

BUSH PRAIRIE FARM NEWS 7/17/17

From the Farm

We hosted an event for the Capital Land Trust (CLT) last Saturday morning here at the farm. Capital Land Trust is a nonprofit organization with a mission of preserving open space, wildlife habitat, and working lands such as this farm for future generations. CLT is helping us achieve our goal of preserving farmland and soil. Check CLT out at capitallandtrust.org. Their annual outdoor gala is on August 5 and all are welcome to participate.

This past week, we planted beet, pea, and carrot seed; tied up tomatoes; cleaned the boxes where the garlic was grown; and fertilized the pole beans and winter squash.

What's in the Box?

Napa or Red Cabbage	Kale	Tomatillos
Flashy Trout Back Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Bok Choy
Parsley	Red French Fingerling Potatoes	Tatsoi
Snow Peas	Green Beans or Broccoli	

Hot Peppers

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

Cayenne – Large reddish, long curved and wrinkled. (Medium to hot)

Hungarian Yellow Wax (Medium)

Biggie Chili—large green chili—ideal when roasted, grilled, or diced. Similar pungency to jalapenos. (Mild)

Snow Peas

These are probably best cooked. The hot weather tends to make them a little tough.

Beef Stir Fry with Peppers and Snow Peas

Stir fry sauce

2 Tbsp. Soy sauce

2 Tbsp. honey

¼ c. beef stock

1 heaping tsp. cornstarch

Whisk together and set aside.

Beef Stir Fry

1 lb. top round, sliced thinly across the grain

1 clove of garlic, grated

1 inch ginger, grated OR ½ tsp. ground ginger

1-2 sweet peppers, thinly sliced

1 cup snow peas (or what you have!)

Heat olive oil in a fry pan on medium high heat. Brown the beef for 2-4 minutes and remove from the pan. Add garlic, ginger and snow peas. Cook for 2-3 minutes. Add the sweet peppers. Cook for another 3-4 minutes. Add the stir fry sauce and quickly bring to boil to thicken. Add the beef back in. Heat through about 1-2 minutes. Serve over rice or quinoa.

Alternatives from your box: garnish with chopped green onions. Use bok choy in place of snow peas.