

BUSH PRAIRIE FARM NEWS 7/21/2016

From the Farm

What a beautiful week—we did a little of everything—planted the last of the corn, weeded the winter squash, dug the rest of the garlic, and harvested. We have doubled up on cabbage this week—the first of the green cabbage and another round of napa cabbage. Check out the butter lettuce—grown outside under the old apple trees and the best news is our tribe of bunnies did not find it!

What's in the Box?

Kale	Romaine Lettuce	Radishes
Zucchini	Butter Lettuce	Carrots
Asian Greens	New Potatoes	Napa Cabbage
Salad Onions	Cilantro	Green Cabbage
Sugar Peas		

Napa Salad with Crunch

This is an old-time salad, but nice for a change of pace and a great way to fix napa cabbage.

Salad

1 head of napa, sliced thin
1 Tbsp. oil
3 oz. package of ramen noodles
1 Tbsp. sesame seeds
1 tsp. crushed garlic
2 Tbsp. toasted almond slices

Heat the oil in a small fry pan and add the noodles, sesame seeds, and garlic. Stir until noodles are browned. Toss the noodles with the sliced napa.

Dressing

1 Tbsp. Soy sauce
¼ c. + 2 Tbsp. cider vinegar
¼ c. sugar
1/8 tsp. black pepper
pinch of ground ginger

Combine these ingredients and heat for 1 minute on the stove or in the microwave. Refrigerate to cool. Toss the salad with the dressing and almonds and serve.

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.