

## BUSH PRAIRIE FARM NEWS 6/10/2019

### From the Farm

The push is on to get the 'one and done' crops in the ground – especially before the heat wave predicted for this week. We planted hundreds of winter squash plants and more peppers and are getting ready to plant corn, potatoes, and flowers. We rotated the squash to where the corn was last year and can re-holes for transplants coming out of three inch pots, put dry organic all purpose fertilizer in each hole; unpot the squash plant; put it in the hole; fill the hole with liquid fish fertilizer; and bury the roots in muddy soil. Then set up an overhead sprinkler to keep the plants cool as they adjust to the outside world.

The outside zucchini and cucumbers are under attack from cucumber bugs. We are using an organic product called Neem from the neem plant, plus diatomaceous earth and yellow bowls with soapy water. On the bright side, the sugar snap and shell pea plants may be the best we've ever had so hopefully, we will be delivering a lot of peas to you.

### What's in the Box?

Garlic Scapes	Bok Choy	Napa Cabbage
Romaine Lettuce	Oregano	Tatsoi
Variety Lettuce	Green Onions	Sugar Snap Peas

### Sugar Snap Peas

These can be eaten raw or cooked – shell and all. Great in salads, with ranch dressing dip, or in a stir fry.

### Napa Cabbage

We consider napa cabbage one of the most delicious vegetables we grow. Maybe one indicator is the number of pests we work hard to keep away from these plants. This is a lead up to letting you know that you might find a bug or slug or two in the cabbage.

We use napa in so many ways – sliced thin to add flavor and texture to green salads; a crunchy topping for stir fry vegetables or any warm dish such as pasta, tacos, rice, or quinoa.

### Stir Fry Vegetables with Chicken

#### Ingredients

- 2 tablespoons vegetable oil
- 1/2 pound boneless skinless chicken breasts, cut into cubes
- 2 cloves garlic, chopped
- 2 tablespoons oyster sauce\*
- 1 cup chopped broccoli
- 1 cup sliced green bell pepper
- 1 cup sliced carrots
- 1 cup sliced napa cabbage
- 1 cup sliced bok choy or tatsoi
- 1 cup sugar snap peas (or fresh bean sprouts)

1 cup sliced zucchini

*1 cup chopped green onions*

1/2 cup water

2 tablespoons soy sauce

1 tablespoon cornstarch

**Directions**

1. Heat oil in a wok or large heavy skillet. Add chicken, garlic, and oyster sauce, and stir-fry for 10 minutes.
2. Stir in broccoli, green pepper, carrots, cabbage, bok choy, bean sprouts, zucchini, and green onions. Season with salt, and stir-fry for 6 to 8 minutes.
3. In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened.

\*Substitute 2 Tbps. soy sauce and 1 tsp. sugar or 2 Tbsp. fish sauce for oyster sauce.

Take a look at [www.bushprairiefarm.com](http://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.