

BUSH PRAIRIE FARM NEWS 6/15/17

From the Farm

This week's big projects included fertilizing the winter squash, cucumber, and outdoor zucchini crop (fish fertilizer). We are working with our endangered pocket gopher community to provide enough kale for them and for our subscribers. In this effort, Mark put wire cages around the remaining kale plants which are about 12-15" tall. We are sending a little taste out in the boxes today. We are testing a new way to 'tie up' tomatoes using the orange plastic highway netting—it is strung along the tomato row and we are weaving the tomatoes in the netting as they grow---this will hopefully save time in tying and clipping tomatoes as they grow. And, we set up three more 75' rows for corn—this involves tilling, raking, and putting biodegradable plastic over each row to protect the corn from weeds. Our wonderful intern(Stephanie) and volunteer Wendy planted those three rows and Gail (Kathleen's mom) planted 12 more flats of corn seed which is already up in the growing room. Please note the bok choy this week is 'holey' – some from the microcell storm that pelted the young plants with rain and some can be attributed to small pests. Wash and eat!

What's in the Box?

Garlic Scapes	Bok Choy	Oregano
Buttercrunch Lettuce	Tatsoi	Green Onions
Romaine Lettuce	Green Garlic	Kale

Easy-To-Make Salad Dressings

First-of-the-season lettuce is the best. Here are a few dressings that accentuate delicious lettuce and greens.

Lemon Vinaigrette

6 tablespoons extra-virgin olive oil

6 tablespoons fresh lemon juice

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

Fresh chopped herbs (optional)

Combine olive oil, lemon juice, salt, and pepper in a jar. Seal lid; shake well for 30 seconds or until blended. Add fresh chopped herbs, if desired. For this week, chop up some of the oregano—maybe a Tbsp. or two.

Cooking Light

Basic Vinaigrette Dressing

3 Tbsp. olive oil

2 Tbsp. white, red, rice, or apple cider vinegar

Salt

Pepper

Combine in a jar or plastic container with lid. Shake and toss with lettuce salad.

From the Basic Vinaigrette

- Add chopped fresh oregano from this week's box or any other herb we send out in the box.
- Add 1-2 Tbsp. parmesan cheese before shaking/mixing the dressing
- Add 1 tsp. Dijon or regular mustard + 1-3 tsp. honey to the basic recipe
- Add 2-3 Tbsp. mayonnaise, plain yogurt, or sour cream to the basic recipe

OR – treat yourself to a trip to Olympia Olive Oil in downtown Olympia to try their variety of balsamic vinegars and flavored olive oils.

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.