

BUSH PRAIRIE FARM NEWS 8/18/2016

From the Farm

This week is the start of our second Evergreen State College archeology field school. They will continue with the dig started last year and may start in another area as well. The hope is to find evidence of George and Isabella Bush's first cabin built in 1845. They do have tours for the public—we will post times and days in next week's newsletter. We are weeding and weeding our way out of the rain we had a few weeks ago—with our t-tape drip irrigation, weeds do not typically get water—a nice way to control weeds. Some of the tomatoes this week are heirloom varieties. They can be identified by their imperfections and their excellent flavor. They bruise and crack easily—eat them first. And, with the boxes overflowing, we are taking a break from kale and chard in the boxes.

What's in the Box?

Lettuce	Broccoli	Radishes
Zucchini	Fingerling Potatoes	Tatsoi
Sweet Peppers	Tomatoes/Cherry tomatoes	Green Beans
Hot Peppers*	Carrots	Tomatillos
Salad Onions	Basil	Garlic
Cucumbers	Cilantro	Bok Choy

*Hot Peppers (in plastic sandwich bag)

Cayenne – slender, wrinkly green (hot)
Hot Inferno banana- Lighter green long – (medium)
Garden Salsa – slick, long green (mild)

Zucchini Lasagne – Gluten Free and Low in Carbohydrates

Serves 8. From Epicurious. <http://www.epicurious.com/recipes/food/views/zucchini-lasagna-51191410>

Ingredients

2 1/2 tablespoons extra-virgin olive oil
1 small onion, finely chopped
1/2 teaspoon red pepper flakes
1 pound ground turkey
1 (28-ounce) can diced tomatoes
3 tablespoons chopped fresh oregano (or 1.5 Tbsp. dry oregano)
2 teaspoons salt
2 medium zucchini
1 cup part-skim ricotta cheese
1/4 teaspoon freshly ground black pepper
1/2 cup freshly grated Parmesan cheese (2 ounces)

Preheat the oven to 375°F. In a large straight-sided skillet set over medium heat, heat 2 tablespoons of the oil. Add the onion and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the turkey and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes. Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano and salt. Let cool. Slice the zucchini lengthwise into thin strips (about 1/8 inch thick). Put 5 or 6 zucchini slices, overlapping

slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Dot with 1/4 cup of the ricotta. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1/4 teaspoon oil. Dot with the remaining 1/4 cup ricotta and season with the black pepper. Top with the Parmesan cheese. Bake for 50 to 60 minutes, until the lasagna is bubbling and the top is brown. Let stand for 10 minutes before serving.

Freezes well! For best results, prepare the casserole through step 4. Wrap in foil and freeze for up to 2 months. Thaw the casserole overnight in the refrigerator before baking as stated in the recipe. Note that casseroles that have not been completely thawed may take 15 to 30 minutes longer, so be sure to check for bubbling edges and a hot center.

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.