

## BUSH PRAIRIE FARM NEWS 7/31/17

### From the Farm

We put the second tier of netting up for tomatoes— for the first time, we are using that orange plastic netting like you see on freeway and construction project. So far, it is so much easier clipping tomato vines to the heavy net vs. one string going up the middle of the plant. The drawback is in picking tomatoes—the orange netting makes it look like there are zillions of tomatoes ripe. We also planted more bush beans for September boxes and did another round of spraying the tomatoes with calcium for better flavor and size. Vegetables coming on include zucchini, green beans, and tomatoes.

### What's in the Box?

Kale	Tomatillos	Fingerling Potatoes
Flashy Trout Back Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Bok Choy
Basil	Tatsoi	Garlic
Cucumber	Eggplant	Cabbage
Tomatoes	Flowers	

### Hot Peppers

Chesno – tiny. Hot.

Early Jalapeno – medium hot.

Cayenne—long, think cylinder. Very hot.

Hot Portugal-very hot, yellow cone-like pepper.

### About Eggplant

We grow a mix of the long, slender Asian varieties and the purple globe type. Eggplant is a member of the nightshade or potato family, which also includes tomatoes and hot peppers. Eggplants can be purple, green, white or striped, pear shaped or cylindrical and the size of a golf ball to a football. They are often used as a meat substitute. Store eggplants in the refrigerator in the crisper drawer for up to 7 days.

The long slender Asian eggplant is milder and sweeter than other varieties. The skin is thin, so no need to peel it. We slice them crosswise about 1/4 " thick, brush both sides with oil, and grill them.

### Eggplant with Spicy Garlic Sauce

*Probably best to cut this recipe in half as we did not send that much eggplant.*

2 Tbsp. cooking oil

3 small eggplants cut into long strips\*

2 cloves garlic, finely minced\*

1 red (or green) chili pepper, finely diced\*

1 Tbsp. ginger, finely minced

1 stalk green onion chopped\*

1 Tbsp. soy sauce

! Tbsp. balsamic vinegar (tart is best)

½ tsp. sugar

Start with 1 Tbsp. oil in a wok or fry pan. Heat oil, add eggplant in a single layer. Cook 2 minutes and flip over each piece to cook evenly. Cook another 2-3 minutes, flipping occasionally. The eggplant should have changed in color, the skin wrinkled and the flesh soft. Push eggplant to the side of wok or frying

pan. Add 1 Tbsp. oil, garlic, red chili peppers, ginger and green onion. Stir these aromatics until they become fragrant. Combine with the eggplant and stir fry for one minute. Add soy sauce, balsamic vinegar and sugar. Stir to combine. Serve immediately. Recipe from steamykitchen.com

\*Found in your box this week.

### **Zuchinni!**

Ours has been slow to mature this year, but you will note by the amount in your box that the zucchini season has begun. There are so, so, so many ways to use this versatile vegetable. With the start of the season, our favorite is to slice it crosswise, brush with oil, and grill it. Towards the end of the grill time, we add gorgonzola, feta, or parmesan cheese and basil. Other variations include splashing with balsamic or other types of vinegar or lemon juice; adding peppers and onions for a grilled vegetable medley; or brushing with a oil/soy sauce/lime juice/ginger marinade.

**Take a look at [www.bushprairiefarm.com](http://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.**