

## BUSH PRAIRIE FARM NEWS 7/7/2014

### From the Farm

This is the week of GIANT cabbage---some weighing six pounds! The swiss chard is hanging in there despite the heat and cucumbers and zucchini are coming on both in the high tunnel and outside. Another addition this week is soft-necked garlic. We were surprised by the early ready date—usually, we pull and dry garlic the third or fourth weekend in July. The soft necked garlic needs to be used soon as it does not store like the hard-necked varieties.

As the season moves on, there are more vegetables available to put in your box. We are quite enthusiastic about this and may overwhelm you at times with quantity. Please let us know if you want us to cut back a little, i.e. smaller versions of all of the vegetables or email us and ask us to not send some things every week.

The three day weekend was a great time to do some of the longer tasks that have been put off such as fencing the corn and fruit trees to protect them from deer. Trimming and tying up tomatoes is another time-consuming task and it is nearly complete.

### What's in the Box?

Cabbage	Cucumber	Basil
Green Forest Lettuce	Zucchini	Sweet peppers
Tatsoi	Sugar peas	Hot peppers
Bok Choy	Assorted potatoes	Swiss chard
Green onions	Garlic	Broccoli

### Fish Tacos

¼ c. plain yogurt

¼ c. mayonnaise

1 ½ tsp. lime juice

¼ tsp each ground cumin, dried oregano, dried dill

Combine in a small bowl. Set aside

4 tsp. chili powder

2 tsp. ground cumin

¼ tsp red pepper (optional)

Combine in a small bowl

1 ½ lbs. mild white fish such as tilapia or snapper, rinsed, patted dry, and cut in 1-inch pieces.

Dip fish in the spice mixture to lightly coat. Heat 1 Tbsp. oil in large frypan over medium heat. Saute fish pieces in a single layer until lightly browned, about 1 minute per side. Drain on paper towel. Sprinkle with salt

8 corn tortilla

2 c. thinly sliced cabbage

Warm tortillas in microwave under a damp cloth to soften. Fold in ¼ c. cabbage, 1/8 of the fish and 1 Tbsp. sauce inside tortilla and serve with a wedge of lime and a few chopped green onions.

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

**What to do with extra green onions....**

Are you having a hard time using the green onions before they wilt? Cooking Light suggests cutting them in pieces and freezing them to be used later in stir fry or casseroles.

**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.**