

BUSH PRAIRIE FARM NEWS 6/10/2015

From the Farm

Farming is a weather related sport. With the recent, unprecedented hot spell in June, some of our cool weather vegetables like peas and cucumber transplants have not fared so well. We are giving extra overhead water to cool kale, swiss chard, cabbage, broccoli, and zucchini. And, we (Mark) installed misters like you see at the grocery store for the lettuce and bok choy in the hoop houses. We have waited to plant the winter squash transplants until the heat subsided—this weekend looks good for that activity. On the other hand, the corn, tomatoes, peppers, eggplant, and tomatillos loved the heat. The bok choy is doing very well even if it is a cool weather vegetable. The other update is on broccoli—um...we have an endangered species, the mazama pocket gopher, who LOVES many of our vegetables. We work with these creatures by planting a lot of vegetables like onions, peas, potatoes, garlic, and beets in special wire lined boxes or by planting more of a crop they like. Even with extra planting, the little varmints took out half of our first broccoli crop. We fight back by planting more, but it may be awhile before we regularly have broccoli in the box.

What's in the Box?

Kale	Fingerling Potatoes*	Cucumber
Broccoli*	Snow or sugar peas	Garlic Scape
Buttercrunch or RomaineLettuce	Tatsoi	Rosemary
Leaf Lettuce	Bok Choy	Green Onions
Flashy Trout Lettuce*		

*Regular box only

What to Do With Bok Choy and Tatsoi

Both of these vegetables can be eaten raw or cooked. Tatsoi is the smaller round green leaves with stems. We really like tatsoi chopped up raw in salads. And, here are two ways we prepared bok choy during the last week.

Peanut-Ginger Bok Choy: Mix about ¼ c. soy sauce, 2 Tbsp. lime juice, 2-4 Tbsp. creamy peanutbutter, and ½ tsp. powdered ginger until blended. Slice the white stems in ½" pieces and slice the green leaves into ribbon-like pieces. Heat small amount of vegetable oil in a fry pan and put the stems in to cook for about 3-5 minutes, then add the green and cook to the texture you like. Pour the peanut sauce over the bok choy, stir, and serve with crumbled dry roasted peanuts on top. (This same sauce is great on kale as well.)

Lemon-Feta Bok Choy: In place of the peanut-ginger sauce, squeeze a half of lemon on the bok choy when it is done cooking and add feta and ground black pepper.

A great internet reference for storing and cooking vegetables is www.Fruitsandveggiesmorematters.org
Here is a recipe from that site.

Stir-Fry Bok Choy

Preparation Time: 20 minutes

- 1 ½ pounds bok choy
- 4 teaspoons canola oil
- 2 cloves garlic, finely minced
- 1 teaspoon grated fresh ginger
- 3 tablespoons water
- ¼ teaspoon salt
- ½ teaspoon sesame oil

Trim the end off the stem and separate the leaves . Clean under running water. Drain. Cut stem into 1" pieces and leaves into wide ribbons. Finely mince garlic and grate fresh ginger. Place oil, garlic, and ginger in a cold pan and heat on MEDIUM-HIGH heat. When the herbs become fragrant and just beginning to turn brown, add the stalks of the bok choy. Toss very well to coat with the oil and cook until stalks are just beginning to get tender, about 3 minutes. Add leaves and water and stir. Cover and let cook for 1 minute or until leaves are tender-crisp. Season with salt and drizzle with sesame oil.

Serves: 8

Take a look at www.bushprairiefarm.com under the CSA tab for pictures of the vegetables in this week's box.

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