

BUSH PRAIRIE FARM NEWS 07/30/18

From the Farm

We love harvest day—there is a rhythm in picking the vegetables we put in your box. Mark does the green onions, tomatoes, peppers, zucchini, potatoes, cucumbers, and kale/swiss chard. Kathleen does the lettuce, bok choy, Asian greens, broccoli, carrots, green beans, and herbs. It's a peaceful time – we know what needs to be done and just become one with the process. This last week, we planted more lettuce, tatsoi, and broccoli. With the heat, we cover our new little transplants with agribond and wet it down every hour to protect the new leaves from direct sun. This week, we are introducing 'dry' onions—earlier than usual. They are in your box with the stems on because they are not entirely dry. We suggest you leave the stem on and refrigerate them until you are ready to use them. If you cut the stem off, they will start growing again. There are three varieties—red cabernet, Spanish white sweet, and yellow. Correction from last week's newsletter—we said that you could roast the cherry tomatoes—but gave incorrect directions. To roast cherry tomatoes, toss in oil and put in a 350 degree oven for 2 hours or until the tomatoes are a little charred and have lost some liquid. Cool. Freeze.

What's in the Box?

Green Onions	Cherry tomatoes	Mizuna (greens)	Green Beans
Green forest romaine	Kale	Potatoes	Parsley
Red green butterhead lettuce	Sweet Green Pepper	Hot Peppers	Broccoli
Bok Choy	Basil	Zucchini	Dry onions
Carrots	Main tomatoes	Cucumber	

Hot Peppers

Chezo – medium to hot (small red or purple)
Jalapeno - medium
Biggie Chili – mild – large green
Cayenne – Hot – red skinny
Aji Rico – very mild

Baked Basil Parmesan Zucchini Chips

2 medium zucchini (about 1 pound)
1 1/2 tablespoons olive oil
1 ounce grated parmesan cheese (about 1/3 cup)
1/3 cup panko bread crumbs or plain breadcrumbs
1/4 cup packed fresh basil leaves, finely chopped
1/4 teaspoon garlic powder
1/8 teaspoon kosher salt
1/8 teaspoon fresh ground black pepper

Heat the oven to 425 degrees F. Line a baking sheet with parchment paper. Slice zucchini into 1/4-inch thick rounds. Toss with the oil until well coated. In a shallow dish, stir the Parmesan, bread crumbs, basil, garlic powder, salt, and pepper together. Place each zucchini round into the Parmesan mixture and press the coating onto both sides. Arrange zucchini in a single layer on the prepared baking sheet. Bake until browned and the coating is crisp, 25 to 30 minutes.