

## BUSH PRAIRIE FARM NEWS 8/4/2014

### From the Farm

We are stuffing your boxes FULL—mainly, because we are a community supported agriculture business—we share what we have with the subscribers and this year, we have lots! If you find you have too many vegetables to eat in a week, compost the old ones with no hesitation or share with a neighbor. We continue to be amazed with the greens. Usually, swiss chard looks pathetic by this time of the year, but it is still going strong. Bok choy, lettuce, and tatsoi are holding their own—about 50% is going to seed from the heat and the other 50% goes in your box. We had a few heads of cauliflower and put a taste in—quality to be determined. The tomatoes, peppers, and eggplant love this heat and are approaching their peak of production. And, the pocket gophers continue to eat the hot pepper plants, one by one, leaving only the peppers in their wake. Sad, because we usually have a bumper hot pepper crop. Other news this week is that our three loaner steer left for greener pastures at their home on the Colvin Ranch in Tenino.

### What's in the Box?

Cilantro	Hot peppers	Broccoli
Lettuce	Green beans	Eggplant
Zucchini	Bok Choy	Cabbage
Cucumbers	Tatsoi	Carrots
Tomatoes	Green onions	Potatoes
Sweet peppers	Swiss Chard	Cauliflower

### Green Beans

Green beans can be stored in a plastic bag in the refrigerator for up to one week. Cut the ends off and boil or steam for 5 to 10 minutes, depending on how tender you like them. They are delicious with a little salt and pepper. ***If you have too many green beans, why not freeze them for later?*** Cut the ends off, coat them with olive oil and roast at 500 degrees for 5 minutes. Cool and pack in freezer bags or containers. Freeze.

### Using the vegetables this week.....

*How about Chicken Fajitas? This is our version:*

Cut chicken breast tenders in half lengthwise and crosswise (a little larger than bitesize) and marinate for an hour or so in lime juice, chili powder, and a little olive oil. Slice **green peppers** and one or two **hot peppers** and some **zucchini, broccoli, bok choy and/or swiss chard** to stir fry. We add a sliced dry onion and fresh minced **garlic**. Start with the vegetables in a stir fry pan with oil, then add the chicken (drained). Make a fresh salsa with the **cilantro, tomatoes,** and **green onion** and a little lime juice. When vegetables and chicken are done, put a spoonful in a warm flour tortilla. Add lite sour cream and the salsa. Fold the flour tortilla over the mix or eat open-faced.

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.**