

BUSH PRAIRIE FARM NEWS 7/14/2016

From the Farm

We planted more bok choy and beets—the bok choy will be ready in about 4 weeks (if we get a little more heat!) and the beets will be ready in about 10 weeks. Our good friends, Dirk and Dixie Havlak, helped us harvest elephant garlic and some of our hard necked garlic.. It is VERY early, but the garlic leaves were yellow enough to indicate time to harvest. Our farm help, Wendy and 3-year old Kate tied it all up to dry. We have also put the netting up for the pole beans to climb and next is the cucumber patch.

What's in the Box?

| | | |
|--------------|----------------------|--------------|
| Swiss Chard | Romaine Lettuce | Radishes |
| Zucchini | Buttercrunch Lettuce | New Potatoes |
| Asian Greens | Sugar Peas | Red Cabbage |
| Salad Onions | Basil | Carrots |

What's For Dinner?

We are leaning towards less starch-type carbohydrates like pasta, rice, and potatoes—mainly to decrease calories with our increasing age. So, last night, we did a pasta dish with half or less the pasta we usually use. We used vegetables to substitute for the remaining pasta. Last night, we used a small amount of whole wheat penne, cooked. We stir fried zucchini chunks, sugar peas, and chard with minced garlic and salt and pepper. We keep frozen raw shrimp on hand—easy to thaw in cold water. We added this to the stir fry with some oregano (dried) and fresh basil. When the shrimp was pink, we added the penne and frozen pesto from last year's stash. We added a green salad 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.