

BUSH PRAIRIE FARM NEWS 7/23/15

From the Farm

New to the box this week are beets. Tomatoes are on the way and peppers are approaching their peak. Daisy, our border collie, is helping with the plethora of zucchini—she was playing with one of the larger round ones tonight while we packed the boxes. For a different ‘twist’ on zucchini (pun intended☺), we like to make it into veggie noodles with the Veggetti Spiral Vegetable Slicer. It’s an inexpensive manual tool that allows you to make noodles out of most any vegetable. Fry in small (or large) amount of butter for a few minutes and toss with parmesan and basil or parsley.

What’s in the Box

Cucumbers	Basil	Sweet peppers
Romaine lettuce	Zucchini	Hot peppers
Red leaf lettuce	Tatsoi	Kale
Tomatillos	Assorted potatoes	Broccoli
Green onions	Green beans	Parsley
Beets		

Hot Peppers

Cayenne – red thin (hot)
Inferno yellow banana – (medium)
Chezno – purple (hot)
Goliath – large green (mild)

Beets

To store, remove leaves, leaving about an inch of the stems. Use leaves as greens- raw or cooked. Store roots in a plastic bag in refrigerator for up to 3 weeks. Wash before cooking. Boil or roast the roots until tender. Delicious with balsamic vinegar and feta or goat cheese and walnuts.

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

Please return your box on the next delivery day.