

BUSH PRAIRIE FARM NEWS 8/05/2019

From the Farm

We just did a farm tour at sunset and most crops are looking great. The corn and winter squash plants are beautiful and the tomatoes and peppers are coming on strong. If you would like farm tour, just let us know. The dry onions have had their third weeding and next is the bush beans. We are halfway through the season and want to extend our appreciation for your commitment to eating local. It is a commitment to pick the box up, put the veggies away, and prepare them during the week.

What's in the Box?

Swiss Chard	Hot Peppers	Tomatoes & Cherry Tomatoes	Green Beans
Eggplant	Cilantro	Sweet Peppers	
Green Onions	Lettuce	'Holey' Bok Choy	
Tomatillos	Zucchini	Cucumbers	
Tatsoi	Nootka Rose Garlic	Walla Walla Sweet Onion	

Hot Peppers

Large Red Cherry – bell shape - mild
Garden Salsa – red - mild
Hot Sunset – yellow. Spicy
Crackle – long, thin red - mild
Matchbox – small red. Hot
Sweet Heat – small, red bell – spicy

Eggplant

Just a reminder—the long slender eggplant can be roasted or stir fried with the skin on.

Cucumbers, Green Onions, and Tomatoes

We have been binging on sliced cucumbers, green onions, and tomatoes in a vinegar-dill weed-salt/pepper-small amount of oil and sugar refrigerated to soak in the dressing. Delicious and lasts for a few days.

Nootka Rose Garlic

A Northwest heirloom from the San Juan Islands brought to you by Nootka Rose Farm in Waldron, WA. Strong flavor and very popular.

Zuke Cakes

From NPR radio via John Shields, chef/owner of Gertrude's, Baltimore, Maryland. A vegetarian version of crab cakes and better still---another way to use zucchini.

Ingredients

2 cups coarsely grated zucchini
Salt
1 c. bread crumbs

1 egg beaten
1 ½ tsp. Old Bay seasoning
1 tsp Dijon mustard
1 Tbsp. mayonnaise
Juice of ½ lemon
¼ c. chopped parsley
Vegetable oil

Instructions

Place grated zucchini in a colander; sprinkle lightly with salt. Let zucchini sit for about 30 minutes, allowing it to drain. Put in a dish towel and squeeze out additional liquid. Place zucchini and bread crumbs in a large bowl and mix together. Place egg, Old Bay, Dijon, mayo, lemon juice and parsley in a small bowl. Mix well. Pour egg mixture into zucchini-bread crumb mixture, and mix gently and thoroughly. Form into 8 patties the size of crab cakes. Heat a small amount of oil in a saute pan, and cook patties on both sides, browning well. Serve with tartar sauce, chopped capers, fresh basil and/or lemon wedges. Goes really well with halved cherry tomatoes.

We tried these this week and they are D E L I C I O U S!

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.