

BUSH PRAIRIE FARM NEWS 6/3/2019

From the Farm

Welcome to our ninth CSA season. We are excited to get started---with the warm spring, we are ready to get the vegetables out of the ground to you. This first box and through June will be mostly green. We have included some dressing recipes that can be used for salads, stir fry, or roasted vegetables. You may see a fine white powder on the bok choy---it is diatomaceous earth and completely edible. It is responsible for decreasing the many pests who like to chew holes in leaves. This year, we have twenty subscribers -- eighteen who are returning (thank you!) with four who have been with us every season.

We are more fully experiencing the joy of farming since Mark retired from his day job and Kathleen has decreased her off the farm work hours. The funny thing is that there still seems to be SO many things to do on the farm and so little time to do them -- it's the farmer's lament. We are enjoying farming during the day and notice that we can pay more attention to things like watering cycles, fertilizing, and pest control.

What's in the Box?

Garlic Scapes	Bok Choy	Kale
Red Butter Lettuce	Basil	Tatsoi
Romaine Lettuce	Green Onions	Rhubarb

Garlic Scapes

These are the stem-like vegetables in your box. Garlic scapes are the blossom end of the garlic. We cut them so all of the plant's energy goes to the garlic bulb. The scapes have a mild garlic flavor and we chop them up and put them in stir fry or casseroles or raw in salad. Enjoy!

Rhubarb

Rhubarb can be cut into 1-inch chunks and frozen for later use or simply cook the rhubarb chunks in a saucepan over medium low heat and add sugar to taste. It will cook into a sauce which can be eaten as is or put over ice cream or vanilla yogurt.

Dressings for Salad, Stir Fry or Roasted Vegetables

Here are a few ideas for all of those June greens. Bok Choy is probably best stir fried or roasted and the same for kale unless you massage it with lemon and olive oil. Tatsoi is our favorite---use it like spinach in a salad or cooked.

Honey Lime Dressing

1/3 cup olive oil	½ tsp. sea salt
3 T honey	¼ tsp. black pepper
Juice from one lime	
2 T white vinegar	
1 T cumin	

Directions: Whisk together all ingredients, add to mason jar and serve immediately or refrigerate.

Spicy Honey Mustard Dressing

1/4 cup yogurt

1/4 cup organic Dijon mustard

1/4 cup honey

1/4 tsp. cayenne pepper

Directions: Whisk together all ingredients, add to mason jar and serve immediately or refrigerate.

Orange Ginger Dressing

Juice from one orange

1 T minced ginger

2 T minced carrot

2 T minced onion

1 T mustard seed

1 cup olive oil

1/2 tsp. sea salt

Directions: Squeeze the juice out of the orange into the mason jar. Finely mince the ginger, carrot, and onion and add to the jar. Add the mustard seed, olive oil, and sea salt. Whisk together and serve immediately or refrigerate.

Lemon Pepper Vinaigrette Dressing

Juice from one lemon

1 cup olive oil

1/4 cup distilled white vinegar

1/4 tsp. black pepper

1/2 tsp. sea salt

Directions: Squeeze the juice out of the lemon into the mason jar and remove any seeds. Add the olive oil, vinegar, salt and pepper and whisk together. Refrigerate or serve immediately. Note: most olive oil-based dressings will harden in the refrigerator. Simply set the dressing on the counter for 10-15 minutes before you want to serve it.

<https://www.lifehack.org/articles/lifestyle/11-easy-and-healthy-mason-jar-salad-dressing-recipes.html>

Take a look at www.bushprairiefarm.com under the CSA tab for labelled pictures of the vegetables in this week's box.

Thank you for returning your empty box on next week's delivery day.