

BUSH PRAIRIE FARM NEWS 7/29/2019

From the Farm

The tomatoes, zucchini, and cucumbers continue to come on strong. We have a great crop of garlic and 'dry' onions to introduce in the box this week. To start with, we are choosing onions that don't store well and that includes this week's Walla Walla sweets. Keep in refrigerator—use in two weeks. We had a little set back with our first row of bush beans – the rain a week or so ago caused the plants to mold and die. No worries—pole beans still look good and are a week or two away. Kathleen is away at family camp on Lake Couer d'Alene – thanks Mark for holding down the farm including the chickens and Daisy.

What's in the Box?

| | | |
|--------------|-------------|----------------------------|
| Kale | Hot Peppers | Tomatoes & Cherry Tomatoes |
| Cabbage | Basil | Sweet Peppers |
| Green Onions | Lettuce | Bok Choy |
| Tomatillos | Zucchini | Cucumbers |
| Tatsoi | Garlic | Walla Walla Sweet Onion |

Hot Peppers

Italico – large, green cone shape. Spicy

Hot Sunset – yellow. Spicy

Cajun Bell – red small bell shape. Mild

Matchbox – small red. Hot

Cayenne – green/red long cone, curled. Hot

Kung Pao—pencil slender red. Direct from Asia—fantastic flavor and pungent aroma. Mild to Medium

Basil Pesto Zoodles with Tomatoes and Roasted Peppers

2 large zucchini (or 3 medium sized)

1 cup sliced cherry or grape tomatoes

½ c. roasted sweet/spicy peppers

¼ c. basil pesto

OR – chopped basil/chopped garlic/walnuts/olive oil whirled together in a blender

salt and pepper to taste

Create zucchini noodles using a noodler or if you do not have one, using a potato peeler to create ribbons will work well too.

Add basil pesto, tomatoes, and peppers to zoodles.

Toss well to combine. Taste and add more salt and pepper. Salt really makes a difference in this dish so add slowly until you reach the right flavor for you!

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.