

BUSH PRAIRIE FARM NEWS 9/29/2016

From the Farm

We had some great help from family this weekend—we picked 4 crates of apples from our old trees—3 crates are going to the Thurston County Foodbank and Tumwater School District. The foodbank is piloting the Weekend Backpack Program with Tumwater. The concept is simple: children at risk of weekend hunger receive a bag of food that is child-friendly, nutritious, **nonperishable**, and easy to prepare/eat. Each Backpack offers enough food that children can easily assemble into six healthy **meals** over the weekend when schools are unable to provide breakfasts or lunches.

This week, we introduce winter squash and 'dry' onions. The onions are not 'dry' yet—refrigerate and use soon or leave in a warm, dry place until the stem is completely dry, then store for later use.

What's in the Box?

Lettuce	Broccoli	Garlic
Zucchini	Potatoes	Asian Greens-Mizuna, Red Mustard
Tatsoi	Bok Choy	Kabocha or Sunshine Squash
Sweet Peppers	Tomatoes	Yellow or Walla Walla Sweet Onion
Hot Peppers*	Cherry tomatoes	
Salad Onions		

*Hot Peppers (in brown paper bag)

Italico – long large green (Mild)

Sweet Heat – long slender dark green (Mild)

Serano – slender green (Hot)

Cayenne – slender red-green (Hot)

About Winter Squash

Winter squash is a summer-growing annual fruit, but it differs from summer squash in that it is harvested and eaten in the mature fruit stage, when the seeds within have matured fully and the skin has hardened into a tough rind. At this stage, most varieties of this fruit can be stored in a dry, room temperature for use during the winter. Kabocha and Sunshine, two varieties, have a beautiful orange yellow color and a delicious, dry texture. Cut in slices or halves and bake at 350 degrees until tender. 'Dress' with butter and cinnamon or cumin, cayenne, and brown sugar.

What's for Dinner?

Tomatoes, peppers, onions, garlic---great ingredients for a pizza—right? Instead of a wheat flour crust, we used our overflowing inventory of zucchini. We spiralized it (shredding works, too) and mixed about ¼ c. flour, salt, pepper, oregano, and 1 egg together and patted it on the pizza pan for the crust. We baked the crust at 425 degrees for about 10 minutes—mainly to firm the crust. We made a little fresh tomato sauce---just chopped up a few tomatoes and let them simmer. We chopped up the rest of the ingredients and grilled them for just a few minutes; spread the tomato sauce on the zucchini crust; and topped with the grilled vegetables, a little pepperoni, and mozzarella/parmesan cheese. We baked this pizza at 425 degrees for about 10-12 minutes, topping it in the last few minutes of cooking with sliced fresh tomatoes. AMAZING!