

From Bush Prairie Farm

6/4/2015

We are delighted to open our fifth CSA season with you. This year, we have 20 subscribers—with seven who have been with us from the beginning; eight for one or more years; and five new families.

Welcome! Do you like green? Hope so because the box for these first few weeks will be a burst of green—with delicious and nutritious leafiness. The star of the early season is lettuce (in my opinion)—it is a cool weather vegetable and tastes the best during these last few weeks of spring.

This week's box is very similar to our start of every season. The quantity and variety of vegetables is a little less, but by mid-July, we usually have a hard time closing the boxes because they are so full. We do rinse the vegetables, but recommend you wash them as well. They are grown without pesticides and the intermittent slug holes in the napa cabbage are proof of that. If you are not sure what the vegetable is in your box, check out the labeled picture on the website (www.bushprairiefarm.com). We post a picture each week.

We appreciate you returning your empty box at the next week's pick-up. We label two boxes for you—one new and one gently used. If you have an occasional time that you are gone or for some reason cannot pick up your box on Thursdays between 5:15 and 7:00 pm, please let us know—we can store it in the cooler and work with you on an alternate delivery time or you can ask a friend to pick it up for you.

We welcome wanna-be and experienced farmers, so if you just want to get your hands in dirt for a little while, let us know. We are generally here every weekend and with a little heads up, can have something planned for you.

What's in the Box?

Kale	Bok Choy
Broccoli	Green Onions
Buttercrunch Lettuce	Flashy Trout Lettuce
Nappa Cabbage	Romaine Lettuce*
Basil	Garlic Scapes
Sugar & Snow Peas	

*Regular subscribers only

Tips on this week's vegetables

Kale is an amazing vegetable recognized for its exceptional nutrient density, health benefits, and delicious flavor. Kale's health benefits are linked to the high concentration and excellent source of antioxidant vitamins A, C, and K -- and sulphur-containing phytonutrients.

Store kale unwashed in a plastic bag with a little air in the refrigerator. For preparation, I highly recommend kitchen scissors or a sharp chef's knife. Wash the greens and roll 2-4 leaves or fold in half. Start from the leafy end and cut ¼' ribbons across the leaf until you reach the thickest part of the stem. Tear any remaining leaf from the stem. Kale is great for stir frying or adding to pasta or rice or pizza. My favorite way to prepare kale is to stir fry in a little olive oil for a few minutes, add a small amount of soy sauce and lemon juice to taste, and sprinkle with sesame seeds and red pepper. Or massage it—recipe below.

Bok choy is an Asian green that have both stalks and leaves—the stalks are a little like celery. It is best stored in a loose plastic bag in the refrigerator. It is great raw or cooked. Pull stems apart and wash. Here are a few ways to use bok choy:--- eat raw like celery; chop and put in soups or stir fry with rice or scrambled eggs, chop fine and add to green salads,

Garlic scapes came a little early this year. They are the curly and straight stems with a ‘blossom’ on the end. Chop these up and use in stir fries, soups, pasta dishes, or salads. They are the stems of the garlic blossom which need to be picked so the garlic bulb grows to its maximum size. Scapes have a mild garlic flavor.

Massaged Kale Salad Recipe

Seattle Tilth's Famous Massaged Kale Salad

By Alwyn, Lisa and Maren

1 large bunch Dinosaur Kale, remove stems and cut into ½" ribbons

¼ tsp sea salt

Juice of 1 lemon

¼ C olive oil

1 apple, cored and cut into chunks

¼ C raisins or other dried fruit

¼ C toasted sunflower seeds.

Put kale into a large bowl, sprinkle with sea salt and lemon juice. Using your hands, massage kale vigorously for 3 to 5 minutes. Drizzle olive oil over kale and massage for another couple minutes. The salt and lemon juice will “wilt” the greens. Toss in apple chunks, raisins and sunflower seeds. Garnish with edible flowers. Salad will keep in the fridge for several days. Enjoy!

Thank you for returning your empty box on next week’s delivery day.