

## BUSH PRAIRIE FARM NEWS 8/18/2014

### From the Farm

One of us (Mark) bought a new kitchen gadget—the Veggit—for the cook (me-Kathleen). Very sweet, but an ongoing discussion between us is about having too much ‘stuff’. Well, I was wrong on this one because I used it with zucchini and LOVE it! It makes spaghetti-like threads out of zucchini, carrots, potatoes, or any tubular vegetable. We fried the zucchini ‘pasta’ in a little butter (for flavor) with finely chopped sweet pepper, a little red cayenne, crushed garlic, and parmesan cheese – yum! This week, we planted more lettuce, bok choy, and cabbage. The corn is forming safely behind the solar powered electric net fence, and the heavy vegetables like cucumbers, tomatoes, zucchini, and eggplant continue to grow like crazy in this beautiful summer weather.

### What’s in the Box?

Zucchini	Hot peppers	Bok choy
Cucumbers	Green beans	Eggplant
Cabbage	Carrots	Potatoes
Tomatoes	Garlic	Cilantro
Sweet peppers	Green onions	
Tomatillos	Broccoli	

### What to do with the eggplant.....

Here’s what we did on the grill. Peel and slice eggplant crosswise about  $\frac{3}{4}$  inch thick. Dissolve 2 Tbsp. salt in 1 c. warm water, then add 2 quarts cold water. Put the sliced eggplant in the water for 30 minutes. Use a plate to weight the eggplant down so it stays submerged. Drain the water and pat the eggplant slices dry with a towel or paper towel. Brush one side with olive oil and put that side down on the grill. Brush the other side with olive oil. Grill on medium heat for 3-4 minutes; then turn over. Brush a little more oil (maybe mixed with a little balsamic vinegar) and grill for 3 minutes. Top with parmesan and mozzarella cheese and sliced tomatoes. When cheese melts (1-2 minutes), your main course is ready. Add French bread or rolls and a salad and serve dinner.

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

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