

BUSH PRAIRIE FARM NEWS 9/17/15

From the Farm

We feel and see the season shifting to fall. The first crop of beans is almost done. The onions are put up in a drying room with a fan. The corn is winding down. And, with less light, our succession crops like lettuce, cabbage, and broccoli do not grow quite as fast. There are still plenty of vegetables left and this week we are introducing some Asian greens. These add spark to salads or any cooked dish when added near the end. They are also great in pho—a popular noodle broth dish. They are very tender and this week is a test to see if they even last packed in your box. We keep them in water until just before delivery. Your feedback is most welcome.

What's in the Box

Cucumbers	Yellow Finn Potatoes	Sweet peppers
Tomatoes	Hot peppers	Tomatillos
Parsley	Corn	Green/Wax Beans
Red Onion	Broccoli	Romaine Lettuce
Walla Walla Sweet Onions	Zucchini	Red Lettuce
Green onions	Beets	Tatsoi
Asian Greens		

Hot Peppers

Chezno
Jalapeno
Budapest Yellow
Garden Salsa

What we are doing with our extra hot peppers and tomatoes

We roast the extra hot peppers—at 450 degrees for about 10 minutes. Line the pan with oiled foil or the dishwasher person will not be happy. Remove the stems and brush a little oil on the peppers. Remove from the oven and peel (with gloves!) or not. Remove seeds or not. Put in a blender with a little vinegar, sugar, and salt to taste. Instant hot sauce.

With tomatoes, line a baking pan with oiled foil. Half or quarter tomatoes—removing the core. Put in the oven at 350 degrees for 1-1/2 to 2 hours. If you don't eat these caramelized tomatoes on the spot, freeze for later use as pizza sauce or any dish that calls for tomato sauce or paste.

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

Please return your box on the next delivery day.