

BUSH PRAIRIE FARM NEWS 8/4/2016

From the Farm

Tomatoes are just on the edge of popping with color. This week's tomatoes may need to sit a day or so to add more color and sweetness. We planted more broccoli and tatsoi and sugar peas—the last of the succession planting for those vegetables. It's hard to believe we are almost halfway through the season!

What's in the Box?

Kale	Butter Lettuce	Broccoli
Zucchini	Potatoes	Tatsoi
Sweet Peppers	Carrots	Tomatoes
Salad Onions	Basil	Bok Choy
Cucumbers	Cilantro	Green Cabbage
Elephant Garlic	Tomatillos	

About Elephant Garlic

From *New Good Food* by Margaret Wittenberg. It looks like a giant bulb of garlic; however it is much milder in flavor than regular garlic. It can be used in any recipe that calls for garlic. It is especially good when roasted. Drizzle it with oil while it's still in its papery wrapper and bake it at 350 degrees F. for 30 to 45 minutes. Once it's soft, the flesh can be squeezed out and spread on bread or baked potatoes.

Here's some ways that we use it—raw in salads and especially good in potato or pasta salad; or, chop fine and sprinkle on top of roasted or grilled zucchini near the end of the cooking time.

Cucumber Yogurt Dip or Sauce for Chicken or Fish

- 1 cup plain yogurt, low-fat
- 1 cucumber, peeled, seeded, and grated
- 1/4 cup sour cream, fat-free
- 1-1/2 tsp lemon juice
- 1/4 tsp dry dill
- 1 garlic clove, chopped (you can use the elephant garlic)

Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Serve with raw vegetables as a dip or add to chicken or fish at the end of cooking.

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.