

BUSH PRAIRIE FARM NEWS 9/9/2019

From the Farm

We harvested most of the winter squash crop last Saturday—a bumper crop this year despite the pests! We experimented with a ‘solar blanket’ which is a super large, heavy black tarp placed over the field. This kills most of the weeds, but we discovered that the voles love the warm soil under the tarp and they also love squash. The green beans are at the peak of our season. The rain will probably slow them down quite a bit—we cannot pick beans in the rain as the bean plants are very delicate and die if handled too much when they are wet. We planted what we think is the last round of lettuce, bok choy, and tatsoi. There are five weeks left of the season—another week or two of corn and upcoming will be potatoes, winter squash, and leeks.

What’s in the Box?

Hot Peppers	Tomatoes & Cherry Tomatoes	Red Onion
Sweet Peppers	Basil	Tatsoi
Green Onions	Lettuce	Garlic
Tomatillos	Zucchini	Cucumbers
Ailsa Craig Yellow Onion	Kale	Corn
New York Yellow Onion	Eggplant	Green Beans

Hot Peppers

Cajun Belle— small red bell. Spicy
Hot Sunset – yellow/orange/red. Spicy
Kung Pao— red, long. Mild
Jalapeno – smaller green/red cone. Mild to medium
Hot Portugal – yellow cone shape. Hot.
Mad Hatter – looks like a hat. Medium

Green Beans

If you have too many, beans can be ‘flash’ roasted and frozen for later use. Set the oven at 500 degrees. Take the ends off of the beans and put them in a single layer on an oiled cookie sheet. Coat the beans with a little oil and roast for three minutes. Put them on a paper towel covered cookie rack to cool, then freeze in freezer bags.

Spicy Szechuan Green Beans

½ lb green beans, trimmed and cut into bite size pieces
¼ c. water
1 Tbsp. minced ginger
2 cloves garlic, minced
1 tsp. sesame oil
2 Tbsp. soy sauce
1 Tbsp. rice vinegar
½ tsp. sugar
¼ tsp. red pepper flakes (or dice up a tablespoon of any of the hot peppers in the box)

Combine green beans and water in a skillet over medium-high heat. Cover and cook, stirring occasionally, until beans are tender crisp, 4 to 5 minutes. Add ginger, garlic, and sesame oil; cook, stirring frequently, until garlic is lightly browned, 1 to 2 minutes.

Mix soy sauce, rice vinegar, sugar, and red pepper flakes together in a small bowl. Pour over beans and cook until sauce thickens enough to coat beans, 3 to 5 minutes.

Taken from: www.allrecipes.com

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.