

BUSH PRAIRIE FARM NEWS 8/25/2014

From the Farm

Well Kathleen has work detail in San Diego this weekend and next week so back to me on the newsletter. This weekend planted more lettuce, bok choy, tatsoi and green onions..one more big planting next weekend and that will be about the end of planting. The daylight quickly leaving and there is that fall feel in the air already. In the box we put extra big bags of beans and broccoli. I would not eat the broccoli raw as it is a bit bitter which usually happens in summer before we get to the fall crop. Corn is in and you may have some with ends cut off or you might see some nibbling on the point. Birds seem to again be pecking away. I tried to either avoids it or in some cases cut it off but I bet there will be I missed. We will probably have about three weeks worth of corn this year. Many tomatoes...

What's in the Box?

Zucchini	Hot peppers	Corn
Cucumbers	Green beans	Eggplant
Napa Cabbage	Carrots	Potatoes
Tomatoes	Garlic	Basil
Sweet peppers	Green onions	
Tomatillos	Broccoli	

Rachel supped some peppers this week and here is the recipe she used.

Couscous and Feta-Stuffed Peppers

Adapted from Epicurious

Vegetable-oil cooking spray

1 1/4 cups fat-free chicken or vegetable broth

2/3 cup couscous

4 extra-large or 5 large bell peppers, mixed colors

2 tsp olive oil

1/2 cup chopped onion

6 oz zucchini, quartered lengthwise then sliced across thinly

6 oz yellow squash, quartered lengthwise then sliced across thinly

1/2 tsp fennel seeds

1/2 tsp dried oregano

1/2 tsp salt

1 cup cherry tomatoes, cut in half

15 oz canned chickpeas, drained and rinsed

4 oz crumbled feta cheese (about 1 cup)

3 tablespoons tomato paste

Preheat oven to 350°F. Coat a small baking dish with cooking spray. Bring the broth to a boil in a saucepan, add the couscous, cover the pan and remove it from the heat. Cut the stems

and top half inch off the bell peppers and scoop out the seeds and membranes. Place peppers upright in a baking dish and roast them for 15 minutes or so, until they soften, then remove them from the oven until the filling is ready. Heat oil in a nonstick skillet. Add onion, zucchini, yellow squash, fennel seeds, oregano, and salt. Cook, stirring frequently, for 5 minutes or until vegetables are softened. Remove from heat and stir in the tomatoes, chickpeas and tomato paste. Using a fork, scrape the couscous into the skillet and toss with the vegetables. Stir in the crumbled feta. Fill peppers with the couscous mixture. Bake 15 minutes. Serve immediately

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

Please return your box on the next delivery day.