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# BUSH PRAIRIE FARM NEWSLETTER

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## From the Farm

Welcome to the 2020 season! We have 25 subscribers this year and we especially want to welcome our 12 new subscribers. The season breaks you in slowly with greens and crescendos to a large variety of colorful, delicious vegetables. Farming is all about weather and timing. This has been an especially great spring—kale chard, and all that is green are doing well.

Your vegetables have been grown without the use of synthetic pesticides or fertilizers. We strive for healthy soil and healthy plants as our defense against pests. With that, some vegetables may be ‘holier’ than you are use to.

We need your help this year in getting your box back to us so we can fill it with the next week’s vegetables. There are two boxes for each of you—the challenge is remembering to bring your last week’s box when you pick up. How about using whatever reminder system you have for appointments?

Thank you for participating in our farm community.

## About Tatsoi

Tatsoi is also known as “spinach mustard”. It is a broad-leafed green vegetable, varying in color from pale green to very dark green. When eaten, tatsoi has a somewhat creamy texture and noticeably distinct flavor. Because of the spoon-shape of its leaves, tatsoi is also known as “spoon mustard”. Store in a plastic bag in the vegetable crisper of your refrigerator. Wait to wash until you are eating it. Tatsoi, stem and all, can be eaten raw or cooked and makes a great substitute for spinach, lettuce, or any greens for a salad. When cooking tatsoi, its best to steam or stir-fry with other vegetables or main dish. It is a great source of vitamin A, C, and K and a good source of potassium, calcium, phosphorus, and iron.

## What’s In the Box?

Lettuce*	Kale
Tatsoi	Basil
Bok Choy	Broccoli
Green Onions	Garlic Scapes
Asian Greens	

\*Speckled and Buttercrunch



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.

## Preventing the spread of COVID-19

Based on CDC guidelines, we are wiping subscriber boxes with a bleach solution prior to loading them with vegetables.. We are wearing gloves to load the vegetables into your box and to set the boxes out for pick-up. Risk of spreading the virus by touching surfaces or through food is low. As always, rinse vegetables with cold water and wash your hands!

## RECIPE CORNER

### Bok Choy

Bok choy grows very well in our PNW climate; however, it was a new vegetable to us when we started 10 years ago. To eat raw or cooked, cut the end off and wash the stalks and leaves.

### Easy Stir Fry

2 Tbsp. vegetable oil  
4 cups + chopped bok choy  
1-2 crushed garlic  
Salt & Pepper to taste

Heat the oil in a frying pan on medium heat. Put the white chopped stalks in pan for 2 minutes; add greens and cook until the stalks are translucent and the greens are tender—about 6-8 minutes. Serves 2.

### Variations

- Add soy sauce or teriyaki sauce or hot sauce
- Add leftover brown rice
- Add chicken or fish or tofu

*We keep cooked brown rice on hand in the refrigerator. Bok choy is a great way to increase the volume of rice without the additional carbohydrates.*

### Roasted Bok Choy

½ bok choy, separate into individual stalks (leave leaf on)  
2 Tbsp. vegetable oil  
1 crushed garlic  
¼ tsp. salt  
¼ tsp. pepper  
1-2 Tbsp. lemon juice  
2 Tbsp. feta cheese  
2-4 Tbsp. Walnut pieces

Preheat oven to 450 degrees. Pat bok choy dry. Toss bok choy with oil, garlic, salt, and pepper in a roasting pan. You may need to use your hands or a brush to coat every inch of the bok choy. Put in the oven on the bottom rack. Roast for about 6 minutes, until stalks are crisp-tender and leaves are just starting to turn brown. Sprinkle with lemon juice, feta, and walnut pieces. Serves 2. *P.S. Tarragon is a delicious addition.*

### What are Garlic Scapes?

They are the curlicue sprouts that shoot out of garlic about this time of year. They need to be cut to keep energy going to the bulb. The sprouts have a garlic flavor and are delicious in soups and stir fries—anywhere you would use garlic.

**Thank you for returning your empty box on next week's delivery day.**