
BUSH PRAIRIE FARM NEWSLETTER

Volume 10, Issue 3

June 15, 2020

From the Farm

June in the PNW equals clouds, cool weather, and rain. We impatiently wait for heat to jump start tomatoes, peppers, green beans, and just about everything else except greens. By the time the Thursday folks get this, we may be on track with summer weather.

This past week, we have completed the second or third succession planting of bok choy, green onions, and lettuce. And, we are just about done with planting peppers in the super tunnel. Other activities included stringing up peas, cleaning out another gopher wire box for the next planting of broccoli and cabbage, and planting corn.

Bush Prairie Farm is ground zero for the endangered mazama pocket gopher. This means no trapping or killing these little guys. In our first year of farming here, we learned that this animal LOVES just about every vegetable we plant. So, we have put in wire basket rows for about 90% of the vegetables we grow. These baskets are 50 – 100 ft long, 18+” deep, and 3-4 ft. wide. This translates into big time hand weeding – no mechanical tilling. It a multiple hour meditation on our knees, so peaceful and when done, a feeling of satisfaction in seeing a clean row.

Check out fruitsandveggies.org

[FruitsAndVeggies.org](https://fruitsandveggies.org) offers simple ways to add more fruits and veggies to your day. It offers expert advice, nutrition and storage information, shopping tips, healthy menus and recipes, kid-friendly recipes and healthy tips, as well as ways to save money using fruits and veggies.

This is one of our go-to websites for recipes and facts about vegetables. Check it out!

<https://fruitsandveggies.org/>

What's in the Box?

Lettuce	Kale
Tatsoi	Thyme
Bok Choy	Asian Greens
Green Onions	Garlic Scapes
Zucchini	



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

Kale

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

Massaged Kale Salad with Apples and Gorgonzola

This comes from one of our subscribers—she gave us a sample and it is delicious!

Ingredients

- 1 bunch kale (12 – 15 stems)
- $\frac{3}{4}$ tsp. sea salt
- $\frac{1}{3}$ cup toasted sunflower seeds
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{3}$ cup currants (or chopped dried cranberries)
- $\frac{1}{2}$ apple, diced
- 3 Tbsp. olive oil
- 2 Tbsp. apple cider vinegar
- $\frac{1}{3}$ cup gorgonzola cheese, crumbled

Directions

De-stem kale by pulling leaf away from the stem. Wash leaves. Spin or pat dry. Stack leaves, rollup and cut into thin ribbons. Put kale in a large mixing bowl. Add salt, massage salt into kale with your hands for 2 whole minutes. The volume of kale should reduce by about $\frac{1}{3}$. Put kale in a fresh bowl and discard any leftover liquid. Stir onion, currants, apple, and sunflower seeds into kale. Dress with oil and vinegar and toss. Taste for salt and vinegar, adding more if necessary. Toss in cheese.

From www.ccokusinterruptus.com with a couple of revisions.

About Thyme



No pun intended.

Thyme is an herb from the mint family. It is used in in cooking around the world, particularly in France, Italy, and across the Mediterranean. It can easily be dried, just sitting on the kitchen counter. Fresh is best—stems, leaves, and flowers finely chopped pair well with beef, carrots, chicken, fish, peas, pork, potatoes, soups, and tomatoes. We strip the leaves and flowers off and put in vinegar/oil salad dressing.

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