

BUSH PRAIRIE FARM NEWS 7/2/2015

From the Farm

We are working with the vegetables to get them through this unusual heat spell. We continue to overhead mist the lettuce, bok choy, and green onions in the hoop house and have timed overhead sprinklers for the outdoor greens such as kale, broccoli, and swiss chard. The tomatoes, peppers, and eggplant LOVE this heat as does the corn, which is already knee high (in July☺). We have been raising 25 baby chicks since the first week of May. At 8 weeks, they are 'pullets' (adolescents) and no longer need a heat lamp at night. We split this flock with our good friends and subscribers, Steve and Carol McCulloch. We took 10 lovely pullets out to their new chicken palace on Saturday. Eggs from the remaining 14 in September.

What's in the Box?

Swiss chard	Mixed cabbage	Green onions
Buttercrunch lettuce	New Potatoes	Carrots
Red leaf lettuce	Sugar Peas*	Sweet pepper
Broccoli*	Basil	Cucumber
Zucchini	Hot peppers (in bag)	Sweet peppers

*regular share only

About the hot peppers— we ALWAYS put the hot peppers in a paper bag

Chezno – small purple (medium hot)

Hungarian yellow – yellow (hot)

Hot Portugal – long slender green (hot)

Here's what we did with bok choy, zucchini, carrots, and green onions

Chopped up bok choy stalks and leaves; shredded carrots, sliced zucchini; and chopped up green onions. Stir fried bok choy stalks, shredded carrots, and sliced zucchini with olive oil, salt, pepper, and cumin. At the same time, simmered 1 cup of quinoa with 1 ½ cups chicken broth for 15 minutes. Added the bok choy greens to the stir fry mix for 3 or 4 minutes. Stirred the vegetables into the quinoa with chopped green onions, a handful of dry roasted peanuts, and lime juice. Yum!

Pictures of vegetables are on the CSA tab at www.bushprairefarm.com.

Please return your box on the next delivery day.

HAPPY 4TH OF JULY!