

## BUSH PRAIRIE FARM NEWS 6/13/16

### From the Farm

This week's box is all about lettuce. Farming is somewhat of a guessing game and this year A LOT of lettuce is ready all at once—some of this is due to the very warm weather we had in May causing our lettuce to ripen a bit quicker. During our hot weather two weekends ago, we prepared for transplanting, but waited until the clouds appeared again to transplant chard, corn, and peppers. Last weekend, we planted more peppers, beets, tomatoes, and flowers. We are working with the National Resources Conservation Service (NRCS) to develop a 'farm plan' as part of our process in removing development rights from this property to be a farm forever. The plan will include our goals for the property and what we would like to do with the property into the future.

### What's in the Box?

Kale	New potatoes
Sugar peas	Garlic Scapes
Red Butter Lettuce	Tatsoi
Romaine Lettuce	Bok Choy
Curly Leaf Lettuce	Green Onions

### About Kale

#### *Nutrition*

Kale is an amazing vegetable recognized for its exceptional nutrient richness, health benefits, and delicious flavor. Kale's health benefits are linked to the high concentration and excellent source of antioxidant vitamins A, C, and K -- and sulphur-containing phytonutrients.

#### *Preparation & Storage*

For preparation, I highly recommend kitchen scissors. Wash the greens and roll 2-4 leaves or fold in half. Start from the leafy end and cut ¼' ribbons across the leaf until you reach the thickest part of the stem. Tear any remaining leaf from the stem.

#### **Meal in a Skillet**

1 bunch kale, torn or cut into big bite size pieces (3-4 cups)

1 lb. potatoes, cut into ½ inch cubes

1 medium dry onion, chopped

1-2 cloves garlic

Olive oil

Salt & pepper

1 cup shredded Italian mix or mozzarella cheese

Coat large nonstick fry pan with olive oil. Toss potatoes and onions in. Brown for 5 minutes. Cover and cook for 5 more minutes. Add kale and garlic. Drizzle a little more olive oil on the kale. Add salt and pepper. Stir and cook uncovered or covered for at least 5 more minutes to soften kale to taste.

**Garlic Scapes**

These are the curly 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!

Take a look at [www.bushprairiefarm.com](http://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.