green onions and cilantro to the cabbage mix.

Coleslaw

Use the napa cabbage in place of regular cabbage for coleslaw. We mix napa with chopped green onions, dried raisins, and a little mayonnaise, vinegar, and sugar.

Cilantro

An herb also known as coriander, it originates from southern Europe and North Africa to southwestern Asia. The soft leaves are used in Asian, Indian, Middle Eastern, Mediterranean, Tex-Mex, and Latin American cooking. Store cilantro in water like flowers—in a glass on the counter works well. Chop the leaves and stems and add to salads or Mexican or Asian dishes. Some people have a taste bud that absolutely does not like cilantro.

Take a look at www.bushprairiefarm.com under the CSA tab for pictures of the vegetables in this week's box.

Thank you for returning your empty box on next week's delivery day.