

## BUSH PRAIRIE FARM NEWS 8/27/17

### From the Farm

We have stuffed your box FULL!! We know this may be more than you can eat in a week, but we can't help ourselves—the vegetables are going crazy in this great weather. Remember you can give extras away, make vegetable broth, or freeze vegetables like green beans, tomatoes, and peppers. We had visitors—Sandi Hunt and her husband Randy this last weekend. Sandi is writing an historical novel depicting George and Isabella Bush's journey by wagon train from Missouri to Tumwater. She is a retired teacher from Renton and came to get a 'feel' for the place the Bush family settled. We also had a visit from The Olympian's photographer, Steve Bloom. Look for Bush Prairie Farm in The Olympian on Tuesday, August 28 with a story about our easement that preserves this land as farm land forever.

### What's in the Box?

Tomatillos	Tatsoi	Russian Banana Fingerling Potatoes
Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Green Beans
Cucumbers	Garlic	Tomatoes & Cherry Tomatoes
Corn	Basil	Bok Choy

### Hot Peppers

Biggie Chili – mild  
Serrano – red, smooth, small - hot  
Hot Portugal – yellow/reddish – medium hot  
Cayenne – small green/red—wrinkled long peppers – hot  
Jalepeno – green & red – medium hot

### Green Beans

Purple, green, or yellow—all can be cooked as green beans. If you have more than you can eat, cut the ends off, break in bite size pieces, toss in a little olive oil, and roast at 500 degrees for 2-3 minutes. Cool and package in freezer bags. Freeze for later use. YUM!!!

### Refrigerator Dilly Beans

2 cups of green beans  
1 cup vinegar  
1 cup water  
2 ½ tablespoons of sugar  
2 cloves of garlic  
1 ½ teaspoons of kosher salt  
½ of a medium onion, sliced thinly  
2 sprigs of fresh dill  
½ teaspoon of whole black peppercorns  
¼ to 1 teaspoon of red pepper flakes (depending on how hot you want them) – you can also add a whole dried chili if you have one.

You don't need any canning supplies for this project. Use whatever you have on hand, as long as it's glass and has a lid.

**Make your brine.** This is the longest part of this process (and it only takes a few minutes!) so do this first. Add your water, vinegar, salt, sugar, and garlic (which you've minced) to a saucepan and bring it to a boil. Once it is boiling, turn it off and set it aside to cool down to room temperature.

**Trim the beans.** You want them all to fit in your jar with about an inch at the top so the brine covers them completely. You can trim both ends, or just the stem end.

**Blanch the beans.** Bring a saucepan of water to a full boil, then dump the beans in and boil them for thirty seconds. Drain them, and quickly add them to a bowl of iced water to shock them and stop the cooking process. You want your beans to be brightly colored and still crisp.

**Drain the beans** and set them aside. Add your onions, dill, red pepper flakes, and peppercorns to your jars.

**Now add your beans to the jars.** They look prettiest standing upright, but don't worry about being perfect. The easiest way is to lay the jar on its side, or hold it horizontally, and place the beans inside.

**Go ahead and pour your brine in** once it has reached room temperature. Fill the jar to 1/2 inch below the top of the jar, and put the lid on. Place the jar of dilly beans in the fridge, and let them sit for at least two days before eating them.

They'll keep for up to six months in the fridge, but I'll bet you foldable money that you won't have them around nearly that long!

Adapted from *In the Garden Online*: <http://inthegardenonline.com/main/2010/08/how-to-make-super-easy-fastrefrigerator-dilly-beans/>

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.**