

BUSH PRAIRIE FARM NEWS 6/30/2016

From the Farm

We are working with the Natural Resources Conservation Service (NRCS) on a farm plan. This is a requirement for the process to preserve this land as farm use only into the future. We discuss what we want to do on this farm and NRCS provides technical assistance in supporting the achievement of our plan. One example is since we are a vegetable farm, we definitely need a good composting system that recycles greens and manure into a useable soil amendment. NRCS will give us best practices for building a compost process that is earth-friendly. Another example is our use of water and adopting best practices that will conserve water and meet the needs of growing vegetables. We are also working with them on solar heat and soil compaction.

What's in the Box?

Swiss Chard	Romaine Lettuce	Bok Choy
Zucchini	Buttercrunch Lettuce	New Potatoes
Asian Greens	Sugar Peas	Asian Greens
Green Onions	Basil	

About Zucchini

This is the beginning of the season—we have a long zucchini season because we start some plants in our hoop house—which is where the zucchini you have had so far comes from. Zucchini is a GREAT vegetable because it adds volume to any dish without adding too many calories and is tasty raw or cooked. Fruitsandveggiesmorematters.org suggests storing in a plastic bag in the refrigerator for 4-5 days. Don't wash until you are ready to use. Zucchini is fat free, cholesterol free, and high in vitamin C.

Zucchini Coleslaw (You may want to cut this recipe in half)

- 2 cups zucchini, coarsely shredded
- 2 cups cabbage, shredded
- 1 medium carrot, shredded
- 2 green onions, sliced
- 1/2 cup radishes, thinly sliced
- 1/3 cup mayonnaise, fat-free
- 1/2 cup mild salsa

Drain zucchini by pressing between layers of paper towels. Put zucchini in large bowl. Add cabbage, carrots, onions, and radishes. In a small bowl, combine remaining ingredients. Pour over vegetables and toss well. Cover and chill until ready to serve.

Recipe adapted from the University of Kentucky Cooperative Extension Service. Found on www.fruitsandveggiesmorematters.org

Asian Greens – We are really enjoying these chopped up and mixed half and half with lettuce—also chopped. Try the Sicilian lemon balsamic vinegar from Olympia Olive Oil Company in Olympia mixed with olive oil for the dressing—DELICIOUS!!!!

Tonight's Dinner

After we packed the boxes, we had a grilled dinner—I took the ends of the sugar peas, cut the zucchini in thick bite size chunks, and boiled a few small potatoes. I cut the potatoes in half and tossed all of the vegetables in olive oil to coat, then put them on a grill pan—added salt and pepper and put on the grill for about 5 minutes, turning once or twice. I shook a little parmesan cheese on them and dinner was served with a grilled ham slice and a chopped salad with cranberry pear balsamic vinegar.

WISHING YOU A HAPPY FOURTH OF JULY WEEKEND!!

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.