

BUSH PRAIRIE FARM NEWS 9/10/14

Farm News

One of our favorite things about growing vegetables for you is learning how you use the vegetables. We had dinner with friends who are subscribers and they pureed a bunch of zucchini and froze it for soups this winter. They (she) also made a great roasted vegetable dish layering zucchini, tomatoes, and onions with oregano and parmesan-romano cheese. Another subscriber makes ratatouille with the eggplant, peppers, and tomatoes. And, what goes around, comes around—we are the benefactors of some of the delicious things you do with the vegetables—dilly beans, pickled jalapenos, and salsa Verdi (with the tomatillos). Thank you!

What's in the Box?

Basil	Hot peppers	Swiss Chard
Red onions	Green beans	Eggplant
Zucchini	Garlic	French Fingerling Potatoes
Cucumbers	Green onions	Corn
Tomatoes	Broccoli	Bok Choy
Sweet peppers	Tomatillos	Tatsoi

From the Box....

This week, we chopped up the red onions and hot and sweet peppers. Then we heated the cast iron skillet, put a little olive oil in and browned the vegetables until soft. We added crushed garlic, a little salt, and lots of cumin. We opened a can of pinto beans, drained it, and dumped it in with the vegetables. This simmered for a short time and we added shredded cheddar cheese. We served ourselves from the stove, added lime, and broken tortilla chips for a little crunch. Sliced tomatoes with green onions and a little salt and balsamic vinegar completed the meal. Quick-easy and delicious!

Have a great week!

Please return box on the next delivery day.