

BUSH PRAIRIE FARM NEWS 07/01/18

From the Farm

We finished planting the winter squash – so far, it looks like the best crop we have had in a few years. We did one extra transplanting from two inch soil blocks to three-inch pots. The plants are larger and stronger and we had a beautiful cloudy day for planting. The first zucchini is coming from plants in one of our large tunnels. The outside plants are not far behind. We plant a huge variety of ‘summer squash’ and interchangeably use the term ‘zucchini’ for most of them. Varieties include classic green, yellow, and romanesco (striped) zucchini; straight neck yellow; patty pan; couisa (striped bulb shape); zephyr; eightball (round); and yellow crookneck.

We joined our friends, T.J. and Stephanie Johnson, owners of Urban Futures Farm on the Eastside, for grilled pizza and a farm tour. We look forward to this tradition every summer – they have the grilled pizza thing down. We contribute toppings from our farm and this year, we brought sliced tomatillos which none of us had ever tried on pizza. They were delicious!

We do have some corn that is ‘knee high by the Fourth of July’ and the cherry tomatoes are about two weeks out from being ready to put in the box.

What’s in the Box?

Sugar Snap Peas	Green Onions	Arugula/Mustard Salad Mix
Lettuce	Sweet Green Pepper	Hot Peppers
Bok Choy	Kale	Zucchini
Tomatillos	Basil	Shell Peas

Hot Peppers

Biggie Chili – mild spicy (long green)

An Rico – new to us. Balances refreshing citrus flavor with warm heat level. Very mild. Green conical.

Jalapeno – mild to medium

Grilled Zucchini With Other Stuff From the Box

Start with kale—remove the stem (or rib) all the way up so all you have is green leafy kale. Slice crosswise in ribbons about ¼” thick to make 2-4 cups. Chop a yellow or white onion if you have it. Toss both the onion and kale into a skillet with hot oil. Brown for a few minutes, then add 2-3 Tbsp. water, cover, and cook for about 5 minutes. While that’s cooking, slice the zucchini in rounds about ¼” thick and toss with olive oil, dry basil, and thyme. Put the zucchini in single layer on a grill pan and grill on the barbeque until golden brown. Remove the zucchini from the grill pan and put the kale (drained) on the grill pan—on the grill, then put the zucchini on top of the kale. Add chopped green onions if you have extra. Squeeze fresh lemon juice on the vegetables, add shredded Italian mixed cheese, and top with crumbles of goat cheese or feta and the basil from the box. YUM!!!!

ENJOY THE 4TH



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