

BUSH PRAIRIE FARM NEWS 7/14/2014

From the Farm

The season is shifting and with it the vegetable variety. The peas are gone and the peppers, cucumbers, zucchini, and tomatoes are starting to come on strong. Corn and winter squash LOVE this hot weather and bok choy and tatsoi just go to seed. We harvested a bumper garlic crop this past weekend. It looks much like an onion and we know it is ready to harvest when the green leaves turn yellow. We shut the water off for a week or two, then pull it up using a pitchfork to loosen the soil. We shake as much dirt off as we can, then tie about ten garlic stems together and hang it up on lines in our metal building—aka barn to dry. When it is dry, we cut the stems from the bulb and store it in a cool place—usually our basement. We will put garlic in the boxes most weeks from here on out. The garlic again this week is ‘soft-necked’ and needs to be used pretty quickly.

What’s in the Box?

Red Cabbage	Cucumber	Sweet peppers
Green Forest Lettuce	Zucchini	Broccoli
Tatsoi	Hot peppers	Kale
Bok Choy	Assorted potatoes	Carrots
Green onions	Garlic	Taste of tomato

Freezing Broccoli

We doubled the quantity of broccoli this week—our first crop is winding down. Our intern shared a way that he prepares broccoli to freeze---coat it with olive oil and place it in a single layer on a cookie sheet. Put in a 500 degree oven for 5 minutes. Pull out, cool, and package for the freezer. This is so much easier than blanching and does not leave you with a water sodden product upon freezing. He uses this method with most any vegetable.

Zucchini

How do you store it?

In a plastic bag in the refrigerator for 4-5 days. Do not wash until you are ready to use it.

How do you prepare it?

Small zucchini can be sliced and diced without peeling or removing the soft inner core. For larger zucchini, you may want to remove the center cylinder as it is often softer than the rest of the zucchini. This soft part is edible, too. No need to peel unless it is a very large zucchini and the peeling has hardened.

Do you have to cook it?

No, it can be eaten raw as is; chopped or shredded into salads; or dipped in ranch dressing or ?

Zucchini This Week

Because it is pretty hot out, we suggest chopping or shredding into green salad with the lettuce, tatsoi, and bok choy OR shred with the red cabbage for a coleslaw. This is a good week to grill it—slice and coat with olive oil. Put in a grill pan and grill on medium heat—salt and pepper to taste. And, why not throw in some of the broccoli and green pepper? Add flavor with parmesan or feta cheese. Easy!!

Pictures of vegetables are on the CSA tab at www.bushprairefarm.com

Please return your box on the next delivery day.