

BUSH PRAIRIE FARM NEWS 10/08/18

From the Farm

Your box is LOADED with lovely fall vegetables including leeks, winter squash, beets, and dry onions. We introduce butternut squash and sweet dumpling squash. Some of the white dry onions may be a little soft—refrigerate and use soon. We doubled up on the napa cabbage to fill in for lettuce this week – along with tatsoi and Asian greens. We also included a taste of the 100+ year old apple trees' fruit—it has been an amazing apple year. Next week is the LAST week of the season. If you would like more squash or dry onions to store for use over the next month or so, please let us know via [email—kathleen@bushprairiefarm.com](mailto:kathleen@bushprairiefarm.com) and tell us what you would like—we have lots of red and yellow onions and acorn, butternut, and some delicata squash.

What's in the Box?

Leeks	Asian Greens	Sweet Dumpling Squash	Tatsoi
Eggplant	Tomatoes	Delicata Squash	Potatoes
Napa Cabbage	Hot Peppers*	Butternut Squash	Cucumber
Garlic	Dry Onions	Sweet Pepper	Tomatillos
Parsley	Acorn Squash	Zucchini	Bush Prairie Farm Apples
Beets			

Dry Onions

Ovation (yellow)
Red Wing (red)
Ailsa Craig (Yellow) – largest one in your box
Talon (White)
Blush (red)

Hot Peppers*

*Hot peppers in small plastic bag are S U P E R hot.
--Fatalii- yellow cone – 325,000 Scoville Units
--Habanero – yellow small bell shape – 350,000 Scoville Units
--Congo Black – brown small bell shape – 425,000 Scoville Units
Compare to Lemon Drop at 50,000 Scoville Units or Jalapeno at 5,000 Scoville.

Other hot peppers

Fackle
Jalapeno
Lemon Drop
Aji Rico
Mad Hatter
Cajun Belle
Biggie Chillie

About Leeks

The leek has been called 'the poor man's asparagus'—any recipe that uses asparagus can be made with leeks with good results, though the flavor is quite different. Store leeks in a perforated plastic bag in the refrigerator for a couple of weeks. Slice the leek down the middle lengthwise, wash, and pat dry OR we

slice them crosswise—if there is dirt, then wash the slices. The leek is useable all the way up to the tough green leaves. Leeks are milder in flavor than onions and can substitute for onions in most recipes.

- Cook sliced leeks slowly in butter and serve them as a bed for baked or sautéed fish.
- Slice them and blanch in salted boiling water until tender, about 5 minutes. Drain and transfer to a shallow baking dish. Sprinkle with fresh grated cheddar or Parmesan. Bake in a 300 degree oven for about 10 minutes until the cheese melts.
- Saute sliced leeks in olive oil or with bacon and use to top pizza or pasta or stir into scrambled eggs.

Creamy Potato-Leek Soup (Serves 6)

2 Tbsp. butter

2 Tbsp. olive oil

4 large leeks, trimmed, split lengthwise, and chopped

2 garlic cloves chopped

Salt and pepper

3 c. chicken broth or vegetable broth

½ c. white wine

2 lbs. potatoes, peeled and diced

1 c. light cream, half-and-half, r whole milk

Melt butter with oil in large heavy over medium-low heat. Add leeks and garlic, season with salt and pepper, cover, and cook over low heat, stirring occasionally, until the leeks are very tender but not browned, 15-20 minutes. Add the broth, wine, potatoes, and simmer until the potatoes are tender, about 30 minutes. Let cool briefly.

Ladle half the soup into a blender and puree until smooth. Return puree to the pot. Add the cream. Taste and adjust the seasoning, then reheat until hot enough to serve.

Taken from Andrea Chesman's *Recipes from the Root Cellar*.

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