

BUSH PRAIRIE FARM NEWS 8/27/15

From the Farm

We are enjoying the BEST tomato year EVER!!! In the 6 years we have grown vegetables here, this is the first year with little to no vine disease. We are preserving our tomatoes in many ways---canned salsa, boiled/peeled and frozen or freeze them whole. Our favorite way is to cut in sections, toss in a little olive oil, and roast at 350 degrees for a couple of hours or grill to the consistency you would like, then freeze. Instant marina, pizza, or enchilada sauce.

The corn is smaller this week—a smaller variety called 'Quickie'.

Note: If you would like more tomatoes or peppers, let us know. And, of course, there is always extra zucchini!

What's in the Box

Cucumbers	Basil	Sweet peppers
Tomatoes	Hot peppers	Tomatillos
Elephant Garlic	Corn	Green Beans
Bok Choy	Broccoli	
Beets	French Fingerling Potatoes	
Green onions	Zucchini	

Hot Peppers

Jalapeno

Habanero

Volcano (orange yellow)

Goliath Griller (big green one—mild)

What we did with the vegetables this week

We chopped bok choy, green peppers, parsley, and green onions—sauteed them and added beaten eggs to make scrambled eggs. We topped with cheddar cheese and sliced tomatoes.

Pickled Beets

Scrub beets. Remove the greens and use for salad or cooked greens. Place the beets in large pot. Add water to halfway up beets. Boil until fork-tender, 1-2 hours. Drain and set aside beet juice. Run cold water over hot beets while sliding off skins with hands. Slice or dice beets as preferred.

1 cup white vinegar

¾ cup brown sugar

½ cup plus 2 Tbsp. beet juice from cooking beets

2 whole cloves

piece of cinnamon stick

½ tsp. salt

Combine in a saucepan. Add sliced or diced beets and bring to a boil for 3-5 minutes. Cool. Beets may be kept covered and refrigerated for 4-6 weeks.

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

Please return your box on the next delivery day.