

BUSH PRAIRIE FARM NEWS 08/06/18

From the Farm

Tomatoes, onions, and hot peppers—oh my! We are doing our best to give you as many tomatoes as possible. If you want more, let us know. And, please let us know if we are overwhelming you with a particular vegetable—one of the benefits of a smaller CSA is our ability to respond to your needs as best we can.

If you are like us, your vegetable crisper in the refrigerator is FULL. We spent a brief minute cleaning out what has been in there longer than a week---we know there is more to come to replace the older veggies. We are NOT bad people for tossing old vegetables—they are extremely biodegradable.

This week, we introduce corn, elephant garlic, and finally, quality tatsoi. Tatsoi is so much like spinach and delicious raw in salads—stems and leaves. Elephant garlic is a milder form of garlic and can be chopped raw into salads or added at the last minute in a stir fry or grilled dish.

What's in the Box?

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|------------------------------|-----------------|-------------------------|-----------------|
| Green Onions | Cherry tomatoes | Mizuna (greens) | Red Onion |
| Red or Green Romaine | Basil | Red Fingerling Potatoes | Corn |
| Red green butterhead lettuce | Hot Peppers | Tatsoi | Elephant Garlic |
| Bok Choy | Main tomatoes | Zucchini | |
| Sweet Green Pepper | Cucumbers | Walla Walla Sweet Onion | |

Hot Peppers

Mad Hatter – (shaped like a 'hat') - medium
Jalapeno - medium
Biggie Chili – mild – large green
Sweet Heat – mile – red
Serrano – skinny green or red—medium to hot
Hungarian Hot Wax, - yellow – medium to hot
Aji Rico – very mild

Cucumber Summer Salad

This is an old-fashioned cucumber dish. And, we don't have a recipe source—just a memory of what we ate when we were growing up.

Ingredients

Sliced cucumber (partially peeled to leave some green for color but remove some peeling to decrease bitterness)

1 Tbsp. olive oil

3 Tbsp. vinegar

½-1 tsp. dill weed

½ + tsp. sugar

Salt and pepper

Whisk oil, vinegar, dill weed, sugar, salt and pepper together. Pour over cucumber slices and refrigerate. So cold and delicious for hot summer weather. These will keep for up to one week. Add more of all ingredients depending on the amount of cucumbers you have.