

BUSH PRAIRIE FARM NEWS 7/6/17

From the Farm

Some of the garlic is ready early this year. We gently pull it out of the ground, tie six or seven stalks together, and hang it to dry. It looks like we'll repeat with the rest of the crop next week and the week after—it is a BUMPER crop this year! We are stringing the pole beans; completing round three of weeding onions and leeks; and tying tomatoes up. Our neighborhood has a light industrial warehouse section and we are delighted with the opening of small businesses such as Matchless Brewery, Triceratops Brewery, and Ila's canned jams and relishes. These places offer nice gathering spaces and we have met several of our neighbors. Let us know if you are in the neighborhood—we will meet you there.

What's in the Box?

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|-----------------|--------------------------------|--------------|-------------|
| Napa Cabbage | Asian Greens | Kale | |
| Variety Lettuce | Sweet Peppers | Green Onions | Hot Peppers |
| Basil | Red French Fingerling Potatoes | Zucchini | Bok Choy |

Hot Peppers

Early Jalapeño (mild)
Garden Salsa (mild)
Hungarian Yellow Wax (medium)

Using Vegetables Before They Deteriorate

I saw an idea in Cooking Light for what to do with vegetable stems and any vegetables that are getting old—chop the vegetables up and boil in a pan without the lid for about 45 minutes. Or, put the veggies in a crockpot on high and walk away for a few hours. Add salt and pepper at the start of the cooking. And, now you have vegetable broth which can be used to cook potatoes, rice, pasta or anything else you use broth for. Let us know if you try it.

Frittata with the vegetables this week

Start with an iron skillet or nonstick pan that can go in the oven. Preheat the oven to 400 degrees. Chop up ANY vegetable in the box this week except lettuce. You need 4-5 cups of chopped vegetables. Brown the potatoes and cook for about 8-10 minutes. Add bok choy, kale, and/or peppers about 2 minutes into the cooking of the potatoes. Add green onions and napa cabbage towards the end of the 8-10 minutes. Whisk 6-8 eggs (2 per person) and pour into the skillet over the vegetables. Let the eggs cook a few minutes until you can see them solidifying along the sides of the pan. Add chopped basil and mozzarella/parmesan/feta cheese – any cheese that you like with basil. Put in the oven to bake for about 10 minutes or until the knife comes out clean when stuck in the middle of the frittata. Top with a few chopped Asian greens.

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.