

BUSH PRAIRIE FARM NEWS 8/17/15

From the Farm

We have many fun jobs around the farm, but the most rewarding is harvest day. We have our routine—Mark picks the zucchini, cucumbers, tomatoes, peppers, tomatillos, and digs the potatoes. Kathleen picks the broccoli, lettuce, cabbage, bok choy, beets, carrots, and herbs. We share picking the beans and pulling onions. The rhythm of harvesting, cleaning, weighing, and packing the boxes is a steady, comfortable hum. Packing the boxes is like filling Christmas stockings or Easter baskets. Thanks for the honor of growing food for you.

What's in the Box

Cucumbers	Basil	Sweet peppers
Buttercrunch Lettuce	Tomatoes	Hot peppers
Fleshy Trout Lettuce	Garlic	Corn
Bok Choy	Broccoli	Carrots
Tomatillos	Mixed red/russet potatoes	
Green onions	Zucchini	
Cabbage		

Hot Peppers

Inferno Banana
Italica
Peppercorn Red
Hole Mole
Chenzo

What we did with the vegetables this week

Fresh salsa – Chopped tomatoes, green onions, hot peppers, (cilantro), sweet peppers with a little white wine vinegar – DELICIOUS with tortilla chips or straight from the bowl

Salsa Verde – Sliced tomatillos on a hot grill until somewhat blackened. Put garlic clove, hot pepper to taste, and tomatillos in food processor or blender—puree. Add to fish or chicken.

Green Beans – Cut ends off. Coated with olive oil. Put in 500 degree oven for 5 minutes. Cool on a wire rack covered with paper towel. Cool slightly. Pack in freezer bags and freeze.

Corn on the Cob – Leave husk on. Put on medium temperature grill. Turn every few minutes or so. The husks will turn black. Remove from grill, husk, and enjoy the roasted corn with a little butter and lime juice.

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

Please return your box on the next delivery day.