

BUSH PRAIRIE FARM NEWS 09/03/18

From the Farm

We harvested more white, yellow, and red onions—which means we pick them up after they have dried in the sun and put them in our old chicken coup-single layer in flats. We are sending onions out sequentially—those that do not store are going to you first. However, all red onions store well. We did an experiment with potatoes this year—we used large plastic compost bins and planted the potatoes in a layer of soil on the bottom. As the potato plants grew, we added grass clippings to continue covering up the plant so the potatoes would grow along the stem. We found out that grass clippings mat and water does not get through the matted grass, so our potato crop is quite small this year. Next year, we will use straw.

Our TESC intern, Juju's last day was Sunday. We will miss Juju's peaceful persona and strong work ethic.

We are into fall which means some of the vegetables do not last as long—like tomatoes. We hit the jackpot on beets, broccoli, and cauliflower—the timing and weather came together to produce the largest beets and broccoli we have grown. Corn and beans have been a bumper crop this year, but are coming to an end—probably next week.

What's in the Box?

Salad Onions	Cherry tomatoes	Red Onion	Zucchini
Mixed lettuce	Main tomatoes	Cucumbers	Tomatillos
Corn	Hot Peppers	Tatsoi	Green Beans
Garlic	Spanish Sweet White Onion	Sweet Green Pepper	Fingerling Potatoes
Basil	Alysa Craig yellow Onion	Broccoli	Asian Greens
Bok Choi	Cauliflower	Beets	

Hot Peppers

Biggie Chili – mild

Ajo Rico – a little kick and sweet

Mad Hatter – mild

Jalapeno – medium (Scoville rating is around 1,000)

Hungarian Hot Wax – hot

Serrano – medium

Cajun Belle - mild

Beets

Both beet roots and leaves are edible. Cut the greens off, leaving about 2 inches of stem, and cook the greens like chard or kale. (Beet greens are Kathleen's favorite green!) The root can be roasted, boiled, microwaved, or shredded raw. We typically roast our beets, usually with the dinner we are cooking the night before. The beets are done and ready to use for the next night's dinner. Favorite way to prepare beets after they have been cooked — slice or quarter and heat in a 350 degree oven. Add goat cheese, walnuts, and drizzle with balsamic vinegar. D-licious!!!

Roasting Beets

Preheat oven to 425 degrees. Cut the greens away from the beets, leaving about ¼" of the stem. Scrub bulbs and place in a baking dish with ¼" of water. Cover tightly. Place in the oven and roast for 40 – 60 minutes until tender when pierced with. Knife. Cool and then slice off the ends and slip off the skins. Eat immediately OR refrigerate and put in salads or reheat as described above.

Please return your box at the next pick-up. Thank you!