

BUSH PRAIRIE FARM NEWS 9/18/17

From the Farm

We are slowly shifting to fall crops—kale and Asian greens are back this week. The cherry tomatoes are still going strong, but may need to be refrigerated if you don't eat them right away. Green beans, corn, zucchini, cucumbers, and sweet peppers are slowing down. Thanks to Kathleen's mom and our friend Olivia, we took a few days away from the farm to enjoy the Oregon coast and our adult children.

What's in the Box?

Tatsoi	Potatoes	Parsley
Lettuce	Sweet Peppers	Zucchini
Hot Peppers	Green Beans	Bok Choy
Cucumbers	Garlic	Tomatoes & Cherry Tomatoes
Corn	Napa Cabbage	Mustard and Mizuna (Asian greens)
Kale		

Hot Peppers

Biggie Chili – large red; mild
Jalapeno – Red and Green. medium
Chenzo – small, red. Hot.
Habenaro – orange cone-shaped. Hot.
Cayenne – slender, red; hot.
Hot Portugal – yellow/orange; hot

Parsley Pesto

We are sending a lot of parsley out—if you have some from last week, add it to this week's and puree stems and all with olive oil, salt, and a little lemon juice. Freeze in ice cube trays to use as winter flavor bursts in salad dressings, soups, and marinades.

Tomatoes

Especially if you are unable to eat your cherry tomatoes, lay them out in single layer on a baking pan with a little olive oil. Heat oven to 250 degrees. Put tomatoes in 2-4 hours until they are the texture you want. Scoop into freezer bags and freeze. D E L I C I O U S ! ! And, easy to do.....

Thank you for returning your empty box on next week's delivery day.