

BUSH PRAIRIE FARM NEWS 6/18/18

From the Farm Where did spring go? We are sending tomatillos and sweet and hot peppers which usually do not come on the scene until mid-July. The tomatoes are not far behind. The lettuce has been a bit of a disappointment so we are sending extra baby bok choy which can be used for salads. Tatsoi is new this week as well and can be used like spinach—also great in salads. In addition to harvesting, we planted more winter squash, bush beans, napa cabbage, and kale; fertilized the corn; and weeded and fertilized the dry onions.

What's in the Box?

Red Butter Lettuce	Tatsoi	Sugar Snap Peas
Fleshy Trout Lettuce	Green Onions	Sweet Green Pepper
Bok Choy	Kale	Hot Peppers
Tomatillos	Oregano	Arugula/Mustard Salad Mix

Hot Peppers

Jalapeno – mild to medium

Cayenne (yellow) – medium to hot

Sweet Heat - mild

Tomatillos

Store in an open container in the refrigerator for up to 3 weeks. These are 'Mexican tomatoes'. They offer a bright, tart flavor and are the base ingredient for salsa Verde (green salsa). Remove the paper husk and rinse the stickiness off of the fruit. Make a quick relish for fish or chicken – cut the tomatillos in half; grill or roast on high heat until a bit blackened. Finely chop and mix with garlic, cumin, and cilantro if you have it—salt and pepper. Serve at the table as a condiment for fish or chicken.

Massaged Kale Salad Recipe

Seattle Tilth's Famous Massaged Kale Salad

By Alwyn, Lisa and Maren

1 large bunch Kale, remove stems and cut into ½" ribbons

¼ tsp sea salt

Juice of 1 lemon

¼ C olive oil

1 apple, cored and cut into chunks

¼ C raisins or other dried fruit

¼ C toasted sunflower seeds.

Put kale into a large bowl, sprinkle with sea salt and lemon juice. Using your hands, massage kale vigorously for 3 to 5 minutes. Drizzle olive oil over kale and massage for another couple minutes. The salt and lemon juice will "wilt" the greens. Toss in apple chunks, raisins and sunflower seeds. Garnish with edible flowers. Salad will keep in the fridge for several days. Enjoy!

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.