

BUSH PRAIRIE FARM NEWS 9/1/2016

From the Farm

This is HARVEST season!! Everything is ripe and ready to pick as you can see by your full, full boxes. We put Asian pears in this week from our new 3-year old orchard. Just a small taste, but they are good in salads and especially with balsamic vinegar. We do have apples from our 100 year old trees—let us know if you are into making applesauce or other apple products—we probably have more than we can use.

What's in the Box?

Lettuce	Broccoli	Green Beans
Zucchini	Potatoes	Elephant Garlic
Pattypan Squash	Tatsoi	Bok Choy
Sweet Peppers	Tomatoes/Cherry tomatoes	Corn
Hot Peppers*	Carrots	Basil
Salad Onions	Cucumbers	Cilantro
Asian pears	Asian Greens-Mustard and Mizuna	

*Hot Peppers (in brown paper bag)

Chezo-hot (small purple)
Garden Salsa –long green (Mild)
Hot Inferno Banana—yellow green (Hot)

What To Do With All of These Vegetables

Here's a reminder tip – you can freeze beans, peppers, salad onions, and tomatoes—quickly and easily. Coat the vegetables with a small amount of olive oil and roast at 500 degrees for 2 minutes. Cool and put in freezer bags.

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.