

## BUSH PRAIRIE FARM NEWS 7/22/2019

### From the Farm

We completed weeding and adding nitrogen (blood meal) to the corn—yeah!! That has been a several hour job with wonderful assistance from our intern, Nashesha Rowberg. The first planted corn has tassles, so maybe another three weeks and corn will appear in your box. We tied the garlic together in bunches of 6-8 stems and hung them from the rafters in the old chicken coop. We'll let them dry another week and then start sending it out. The first planting of bush beans is coming on with a taste in your box this week. And Mark is searching both high tunnels for riper cherry tomatoes.

### What's in the Box?

Chard	Hot Peppers	Tomatoes
Green Beans	Parsley	Sweet Peppers
Green Onions	Lettuce	Bok Choy
Tomatillos	Zucchini	Cucumbers
Tatsoi		

### Hot Peppers

Garden salsa – smooth long green turning red (mild)  
Jalapeno – green to purple (mild to medium)  
Chenzo - small cone red (hot)  
Hot sunset- long, yellow cone (spicy)  
Crackle – long, thin green (mild)  
Mexibell – bell shaped red (spicy)  
Thin Cayenne – slightly wrinkled purple to yellow to red (hot)  
Cayenne – thick long red (hot)

### Salad – a Staple Main Dish

We have been making lots of salads with the Bush Prairie Farm veggies. We keep garbonzo beans, sunflower seeds, almonds, walnuts, frozen cooked shrimp, canned tuna, shredded cheese, grated parmesan, and feta on hand for quick and easy additions to the basic salad. Tonight we went vegetarian using garbonzo beans, sunflower seeds, and cheese complimenting each other for a complete protein source. The dressing was olive oil, lemon juice, white wine vinegar, sugar, salt, pepper, and basil (could use parsley) whisked together, drizzled over the salad, and tossed.

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.