

## BUSH PRAIRIE FARM NEWS 7/28/2014

### From the Farm

Mark survived the week of solo farming—again many thanks to TJ Johnson, our hard-working and dependable intern. Fortunately, we have added a third farm hand with our daughter, Rachel home for at least a little while. The box this week offers a nice variety of greens and summer season vegetables. One thing we have learned from doing research for this newsletter is that tomatoes are much better un-refrigerated. Chilling them diminished the flavor. We continue to look forward to harvest day and especially like packing your box. Enjoy!

### What's in the Box?

Broccoli	Zucchini	Kale
Basil	Cucumbers	Tatsoi
Potatoes	Tomatoes	Bok choy
Green cabbage	Sweet peppers	Carrots
Mixed lettuce	Hot peppers	Green onions
Garlic	Oriental eggplant	Green beans

### About Eggplant

Eggplant may be new to you---it was to us. But, we tried it several different ways and love its texture and versatility. Eggplants are a member of the potato family which includes tomatoes and hot peppers. They are often used as a meat substitute and are low in fat, cholesterol, and sodium free as well as a good source of fiber. Store in the vegetable crisper of the refrigerator for up to three days. For more about eggplant and how to store, go to

<http://www.fruitsandveggiesmorematters.org/video/VideoCenter.php?Auto=1&start=0&Video=163&SuperSubID=134>

**Peeling** is recommended for the globe type eggplants; however, not necessary for the long slender oriental varieties. Some sources also recommend salting the eggplant and let it sit for an hour prior to cooking. It keeps the vegetable from soaking up too much oil and it may take away the slightly bitter flavor.

Here is one recipe to get you started.

#### Easy Eggplant Stir Fry

- 1 eggplant, peeled and cubed
- 1 small zucchini, thinly sliced
- ½ c. green pepper cut in slices
- 1 small onion, sliced
- 1 ½ Tbsp. (or more) of low fat Italian salad dressing
- ½ c. chopped tomatoes
- 1 - 2 c. brown rice, cooked

Toss the vegetables except tomato in the salad dressing. Heat a skillet or grill pan on the barbeque. Stir fry or grill until tender. You could snip up the basil from the box and add to the mix. When vegetables are done to your liking, add the tomatoes and serve the mix over rice. Maybe top the whole dish with a little parmesan and black pepper. Serves about 2.

## **Using a lot of vegetables from the box.....**

**Stacked Vegetable Quesadillas** *from Simply in Season by Mary Beth Lind and Cathleen Hockamn-Wert*

1/2 sweet onion- thinly sliced

Sautee in 1 Tbsp. oil 1- 2 minutes

1 clove minced garlic

4 oz. sliced mushrooms

2 carrots – shredded or matchstick

1 zucchini or other summer squash – julienned or chopped

1 sweet pepper – thinly sliced

Add to onions and cook for 5 minutes just until vegetables are tender crisp. Salt and pepper to taste.

12 corn tortillas

1 ½ c. pepper jack cheese, shredded

Assemble 4 stacks simultaneously on a baking sheet. Start with a tortilla, top with a large spoonful of vegetables, some grated cheese, then another tortilla. Repeat layers, ending with a third tortilla (or not....) Place tortilla stacks in preheated oven at 400 degrees for 10-15 minutes, until cheese is melted and stacks are hot. Cut into quarters and serve warm with salsa, sour cream, avocado, and/or chopped fresh cilantro.

**Pictures of vegetables are on the CSA tab at [www.bushprairefarm.com](http://www.bushprairefarm.com)**

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