

BUSH PRAIRIE FARM NEWS 6/11/18

From the Farm

We started planting our winter squash this last weekend. The process includes tilling four 100 foot rows; laying down t-tape (drip irrigation); covering the row with biodegradable black plastic and the aisles between with ground cover—all to keep the weeds down for this 2-person farm operation. We dig holes 2 feet apart (through the plastic); put a little all-purpose organic fertilizer in the holes; and plant the squash plants.

Notable in this week's box are hot peppers and a sweet pepper – earliest we have EVER had peppers! The lettuce is tender this time of year. We suggest that you cut the base off; wash the leaves; and use a salad spinner or towel to dry the leaves. Then, store in a plastic bag or container with a lid.

The plastic bag with greens is a mix of arugula – mustard mix. Chop up and use in your salad for a sparky-peppery flavor.

What's in the Box?

Hot Peppers	Bok Choy	Swiss Chard	Sweet Pepper
Fleshy Trout Lettuce	Basil	Red Romaine Lettuce	
Red Butterhead Lettuce	Green Onions	Arugula and Mustard Mix	

Hot Peppers

Chenzo – small purple pepper. Medium heat.

Biggie Chili – cone shaped green pepper. Mild to medium.

Early Jalapeno – Deep green medium size pepper. Medium heat.

Easy Swiss Chard Recipe

1 large bunch of fresh Swiss chard

2 Tbsp olive oil

1 clove garlic, sliced

Pinch of dried crushed red pepper

1/4 teaspoon of whole coriander seeds (optional)

The coriander seeds are optional because not everyone has them in their spice rack. But if you do, please use them! Coriander is wonderful with chard.

Rinse the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves. Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate. Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant. Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes. Add the chopped chard leaves, toss with the oil and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan. If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes. Serve immediately.

https://www.simplyrecipes.com/recipes/swiss_chard/

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.