

BUSH PRAIRIE FARM NEWS 6/25/18

From the Farm

The Evergreen State College archeology field class is finishing its third dig on the farm. Originally, they were trying to locate George and Isabella's first cabin built in 1845. Then, Mark was burying a dead chicken two years ago and found the burn pit and dump---which is an archeologist's dream. So, this is the second dig in the dump area. This time, they found more burned old catalogs and a small liquor bottle from a company that went out of business in 1888.

If you see a white dust on some of the greens, it is dematiaceous earth—a powder that deters many of the insects that like our plants. It is perfectly safe for human consumption.

Ready-set-zucchini season is upon us!

What's in the Box?

Sugar Snap Peas	Green Onions	Arugula/Mustard Salad Mix
Lettuce	Sweet Green Pepper	Hot Peppers
Bok Choy	Swiss Chard	Broccoli
Tomatillos	Basil	

Hot Peppers

Hungarian yellow - hot

Jalapeno – mild to medium

Ancho – very mild; spicy

Bok Choy, Potato, and Onion Main Dish

1 red onion, chopped

2 Tbsp. vegetable oil

1 Tbsp. balsamic vinegar

2 medium potatoes

1 – 2 hot pepper, chopped

1 tsp. finely chopped garlic

1 head of bok choy

1 tsp. sea salt

4 oz. chopped ham or Canadian Bacon

1 c. shredded mozzarella/parmesan cheese mix

¼ c. chopped green onions

Fry the onion in the oil over high heat until soft; add balsamic vinegar and a little more oil if necessary. Add potatoes and lower heat. Cook for about 5 minutes, then add the hot pepper and garlic. Cut end off of bok choy and wash stalks and leaves. Slice crosswise in bite size pieces. Add to the pan and cook for 10 minutes with the lid off to prevent liquid from forming. Stir to avoid sticking. Put the lid on slightly ajar and cook until vegetables are done—bok choy is best with a little crunch left. Stir in ham or Canadian bacon; top with cheese and put under broiler for a few minutes. Top with green onions. Serves 3-4.

Take a look at www.bushprairiefarm.com under the CSA tab for pictures of the vegetables in this week's box.