

## BUSH PRAIRIE FARM NEWS 7/1/2019

### From the Farm

All of the 'one and done' crops are planted! This includes corn, summer and winter squash, tomatoes, and peppers. We have moved our organic approach to dealing with the cucumber/squash bug to the winter squash as the plants begin to blossom—more yellow bowls with soapy water to attract them, neem, and diatomaceous earth. We fish fertilized the cabbage, chard, and kale to give them an extra boost of nitrogen and are spraying tomatoes and peppers with calcium which helps both the leaves and fruit setting. The peas are done – we will pull them up soon and feed them to the chickens and plant a fall crop of kale in their place. We have turned the water off in the garlic—it will be ready to harvest in two weeks. And, we finished weeding the chard –moving on to the herbs and carrots.

### What's in the Box?

Garlic Scapes	Bok Choy	Kale	Hot Peppers
Shell Peas	Basil	Asian Greens	Sweet Peppers
Sugar Snap Peas	Green Onions	Fingerling Potatoes	Lettuce
Tomatillos	Zucchini	Cucumber	

### Hot Peppers

Matchbox – small yellow. Hot.  
Crackle – long thin green. Barely mild.  
Hot Portugal – yellow cone. Hot.  
Italaco – large green cylinder . Spicy – no heat.  
Jalapeno – smaller green cone. Mild to medium

### Fingerling Potatoes

We LOVE new fingerling potatoes—their flavor is the best! We have been cutting them in half (or more if they are larger); shaking them in olive oil, adding a healthy amount of salt and pepper and roasting them at 400 degrees until done.

### Scrambled Eggs w/Bush Prairie Farm Veggies

Turn the broiler on high. Go to the vegetable drawer of the refrigerator. Take out every vegetable (maybe some left from last week) and chop up what sounds good to you. Stir fry for about 5 minutes in a skillet with olive oil. Whisk the eggs with a small amount of milk and add to the mixture to the pan. Whisk the eggs continuously until solid but not quite done. Top with cheese. Put under the broiler for a few minutes until the cheese is slightly brown. (This is where you could put sliced tomatillos on top to broil with the cheese). Top with basil or parsley and green onions.

### **Quick Salsa Verde**

Husk the tomatillos. Put in the blender with just enough vinegar or lime juice to make a slurry. Add one or more of any of the hot peppers from the box (remove seeds and stem), a peeled clove of garlic, and a quarter of a dry white or yellow onion or green onions if you have extra. Puree all together. Add salt to taste. Put the slurry in a saucepan and simmer about 10 minutes until thickened. Add cilantro and/or cumin. Refrigerate. Use with chips or as a topping for chicken or fish.



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.