

BUSH PRAIRIE FARM NEWS 07/23/18

From the Farm

This past week, we pulled up the peas; planted a lot more lettuce and tatsoi for boxes in August; and transplanted lettuce and napa cabbage for a September crop. We are into serious zucchini—if you want more, please let us know or if you want less—let us know as well. We have paste tomatoes coming on in the next couple of weeks—if you want some, let us know. And, if you want more cherry tomatoes, we are open to our subscribers coming and picking more—just call or email ahead. Cherry tomatoes are DELICIOUS roasted at 500 degrees for about 5 minutes or so and frozen for use in the winter.

What's in the Box?

Green Onions	Cherry tomatoes	Mizuna (greens)	Green Beans
Green forest romaine	Swiss Chard	Red Fingerling Potatoes	
Red green butterhead lettuce	Sweet Green Pepper	Hot Peppers	
Bok Choy or Napa	Basil	Zucchini	
Tomatillos	Main tomatoes	Cucumber	

Hot Peppers

Serrano – smooth thin green cone - hot
Jalapeño — medium
Sweet Heat — Small red bell - medium
Maxibel — Round green to reddish – mild to medium
Hot Wax — Yellow cone. Medium to hot.

Salsa Verde

Do you have tomatillos stacking up in your refrigerator? Here is a quick salsa that can be made from some ingredients that come in your box. We suggest adjusting the amounts with what you have on hand. You can be free about the amounts of each ingredient—per your taste.

Ingredients

1 1/2 lb tomatillos
1/2 cup chopped white onion
2 cloves (or more) garlic (optional)
1/2 cup cilantro leaves
1 Tbsp fresh lime juice
2 Jalapeño peppers OR 2 serrano peppers, stemmed, seeded and chopped (you can use whole for more heat if you want)
Salt to taste

Husk the tomatillos and wash well. Grill, roast, or boil the tomatillos. Charring them a bit on the grill or in the oven brings a smoky flavor to the salsa. To roast in oven, cut tomatillos in half and put under broiler for 5-7 minutes, turning halfway through. To boil, place tomatillos in a pan and cover with water and a lid. Bring to a boil and simmer for 5 minutes. Drain water off. Put all of the ingredients in a blender and pulse to the texture you want for your salsa. Great on fish, chicken, and of course, chips.

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