

BUSH PRAIRIE FARM NEWS 8/11/2016

From the Farm

We live in a great climate that allows for greens (tatsoi, bok choy, lettuce, kale, and chard) to grow well into the season. As the longer growing vegetables like tomatoes, peppers, green beans, and eggplant come on, your box is packed and then some. If the greens are overwhelming your refrigerator, we give you permission to toss the old when the new comes. It is all organic and very biodegradable☺. The bush green beans are ripening; however, we are trying to time picking around the rain as picking beans when the vines are wet ruins the vines. 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.

What's in the Box?

Swiss Chard	Red Romaine Lettuce	Broccoli
Zucchini	Fingerling Potatoes	Tatsoi
Sweet Peppers	Tomatoes	Green Beans
Hot Peppers*	Beets	Tomatillos
Salad Onions	Cilantro	Bok Choy
Cucumbers	Radishes	Green Cabbage
Garlic		

*Hot Peppers (in plastic sandwich bag)

Deep green long – Italice (mild)
Lighter green long – Inferno banana (medium)
Small purple – Chenzo (hot)

About Hot Peppers

We have a wide variety of hot peppers and will do our best to let you know what each one is and whether it falls into the mild, medium hot, or very hot category. That said, individual peppers vary in 'heat' depending on how mature they are and how much sun they get. Generally, our mild peppers do not have a detectable 'heat' and simply add a different flavor than a sweet pepper. The heat in hot peppers comes from a substance called capsaicin. The degree of 'hotness' is measured by the Scoville Scale. Scoville heat units are simply a measure of how much sugar water it takes to dilute the 'heat' of the pepper until you can't taste it. As a reference point because most of us have tasted a Jalapeno pepper, jalapenos are 8,000 Scoville heat units and are considered medium.

Fish Tacos (Cooking Light 2006)

2 cups very thinly presliced green cabbage
1/2 cup chopped tomatoes
1/4 cup thinly sliced green onions
2 Tbps chopped fresh cilantro
1 tablespoon fresh lime juice
3 teaspoons extravirgin olive oil, divided
1/2 pound tilapia or cod fillets
1/2 teaspoon chili powder
4 (6-inch) corn tortillas

Mix cabbage, tomatoes, green onions, cilantro, lime juice, and 1-1/2 tsp. olive oil. Let sit while you cook the fish with olive oil, salt, and chili powder. Cut the fish in bite size pieces. Warm the corn tortillas. Put ¼ c. of the cabbage mix in the middle of each tortilla. Divide fish on each of the four tortillas. Top with rest of cabbage mix. If you want something a little hotter, add the banana inferno pepper or the chezno to the cabbage mix. Serves 2.

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.