

## BUSH PRAIRIE FARM NEWS 7/15/2019

### From the Farm

We have heard two stories from subscribers that we want to share. Both involve children who are around three years old and shell peas. Both have adorable videos of the stories. One is a little girl sitting on the kitchen island shelling and eating the peas—sharing them with NO ONE. She grabbed them as soon as her mom brought the vegetable box home. The second is a little boy who has been a subscriber since pre-birth. He is helping his mom make the salad—his job is to shell the peas and put them in the salad; however, none made it to the salad and he threw the shells away from the counter to hide the evidence. When he sees the vegetable box, he talks about the ‘presents’ and takes each vegetable out of the box, naming them as he goes. If he does not know what the vegetable is, he says he does not know the name of that one yet. Love, love, love these stories. Thanks so much for sharing. They make our day.

This week, we introduce eggplant and have a few carrots to share. Do you remember growing carrots when you were young? We do. We remember them being easy to grow and pulling long, fully formed beautiful carrots. We do not have the same experience here. We have tried multiple approaches, but more often than not, end up with small carrots and many with pests. Any ideas out there? Any secrets to growing beautiful carrots you care to share?

We harvested a beautiful garlic crop and it is drying in the old chicken coop. We also pulled up two more rows of sugar pea vines and readied the beds for broccoli and kale transplants. We have picked a few tomatoes – it won't be long.....

### What's in the Box?

Cabbage	Kale	Hot Peppers	Carrots
Shell Peas	Basil	Sweet Peppers	Eggplant
Green Onions	Potatoes	Lettuce	
Tomatillos	Zucchini	Cucumbers	

### Hot Peppers

Long cayenne – thick, curved cone with red tip. Hot.  
Crackle – long, pencil slender green. Mild  
Red cherry – red, round shaped. Mild  
Hungarian yellow wax – banana-shaped, light yellow. Medium  
Jalapeno – shiny green to purple. Medium

### **Easy Peanut Sauce Stir Fry**

This is our go-to when we just want a plateful of stir fried vegetables. From the box this week, cabbage, tomatillos, kale, zucchini, peppers, and eggplant work well for stir fry. Start by putting the brown rice on to cook—we use an instant pot—the rice is ready in less than 30 minutes. Then, combine about 1/4 – 1/3 c. soy sauce, juice of ¼ lime, minced garlic, ¼ c. peanut butter (prefer creamy for this), and ¼ tsp. ginger. Heat to soften peanut butter and stir all ingredients together. Chop whichever vegetables you select, stir fry them for about 5- 10 minutes. We add generous amounts of cumin and curry powder during the stir frying. Chop green onions and basil to use as a topping. Stir the soy-peanut sauce into the vegetables. Serve over brown rice. Top with green onions, basil, peanuts, and lime. YUM!

**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.**