

BUSH PRAIRIE FARM NEWS 7/7/2016

From the Farm

We can see the season shifting. The outdoor zucchini is starting to ripen and some of our early tomatoes in the tunnel are red! And, another sign is some of our cool weather vegetables like bok choy are bolting. We planted the second half of the corn crop—we being Mark, my Mom, and me with a little help from Daisy and my mom's golden lab, Molly. And, of course, we continue to weed and weed and weed!

What's in the Box?

Kale	Romaine Lettuce	Radishes
Zucchini	Buttercrunch Lettuce	New Potatoes
Asian Greens	Sugar Peas	Napa Cabbage
Salad Onions	Cilantro	Beets

About Beets

To store, remove leaves, leaving about an inch of the stems. Use leaves as greens- raw or cooked. Store roots in a plastic bag in refrigerator for up to 3 weeks. Wash before cooking. Boil or roast the roots until tender. Delicious with balsamic vinegar and feta or goat cheese and walnuts. Or, shred them raw in salads.

What's For Dinner?

Tonight, after packing your boxes, I was going to do a rice and bean dish, BUT the potatoes we put in this week looked so delicious—I changed the menu to a kale-potato iron skillet dish. I added some of the red onions, garlic, and salt and pepper. Oh—and a hot pepper frozen from last year. When the kale and potatoes were tender, I topped this dish with shredded cheese and chopped greens from the onions. We added a salad with other greens from the box and dinner was served!

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.