

## BUSH PRAIRIE FARM NEWS 8/7/17

### From the Farm

Our main goal this week was to survive the heat. We have misters on lettuce and other leafy greens in the tunnels. Another round of bok choy, tatsoi, cabbage, and cauliflower are ready to be planted, but it would be suicidal to put them out in this heat. Hopefully, this next weekend.....Otherwise, the heat is helping the growth of winter squash, tomatoes, peppers, and corn. The small amount of broccoli you get needs to be cooked or used with a vinegar based salad dressing—it is a tad bitter. The cherry tomatoes are coming on and the question is: to refrigerate or not refrigerate. The internet is all over the place on this. We DO NOT refrigerate the tomatoes we give you—they are added to the box at the last minute. We tried a new product for grilling vegetables—copper infused sheets. Mark got REALLY tired of cleaning the grill pans and these sheets are super easy to clean. I notice the vegetables (zucchini and peppers) grill more evenly and do not scorch as easily on the copper sheet. We have no stock in this product, but highly recommend it—Amazon of course.

### What's in the Box?

Kale or Chard	Tomatillos	Fingerling Potatoes
Variety of Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Bok Choy
Parsley	Tomatoes	Elephant Garlic
Beans	Broccoli	Flowers
Cucumbers		

### Hot Peppers

Jalafuego—One gigantic jalapeno, noticeably more robust in size in spiciness than other varieties—great for stuffed jalapenos.

Biggie Chili—8-in. medium hot green chili, ideal when broiled, roasted or diced. Thick-fleshed fruits.

Cayenne—long thin slightly wrinkled, very hot peppers—great for pickling or drying. Green or red.

Excellent for chili and homemade slasa.

Hot Portugal – yellow. Very hot.

### Too Many Peppers?

Slice or chop peppers. Toss with olive oil. Put on a cookie sheet in the oven at 500 degrees for 2-3 minutes. Portion out in an amount that makes sense for you and put into freezer bags. Freeze for later use, like in the winter☺.

### Grilled Bell Peppers with Goat Cheese (2-3 servings)

1 green pepper

1 clove garlic, minced 1 Tbsp. olive oil

¼ c. goat cheese

1-1/2 tsp. lemon pepper seasoning

Core and seed the bell peppers. Cut each into six wedges, and place into a resealable plastic bag. Add the garlic and drizzle with olive oil. Toss, seal, and set aside to marinate at least 20 minutes. Preheat an outdoor grill for medium heat, and lightly oil the grill pan. Stir the goat cheese and lemon pepper seasoning together in a small bowl; set aside. Cook peppers, skin-side-up on the preheated grill until lightly charred, about 3 minutes. Flip the peppers over, and carefully spoon the cheese onto each

pepper. Close the lid of the barbecue, and continue cooking until the bottoms are lightly charred and the cheese is warm, 2-3 minutes. allrecipes.com

**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.**