
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

George and Isabella Bush planted a butternut tree on this property when they settled here in 1845. George was a mulatto looking for a better place to raise his children. The Bushes were part of a wagon train from Missouri travelling to make a home in Oregon. When they arrived, Oregon's provisional government had passed a lashing law – people of color would be lashed every six months—they were unwelcome in the Oregon Territory. So, the wagons headed north to be the first American settlers in what is now Tumwater, WA. The tree is the last remaining physical symbol of the Bushes. It is probably the oldest pure strain butternut left in the world. We have been stewarding this tree in partnership with Ray Gleason, Cascade Tree Experts, to maintain its health while it slowly dies. This week, Ray removed several branches to lighten the load on the trunk. The tree is still a majestic reminder of how WA became a state. Please let us know if you would like to see it.

In other news, we finished planting some of our 'one and done' crops -- winter squash, eggplant, and tomatoes. And, we also planted more lettuce, cilantro, and parsley.

About Asian Greens

We grow mizuna, arugula, and red mustard and have nicknamed them 'Asian greens' although arugula comes from the Mediterranean. They all come from the brassica family (kale, broccoli, etc.). These greens offer little bursts of pungent or peppery flavor to salads or as a topper for noodle or rice dishes. They grow very fast and go to seed even faster. They are best stored in a plastic bag in the refrigerator. Use a little or a lot, depending on your tolerance for peppery spice flavor.

What's in the Box?

Lettuce	Swiss Chard
Tatsoi	Oregano
Bok Choy	Broccoli
Green Onions	Garlic Scapes
Asian Greens	



Take a look at 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

Swiss Chard

Store in a plastic bag in the vegetable bin of your refrigerator. Wash leaves when you are ready to use it.

Mediterranean Swiss Chard Frittata

8 large eggs
¼ cup whole milk
½ teaspoon sea salt
½ teaspoon fresh cracked pepper
½ cup grated mild cheddar cheese
2 tablespoons extra virgin olive oil
½ large sweet onion, diced
2 cups thinly sliced Swiss chard, stems removed and diced
2 cloves peeled garlic, minced

Preheat oven to 350°. In a medium bowl, whisk together eggs, milk, ½ teaspoon sea salt and pepper. Add shredded cheese and mix. Set aside.

Heat oven-proof non-stick skillet or cast-iron pan on medium-high. Add olive oil to warm and add diced onion. Sauté onions for 3 minutes while adding diced Swiss chard stems to soften. Add thinly sliced Swiss chard leaves and sauté for 2 minutes to wilt. Add minced garlic and cook for an additional 1 minute.

Reduce heat to medium-low and add egg mixture to sautéed onions and wilted greens. Using tongs, arrange greens evenly throughout the pan. Cook eggs in pan about 3-4 minutes until they are set before placing the pan in the oven to bake for 5 minutes.

For a browned, crispy top, place the frittata under the broiler for a minute or two at the end of cooking. Cool in the pan for 5 minutes, then slice into wedges and serve.

Variation: Chop the oregano leaves from the box and with the minced garlic to the chard and onion. Serves 4.

<https://fruitsandveggies.org/recipes/mediterranean-swiss-chard-frittata/>

Easy-to-Make Salad Dressing

This is a standard for us --- a great way to use the fresh herbs that come in the box.

1/3 c. olive or vegetable oil
1/3 c. white or red wine vinegar, rice vinegar, or white vinegar
1 to 2 tsp. sugar
Pinch of salt
Black pepper to your taste
Shake and pour over raw or cooked greens

Variations:

- Finely chop the herb that came in the box and add to the dressing mix (about 2 Tbsp.)
- Add 1-3 tsp. Dijon mustard
- Add 1/8 tsp. garlic powder
- Add 1 Tbsp. grated parmesan cheese

Look in your refrigerator and spice cabinet and experiment with other condiments and spices—one or two at a time!

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