

BUSH PRAIRIE FARM NEWS 6/5/17

From the Farm

We are delighted to open our seventh CSA season with you. This year, we have 21 subscribers—and returning from last year—excellent farm help from Wendy Finney and her 4-year old daughter Kate. They work on Mondays and usually do the deliveries.

We have weathered the very cold, rainy spring. The vegetables are coming along, but some are about 2 weeks behind schedule—including kale, chard, cabbage, and broccoli. Your box today is pretty usual for the start of the season—quantities and variety of vegetable start smaller, but crescendo as the season unfolds. We grow our vegetables without pesticides and we do rinse them before putting them in the box. We recommend you wash them as well.

We harvest your vegetables the day before delivery/pick-up day and in general, most will hold up to a week. If you are not sure what a vegetable is in your box, we post a picture each week at www.bushprairiefarm.com.

What's in the Box?

Garlic Scapes	Bok Choy	Basil
Buttercrunch Lettuce	Tatsoi	Green Onions
Romaine Lettuce	Green Garlic	Rhubarb

Garlic Scapes

These are the stem-like vegetables in your box. Garlic scapes are the blossom end of the garlic. We cut them so all of the plant's energy goes to the garlic bulb. The scapes have a mild garlic flavor and we chop them up and put them in stir fry or casseroles or raw in salad. Enjoy!

Green Garlic

Some garlic was left in the ground from last year's crop, so we are picking it early and sending it out to you. This is the vegetable that looks a little like onions with a green stalk and small bulb at the end. The garlic is not fully developed, but still has a nice garlic flavor. It is softer and the entire bulb and stalk can be used raw in salads or cooked in any dish you use with garlic.

Tatsoi

This is the vegetable with super dark green round leaves and white stalks. It is a relative to bok choy, but we consider it as the Northwest alternative to spinach. The flavor is mild and it can be used raw or cooked—stems and all. We use it to add interest to salads and it works well added to the end of a stir fry, rice, egg, or pasta dish.

Rhubarb

This is the end of the season for rhubarb. Cut into ½ to 1" chunks and heat in the microwave on high until soft. Add sugar to taste. Super low calorie topping for ice cream, waffles, or stirred in with plain yogurt and trail mix.

Bok Choy

This vegetable is a star staple with our micro-climate and we would love to hear how you use it. If you are a bit new to bok choy, be not afraid. Cut the end off and wash the stalks and leaves. Think of all of the sauces, dips, salad dressings, and herb/spice combinations you like on pasta or rice or salads and go for it with the bok choy. Here are a few favorites of ours:

Chop the stalks and the leaves. Quick stir fry in a little olive oil for about 5 minutes. Add the leaves for another 2-3 minutes. Use immediately or cool and refrigerate for later. Add to rice, pasta, or salad or eat by itself with one of these combinations or your own.

Quick peanut sauce: ¼ c. creamy peanut butter, ¼ c. soy sauce, ¼ - ½ tsp. ginger, ½ tsp. minced garlic, 2 Tbsp. lime juice. Heat in the microwave to warm the peanut butter and stir into a sauce. Stir the amount that suits you with the bok choy dish. Sprinkle with chopped peanuts.

Italian Salad Dressing: We like the bottled Bernsteins salad dressing – Cheese Fantastic Lite.

Lemon juice, butter, and a little cayenne pepper (or none if you don't like heat).

Curry, cumin, lemon, and sesame seeds – Start with 2 Tbsp. lemon juice, ½ tsp. curry, ½ tsp. cumin, and a sprinkle of sesame seeds.

Take a look at www.bushprairiefarm.com under the CSA tab for pictures of the vegetables in this week's box.

Thank you for returning your empty box on next week's delivery day.