

## BUSH PRAIRIE FARM NEWS 6/25/2015

### From the Farm

We planted the last 'one and done' crop this last weekend—four more rows of corn. And, we had great help from Amber, Ashley, and Caleb Abbott—three of our younger subscribers. They were an amazing crew on Saturday morning—weeding onions, planting corn, and washing out zillions of flats from all of our transplants. We have planted more broccoli—this time the plants were put into wire baskets, then in the ground. We hope the wire deters the pocket gophers. The early zucchini and cucumbers in your box come out of our hoop houses—the usual season for the outdoor crop is mid-July through August. The new potatoes have a thin skin so need to be eaten soon or refrigerated. We do not use pesticides so you can safely eat our vegetables with the skin on—we do recommend washing them.

### What's in the Box?

Sugar and snow peas	Kale	Carrots
Buttercrunch Lettuce	Tatsoi	Basil
Romaine Lettuce	Bok Choy	Green Onions
Red leaf lettuce*	Zucchini	New potatoes
Cucumber	Nappa cabbage*	

\*Regular box only

### Zucchini & Kale

Here's what we did with our zucchini and kale this week. We stir fried the kale and onion in our iron skillet with a little bacon grease (just a little....)—after a few minutes, we added a little water and garlic and put the lid on to steam the kale for about 5 minutes. In the meantime, we tossed the sliced zucchini in olive oil, basil, and thyme—then put it single layer in a grill pan and grilled it on the barbeque until golden brown. We removed the zucchini from the grill pan and put the kale in it—on the grill, then put the zucchini on top of the kale. We squeezed fresh lemon juice on the vegetables, added shredded Italian mixed cheese, and topped with crumbles of goat cheese. YUM!!!!

Take a look at [www.bushprairiefarm.com](http://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.