

## BUSH PRAIRIE FARM NEWS 7/16/15

### From the Farm

Zucchini...zucchini....zucchini. Please let us know if you want more in your box or larger sized. (Less is not an option---just kidding!). This week has been quite a balancing act between work-related overnight trips, harvesting, and weeding. Thanks to Carol McCulloch, one of our subscribers, who is helping us with bean picking. The Evergreen State College archeology department is starting a dig here on the farm---looking for artifacts from George and Isabella's first cabin built in 1845. Tours will be available near the end of July through August. Here is a link describing the field class and dig.

<http://www.thurstontalk.com/2015/07/14/bush-homestead-artifacts/>

### What's in the Bo

Cucumbers	Basil	Sweet peppers
Romaine lettuce	Zucchini	Hot peppers
Red leaf lettuce	Tatsoi	Garlic scapes
Tomatillos	Assorted potatoes	Swiss chard
Green onions	Green beans	Broccoli*

\*lite only

### Hot Peppers

Hole mole – long slender shiny/slick green (mild)

Hot Portugal – long green curved with more coarse skin (very hot)

Chezo – purple (hot)

Hungarian Yellow – yellow (mild to medium)

### About Tomatillos

*Also known as the Tomato Verde and Mexican Husk Tomato, the tomatillo is a staple in Mexican salsa and mole. As it matures, the fruit fills, and sometimes bursts through its papery husk.*

#### How to Select

Look for dry, hard tomatillos with tightly fitting husks that are dry and free of mold.

#### How to Store

Refrigerate tomatillos loose or in an open container in the crisper drawer for 2-3 weeks.

#### Nutrition Benefits

Low fat, saturated fat free, cholesterol free, sodium free, low calorie, a good source of vitamin C.

<http://www.fruitsandveggiesmorematters.org/tomatillo>

### Salsa Verdi

One way to use tomatillos is to make salsa. Remove the husks and wash to remove stickiness.

Grill or broil tomatillos, garlic in husk, and hot peppers for about 7 minutes or until slightly charred. Husk garlic and put all in the blender with fresh cilantro or cumin and chopped green or dry onion. Puree and use with tortilla chips or as a sauce for chicken or fish.

**What to do with extra green sweet peppers....**

Slice or chop to the size you want to freeze. Shake in a little olive oil. Roast in a 500 degree oven for about 5 minutes. Cool. Freeze in containers or freezer bags. Peppers for the winter!

**Pictures of vegetables are on the CSA tab at [www.bushprairefarm.com](http://www.bushprairefarm.com)**

**Please return your box on the next delivery day.**