

BUSH PRAIRIE FARM NEWS 9/4/17

From the Farm

The cherry tomatoes are at their peak and the regular tomatoes are coming on strong. With the hot weather pattern this year, some of our paste tomatoes ripened early giving us the opportunity to make salsa on our 3-day weekend from regular work. Today is a good day to clean out the old vegetables and start fresh. Old vegetables can be composted, given away if still in good shape, roasted and frozen, or tossed in the crockpot to make vegetable broth. Eat the fresh ones—you deserve it!

What's in the Box?

Tomatillos	Tatsoi	Fingerling Potatoes
Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Onions	Green Beans
Cucumbers	Garlic	Tomatoes & Cherry Tomatoes
Corn	Carrots	Napa Cabbage
Eggplant	Cilantro	

Hot Peppers

Serrano – green smooth – hot
Chenzo – small red – medium
Cayenne – long, wrinkled red – hot
Jalapeno – chunky smooth red – medium
Hot Portugual – yellow/red - hot

Zoodles

Here is what we did with zucchini this past week. We spiralized a medium zucchini – yellow or green. If you don't have a spiralizer, shred it using the largest shredder size. Squeeze the water out. Toss with cumin, salt, and pepper. Chop up one or two hot peppers (use rubber gloves!), sweet peppers, and green onions. Mince or chop garlic. Toss all together with a little olive oil. Fry with a little butter anywhere from 5 – 10 minutes, depending on how crisp you like your vegetables. Top with grilled tomatillos, cilantro, and a squeeze of lime.

Other seasoning variations for spiralized zucchini – lemon, parsley, feta, black pepper
Basil, parmesan cheese

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.