

BUSH PRAIRIE FARM NEWS 7/10/17

From the Farm

This is succession planting time---napa cabbage, lettuce, and broccoli. We probably planted about 600+ tiny vegetable plants this last weekend—to be enjoyed by you in 3-8 weeks. We sprayed our tomatoes and winter squash with calcium—which increases yield and flavor—this is our first time trying this organic application. This week’s new vegetable is the tomatillo—we are sending it out to everyone, even if you said you didn’t want it---just in case the recipes below pique your interest and you suddenly decide you like them. We will only send them in the future if you let us know you want them. Our very good friends, Fred and Katherine Colvin raise grass fed beef and pigs. They have a few half pigs available right now—we have been buying their pork for the last four years and LOVE it. Here is a link to the Colvin Ranch if you are interested. www.colvinranch.com/pasturedpork.

What’s in the Box?

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

Hot Peppers

Chichimeca – gigantic, thick-walled fruits – ideal for stuffing, but great in salsas, salads, vegetable dishes and when pickled. (Mild)

Chenzo – Small purple pepper. Great fresh or dried. We have lots☺. (Medium)

Hungarian Yellow Wax (Medium)

About Tomatillos

Tomatillos look like small green tomatoes, but they are not. They are in the same family s tomatoes, but they are surrounded by a papery husk. This fruit grows very well on Bush Prairie Farm. When left in the husk, they keep for up to 4 weeks—either refrigerated in a plastic bag, but not in an air tight container or on the counter. The flavor is round, fruity, acidic, and rich—what’s not to like about that? They are a good source of iron, manganese, phosphorus and copper as well as fiber, vitamin C, vitamin K, niacin potassium and manganese—and low in calories.

Tomatillos lend themselves to a variety of cooking methods such as roasting, sautéing, and stewing. Cooking softens the acidity and brings out the sweetness in the fruit. And like tomatoes, tomatillos can be enjoyed raw. Eat the fruit by itself, or use it punch up a salad or cold dish.

For a simple meal, try grilling tomatillos—direct heat over a hot fire brings out the sweet notes—cut them into wedges and lightly oil and season them. Quickly grill the tomatillos so they’re crisp-tender—a couple of minutes per side—then toss them with some quick-grilled scallions (green onions), hot peppers, and marinated grilled shrimp. Divide among freshly warmed tortillas, add side dish—and supper is served.

Quick Roasted Tomatillo Salsa

Tomatillos, husked and rinsed

Chopped hot peppers – maybe 1-2

1-2 Tbsp. chopped green onions

Cilantro (or cumin if you don't have)

Salt to taste

A little water

Grill or broil the tomatillos and peppers until charred. Transfer to the blender with the juice that accumulates. Add onion, cilantro, and a little water. Blend to coarse puree. Transfer to bowl and thin as desired with water. Add salt to taste. Set aside for at least 30 minutes to allow the flavors to develop. Use as a dip for tortilla chips or a sauce for pork, fish, or chicken.

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.