

BUSH PRAIRIE FARM NEWS 7/25/2016

From the Farm

We have hit the “boxes are too full” stage of the season. We have extra lettuce, kale, chard, potatoes, and zucchini—so let us know if you want more....or less of these vegetables. Two new vegetables make their debut this week—tomatoes and tomatillos. We have more information below about storage and how to use—especially tomatillos. One of our subscribers gave us a great idea for using napa cabbage—we tried it and it is delicious—slice thin, rub with a little oil, and top your roasted vegetables during the last five minutes of cooking. We put our dish under the broiler—the napa added a nice crunch. And, if you want to try lettuce wraps, this is the week to do it with some spectacular butter lettuce.

What’s in the Box?

Kale	Radishes	Broccoli
Zucchini	Butter Lettuce +	New Potatoes
Sugar Peas	Napa Cabbage	Carrots
Salad Onions	Basil	Tomatoes
Cucumbers	Green Cabbage	Tomatillos

Storing Tomatoes

Store at room temperature away from direct sunlight, for use within 1 week after ripe. Tomatoes taste best if not refrigerated; refrigerate only if you can’t use them before they spoil.

<http://www.fruitsandveggiesmorematters.org>

About Tomatillos

Also known as the Tomate Verde and Mexican Husk Tomato, the tomatillo is a staple in Mexican salsa and mole. As it matures, the fruit fills, and sometimes bursts through its papery husk. Refrigerate tomatillos loose or in an open container in the crisper drawer for 2-3 weeks. Low fat, saturated fat free, cholesterol free, sodium free, low calorie, a good source of vitamin C.

<http://www.fruitsandveggiesmorematters.org/tomatillo>

Grilled Tomatillos

2 Tbsp. Basil, chopped finely (what we sent you)

1 -1/2 tsp. lemon juice

½ tsp. minced garlic

1-1/2 tsp. oil

Cut 5-6 tomatillos or all that we sent in half; put in a grill pan. Brush each tomatillo with olive or canola oil and sprinkle with salt and pepper. Grill until slightly charred. Serve the basil sauce.

We will send a salsa verde recipe later when we have hot peppers. Please let us know if you want a rest from tomatillos as we typically send them weekly from here on out.

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.