

BUSH PRAIRIE FARM NEWS 9/12/2016

From the Farm

Every year, different crops rise above our expectations and others don't quite meet them. This year, the POTATO yield is amazing—larger potatoes and more of them. We harvest them and lay them out on the counter with a fan and covering of agribond to prevent them from turning green in the light. When the soil is dry, we don gloves and wipe each potato to get at least some of the dirt off. And talk about exceeding expectations, check out the broccoli—especially the heads we put loose in the box. The smaller stems are side shoots from the main head. Maybe broccoli-cheddar soup? The dry onions are still growing—usually, the stems have died by now and we are getting ready to harvest. We have cut the water to help the tops' withering process.

What's in the Box?

| | | |
|---------------|----------------------------|----------------------------------|
| Lettuce | Broccoli | Green Beans |
| Zucchini | French Fingerling Potatoes | Garlic |
| Tatsoi | Bok Choy | Cucumber |
| Sweet Peppers | Tomatoes | Cilantro |
| Hot Peppers* | Cherry tomatoes | Asian Greens-Mizuna, Red Mustard |
| Salad Onions | Eggplant | |

*Hot Peppers (in brown paper bag)

Cayenne- Long wrinkled red-hot
Hot inferno Banana-long yellow – hot
Garden Salsa-long green – mild
Sweet Heat-small bell - medium

Eggplant with Yogurt and Tomato Relish

<https://smittenkitchen.com/2016/07/eggplant-with-yogurt-and-tomato-relish/>

note: Not sure we gave you the amount of eggplant it calls for—adjust ingredients accordingly and check out the Smitten Kitchen blog—lots of GREAT recipes.

Ingredients

3 tablespoons olive oil, divided
1 1/4 to 1 1/2 pounds eggplant
Salt and freshly ground black pepper
1/2 cup (75 grams) dried couscous (optional)
1 garlic clove
1/4 cup packed flat-leaf parsley leaves
1 cup cherry or grape tomatoes or chopped slicing tomatoes
2 teaspoons red wine vinegar, plus more to taste
Red pepper flakes
1/2 cup plain yogurt

Heat oven to 425 degrees. Trim eggplants and cut in half lengthwise; season cut sides with salt and pepper. Coat a large roasting pan with olive oil (1 to 2 tablespoons). Arrange eggplants cut side down;

sprinkle with more salt and pepper. Roast for 25 minutes on the first side, or until brown underneath then flip and roast 5 to 10 minutes more. Remove from oven and let cool slightly.

Meanwhile, make couscous, if using it. Bring 3/4 cup water and a few pinches of salt to a simmer then pour it over dried couscous in a bowl. Cover with a lid or foil and let sit for 5 minutes to absorb, then fluff with a fork.

Make tomato relish by pulsing garlic and parsley in a blender or food processor until finely chopped, then add tomatoes and pulse until they're well chopped. Add 1 tablespoon olive oil, vinegar, salt, freshly ground black pepper or a pinch or two of red pepper flakes and pulse to combine. No food process or blender? Not a problem at all; just mince the garlic and parsley well and finely chop the tomatoes; stir this together with the remaining ingredients. Both methods: taste for seasoning. We like this extra sharp and almost always add 1 more teaspoon vinegar and more salt. The longer it sits, the more potent it gets.

To assemble, smear each eggplant half with a little yogurt. If you're using couscous, sprinkle a little on top. Spoon tomato relish over and serve the rest of all the above on the side.

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.