

BUSH PRAIRIE FARM NEWS 10/9/17

From the Farm

We are down to just one more week of the season. Where did the time go? Having the farm continues to be the greatest excuse to be outside—we spent all day Sunday in the sun and beautiful crisp, fall day.

What's in the Box?

Kale	Yellow Finn Potatoes	Sweet Peppers
Lettuce	Zucchini	Parsley
Hot Peppers	Bok Choy	Asian Greens
Garlic	Tomatoes & Cherry Tomatoes	Dry Yellow and Red Onions
Napa Cabbage	Salad onions	Tomatillos
Cucumber	Carrots	Carnival and Delicata Type Winter Squash

Hot Peppers

Fatali – Yellow lattern shape; habanero like; hot
Chenzo – small, red. Hot.
Lemon Drop – yellow. Hot
Serrano – red/green smooth - medium
Cayenne – two kinds-long red wrinkled or shorter. Hot.
Jalapeno – green or red. Medium
Habenero – lantern shape/orange-yellow. Hot.
Garden Salsa – red slender/smooth—longer than serrano. Mild.
Hot Portugal- yellow cone shaped. Medium.

Roasted Garlic

For all of the garlic that you may have stored up over the season—here is a great way to prepare and eat it.

Preheat your oven to 400°F

Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic. Using a sharp knife, cut 1/8 to 1/4 inch from the top of cloves, exposing the individual cloves of garlic.

Place the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, as it keeps the garlic bulbs from rolling around.) Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves. Cover the bulb with aluminum foil. Bake for 30-35 minutes, or until the cloves feel soft when pressed.

Allow the garlic to cool enough so you can touch it without burning yourself. Use a small small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

http://www.simplyrecipes.com/recipes/roasted_garlic/#ixzz4uydeDA5Y

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