

## BUSH PRAIRIE FARM NEWS 9/01/14

### Farm News

Lots of subtle changes going on with the vegetables. The lettuce is not at its prime—just a cooler weather vegetable. The green beans, peppers corn, and tomatoes are at their peak – delicious! And believe it or not, the zucchini and cucumbers are just starting to wind down—still more to come, but less in the box. We put red onions in the box this week—use them soon or they may start growing again. We had to harvest these early as the tops were showing signs of a fungus that would eventually damage the bulb. They are safe to eat. The full boxes are good for a little weight lifting exercise if your back is strong enough.

### What's in the Box?

Cilantro	Sweet peppers	Tomatillos
Green lettuce	Hot peppers	Potatoes
Zucchini	Green beans	Corn
Cucumbers	Garlic	Red onions
Beets	Green onions	Beets
Tomatoes	Broccoli	

### Grilled Tomatillos – From the Box

Cut tomatillos in half and coat with olive oil. Use a grill pan to grill the tomatillos until slightly charred. Top with cilantro, lime juice, and garlic that has been pureed in a blender or food processor. For more spice, add a small amount of finely chopped hot pepper with the cilantro sauce. Ready to eat.

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.