

BUSH PRAIRIE FARM NEWS 6/4/18

From the Farm

We are starting our 8th season with you. This year, we have 15 subscribers with thirteen returning from past years and four who have been with us all eight years. We appreciate your commitment to supporting local food and your willingness to take the extra effort in receiving a weekly box of vegetables that you clean and store.

This spring has been remarkably different than last---we had a beautiful dry May and last year, it was wet and cold. We have peppers and tomato plants with fruit on already. That said, this is a usual start with a few beautiful green vegetables like lettuce and kale. This light start warms you up for the slow and steady increase of variety and volume through the season.

We harvest your vegetables the day before delivery/pick-up day and in general, most will hold up to a week. If you are not sure what a vegetable is in your box, we post a picture each week at www.bushprairiefarm.com.

What's in the Box?

Garlic Scapes	Bok Choy	Kale
Red Romaine Lettuce	Basil	
Romaine Lettuce	Green Onions	

Garlic Scapes

These are the stem-like vegetables in your box. Garlic scapes are the blossom end of the garlic. We cut them so all of the plant's energy goes to the garlic bulb. The scapes have a mild garlic flavor and we chop them up and put them in stir fry or casseroles or raw in salad. Enjoy!

10 Minute Lemon Garlic Sauteed Bok Choy Recipe

Bok choy is a nutritious vegetable and an excellent source of vitamin C and vitamin A. It tastes mild and when cooked correctly has a light crunch at the bottom with wilted greens on top. When making the recipe below, it's important not to burn the garlic. I love this when the garlic is well toasted, but if the garlic turns very dark brown, it will taste bitter. Another thing to note is that even when you have removed the bok choy from the pan, it continues to wilt and soften. So if you notice the garlic browning too much, it's okay to transfer everything out of the pan a minute early.

Makes approximately 2-4 servings

You will need

- 1-2 bunches of bok choy
- 1 1/2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- Pinch crushed red pepper flakes
- Sea salt
- One-fourth - half of a lemon, cut into wedges

Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut into quarters. Pat dry.

Add the oil, garlic and red pepper flakes to a room temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.

Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.

Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.

Add tofu or chicken for a main dish.

Taken from <https://www.inspiredtaste.net/34160/lemon-garlic-bok-choy-recipe/>

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.