

BUSH PRAIRIE FARM NEWS 07/16/18

From the Farm

Lettuce!!! We have two beautiful types in the box this week—green forest and a lovely red green butterhead. With the heat, we have automatic misters for the greenhouse lettuce. We planted 200 beets towards the end of the day to avoid the direct hot sun, then covered the transplants with Agribon, wet it down, and out them on an overhead sprinkler on a timer throughout the heat wave. We harvested garlic a bit early this year and the bush beans are on the way.

On a personal note, we had solar panels installed on our house last week. Done by South Sound Solar—thanks to a recommendation from one of our subscribers.

What's in the Box?

Green Onions	Cherry tomatoes	Mizuna (greens)	Cucumber
Green forest romaine	Kale	Flowers	
Red green butterhead lettuce	Sweet Green Pepper	Hot Peppers	
Bok Choy	Parsley	Zucchini	
Tomatillos	Main tomatoes	Cucumber	

Tomatoes!!!

These are early, early, early. They may not be as sweet as they will be in the next few weeks. We do not refrigerate our tomatoes—we think the flavor is better.

Hot Peppers

Biggie chili. — big green pepper. Mild
Jalapeño — medium
Ago Rico — green small cone. Medium
Mad Hatter — parachute shaped green. Mild
Cajun belle — small red. Mild to medium.

Eggplant

We grow both the larger bell shaped purple eggplant and the slender Asian eggplant. Asian eggplant can be left unpeeled; the larger eggplant needs to be peeled. Both work well when grilled or roasted with olive oil.

Grilled Zucchini Ribbons with Pesto and White Beans (From Smitten Kitchen)

1 1/4 to 1 1/2 pounds zucchini, thinner longer ones are ideal here
Olive oil
Coarse or kosher salt
Freshly ground black pepper
1 lemon
1 3/4 cups (from 1 15-ounce can) small-to-medium-sized white beans, drained (I used – Goya's Great Northern beans)
1 garlic clove, peeled
A 2-ounce bundle of basil (this is the small clamshell size at most groceries)

1 to 2 tablespoons white wine vinegar
Coarsely grated parmesan, to taste

Prepare the zucchini: Trim ends and cut zucchini the long way into 1/4-inch strips. Spread out strips on a large tray and brush lightly with olive oil and season well with salt and pepper.

On a grill or a grill pan, grill zucchini in a single layer until grill marks appear underneath, then flip over and repeat the same on the other side. Transfer zucchini back to platter and squeeze lemon juice over it. Meanwhile, in a food processor or blender, combine basil and garlic with a few good pinches of salt and a few grinds of black pepper until chopped. Drizzle in olive oil until it blends smoothly; you'll want about 4, sometimes 5, tablespoons. Add 1 tablespoon vinegar and blend until well-mixed; taste and add more vinegar, up to 1 more tablespoon, to taste. Season to taste.

Combine beans with about 2/3 of the dressing in a small bowl. In a larger bowl or serving platter, pour half of dressed beans in the bottom. Arrange grilled zucchini on top, twisting and turning it so that it looks extra ribbony. Spoon remaining beans in the spaces. Drizzle the remaining dressing over the platter, to taste.

Finish with a light blanket of parmesan and eat whenever you're ready. As assembled, it keeps well at room temperature for an hour, giving you time to do everything else.

www.Smittenkitchen.com

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