

## BUSH PRAIRIE FARM NEWS 7/8/2019

### From the Farm

This week, we planted 150 tatsoi and 100 bok choy to be ready for your box in 2-3 weeks. The corn was given a second dose of blood meal (nitrogen) and is looking good! The first row of bush beans have little tiny beans, so another two weeks and beans will be ready. All of the squash and cucumber plants appear to have survived the striped cucumber bug attack – they are blooming and we see small winter squash forming. The farmers are breathing again and have a little time to mow the grass that has buried the fruit trees and berries.

### What's in the Box?

Bok Choy	Chard	Hot Peppers
Shell Peas	Parsley	Sweet Peppers
Green Onions	Potatoes	Lettuce
Tomatillos	Zucchini	Cucumber

### Hot Peppers

Hot Sunset – thick walled long yellow cone – spicy (less than mild)  
Pasilla Bajio – long, thin green – mild (used to make mole sauce)  
Jalepeno – medium size green – mild to medium  
Hungarian Yellow Wax – medium size yellow cone – medium  
Matchbox – small yellow green cone - hot

### About Zucchini

Like all squash, zucchini originates from the Americas, but the type of zucchini we put in your box was cultivated in Italy after an explorer brought it back. The first zucchini as we know it in the United States was recorded in the 1920's – probably from Italian immigrants. It was first grown in California. It is very low in calories – about 20 calories per 4 oz. and a good source of folate and potassium. Because it is low in calories, zucchini is an excellent substitute for pasta or other higher calorie starchy food – excellent that is if you are trying to decrease your caloric intake.

### Quick Zucchini Pickle Ribbons

*(you may want to save this recipe for a little later in the season when the zucchini is coming faster than you can eat it)*

Cut 2 medium zucchini into strips with a vegetable peeler or sharp knife, stopping when you reach the seeds. Put 8 fresh dill sprigs in a pint jar. Combine  $\frac{3}{4}$  cup each of white-wine vinegar and water, 1 Tbsp. sugar, 2 tsp. mustard seeds, 1 tsp. salt, 1 crushed garlic clove and  $\frac{1}{4}$  tsp. crushed red pepper (or bravely add a small amount of diced hot pepper from the box) in a medium saucepan. Bring to a boil. Pour into the jar. Let stand for 20 minutes. Drain and serve.

From Eating Well (aka the old Cooking Light) June 2019.

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.