

BUSH PRAIRIE FARM NEWS 8/14/17

From the Farm

With the cooler weather, we are planting our last round of bok choy, tatsoi, lettuce, kale, and cabbage. This is a great time in the farm season---so many vegetables to harvest and put in your box. Please let us know if we are sending too much of something—we can send less or send it every other week. We have lots of flowers this year and no time to pick them—if you would like some, please come up when you are picking your box up and help yourself. The flower garden is to the right after the red-greenhouse.

What's in the Box?

Kale	Tomatillos	Fingerling Potatoes
Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Green Beans
Cucumbers	Garlic	
Tomatoes	Eggplant	

Hot Peppers

Serrano- Not excessively hot, with a unique flavor some people prefer to jalapenos. Dark green, maturing red. The slender smooth red ones.

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

Sweet Heat— Mild, spicy flavor - like a pepperoncini, but with smoky undertones. Early and prolific, with loads of sweet bells that average 3 to 4" long by 1 to 1-1/2" wide. A perfect choice for grilling and salsa. The small red bell shaped one.

Hot Portugal – yellow. Very hot.

Spiralized Zucchini Pizza

We tried this last night – delicious!

Spiralize or shred a medium zucchini. Squeeze the water out of it. Add a couple tablespoons of flour, 1 egg, salt, a crushed clove of garlic, and ½ tsp. chili powder. Mix together and pat in a cast iron skillet or baking dish. Bake at 400 degrees for about 10 minutes or until the 'crust' is solid.

Add whatever pizza toppings you like. We chopped up some of our hot peppers, green onions, sweet peppers, bok choy, garlic, and eggplant lightly stir fried them. Any pizza toppings work. Sprinkle the zucchini crust with parmesan cheese, add your favorite pizza sauce, and top with the vegetables and mozzarella cheese. Bake until the cheese is melted.

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.