

BUSH PRAIRIE FARM NEWS 6/24/2019

From the Farm

New to the box this week: chard, new potatoes, hot peppers, sweet peppers, cabbage, tomatillos, and parsley. The sugar snap peas are at their peak and may last another week or two. We omitted a step from last week's recipe for roasting sugar peas—when you remove the stem, pull the string off of the seam of the pea to increase the pleasure of eating (no stringy masses to chew). The cabbage is an early smaller-head variety. We have instituted a new work process called team weeding—we stop what we are doing around 5:30 and weed for at least 30 minutes—this week it has been the two hundred foot rows of dry onions and leeks. Will we every catch up to the weeds? Not likely, but this new section to our work day helps us feel virtuous—a nice way to end the day.

What's in the Box?

Garlic Scapes	Bok Choy	Cabbage	Chard
Green Leaf Lettuce	Parsley	Tatsoi	Hot Peppers
Variety Lettuce	Green Onions	Sugar Snap Peas	Sweet Peppers
New Potatoes	Tomatillos		

Tomatillos

Also known as the Mexican husk tomato, the tomatillo is a plant of the nightshade family bearing small, spherical fruit encased in a husk. They are eaten raw or cooked in a variety of dishes, particularly salsa verde. Tomatillos store up to two weeks husked, washed, and in a plastic bag. We recently used them as a topper for a rice and beans dish. We sliced the tomatillos and put the dish under the broiler for 3-5 minutes.

Hot Peppers

Chenzo – small purple cone shape. Medium
Jalafuego – green, medium cone shaped. Barely mild
Italico Hybrid Pepper – long thick green cone. Spicy – not hot at all
Holy Mole – wrinkled purple long pepper. Spicy-not hot at all
Hot Portugal – yellow cone shape. Medium

.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.