

BUSH PRAIRIE FARM NEWS 6/17/2019

From the Farm

We often have help from friends and family to get us through intensive times when work needs to be DONE. This week, our friend Maria Nardella helped us plant 600 corn plants; Kathleen's sister Karen weighed the sugar snap peas for your box; and our most stalwart farmhand, Gail Tracy, aka Kathleen's mom, transplanted 200 basil plants. Next up is finishing out the potato and green bean planting. The cucumbers and zucchini are rallying against the cucumber bug with support from yellow bowls of soapy water and yellow pest strips. All is well!

What's in the Box?

Garlic Scapes	Bok Choy	Napa Cabbage	Garlic
Green Leaf Lettuce	Cilantro	Tatsoi	Kale
Variety Lettuce	Green Onions	Sugar Snap Peas	

Garlic

The garlic in the box this week is a regrowth of last year's crop. We needed the bed space for other crops so picked these early. They probably need to be refrigerated and used sooner rather than later.

Sauteed Sugar Snap Peas

¾ lb. sugar snap peas

Chopped garlic scapes

Scant 1 Tbsp. olive oil

¾ tsp. kosher salt

¼ tsp. black pepper

Remove the sugar snap pea stems. Heat the oil in a medium frying pan. Add peas, garlic scapes, salt, and pepper. Stir occasionally for 3-5 minutes until the peas are crisp tender. Remove from heat and put in a serving bowl. Add salt to taste.

*Alternate version: add 1 Tbsp. soy sauce, ½ tsp. ginger, and 1 Tbsp. sesame seeds in last minute of cooking.

Recipe modified from <https://www.foodnetwork.com/recipes/ina-garten/sauteed-sugar-snap-peas-recipe-1925182>

Quinoa Salad with Sugar Snap Peas

1/2 pound sugar snap peas

1 1/2 cups quinoa, rinsed and drained

1/4 cup plus 1 tablespoon extra-virgin olive oil

3 tablespoons white wine vinegar

Salt and freshly ground pepper

1/2 cup salted roasted pumpkin seeds

1/2 cup minced chives (or substitute green onions)

In a small saucepan of boiling salted water, simmer the peas until bright green and crisp-tender, about 1 minute. Drain and spread out on a large plate to cool, then pat dry. Cut the peas on the diagonal into 1-inch pieces.

In a saucepan, combine the quinoa with 2 cups of water and bring to a boil. Cover and cook over low heat until all of the water has evaporated and the quinoa is tender, about 15 minutes. Uncover and fluff the quinoa, then transfer to a large bowl and let cool to room temperature.

In a bowl, combine the oil and vinegar and season with salt and pepper. Add the peas to the quinoa with the pumpkin seeds, chives and dressing; stir. Season with salt and pepper and serve at room temperature or lightly chilled.

Taken in part from <https://www.myrecipes.com/recipe/quinoa-salad-with-sugar-snap-peas?ingredient1=&ingredient2=&ingredient3=>

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.