
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

This week's theme: PLANTING!! – 300+beets, 100+lettuce, 300 corn, 100+broccoli and cabbage, 60 hot peppers, 50 tatsoi, and 90+ cucumbers. The little red growing greenhouse is empty and this is a good thing.

We want to give a shout out of thanks to subscribers Tim and Tammy Stampfli who spent an afternoon with us weeding, weeding, weeding the garlic. We enjoyed the visit and appreciated their hard work.

Have you noticed how well grass is growing this year? Our pasture grass was over our heads—thicker than we have ever seen. Finding someone to mow is a challenge, but this year we spotted a sign advertising tractor work while riding our bikes on Rich Road. Brian came on Saturday and mowed our 2 ½ acre pasture. What a difference in the view and we can check the box for 'good pasture management'.

The potatoes in your box this week are Russian banana fingerlings grown from last year's crop. These are considered 'new' potatoes, so best to refrigerate until you eat them. Skins and all—remember they are pesticide free. Delicious roasted.

About Zucchini

We grow a variety of summer squash and call it all 'zucchini'. This includes traditional green zucchini, striped and light green zucchini, yellow summer squash, yellow crook neck, patty pan, and yellow and green 8-ball zucchini. Zucchini originates from MesoAmerica and was transported back to Europe where it was cultivated in the late 19th century. The first records of zucchini in the United States date to the early 1920s probably coming with Italian immigrants. It can be eaten raw or cooked—sliced, diced, shredded, spiralized, roasted, fried, stuffed, or added into baked goods. Our favorite is grilling sliced rounds coated with oil and Italian seasoning and topped with parmesan cheese and coarse black pepper.

What's in the Box?

Carrots	Swiss Chard
Lettuce	Basil
Bok Choy	Asian Greens
Green Onions	Garlic Scapes
Zucchini	Cabbage
Fingerling Potatoes	



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

Classic American Coleslaw

- *3 cups green cabbage, shredded
- *1/2 cup carrots, shredded (no need to peel ours)
- *1/4 cup green onions, sliced

Dressing

- 1/2 cup Miracle Whip salad dressing
- 1 1/2 tablespoons white vinegar
- 1 tablespoon sugar
- Salt and pepper to taste.

Combine all salad ingredients. Combine all dressing ingredients and blend well. Pour dressing over salad. Toss and serve. Serves 4.

Adapted from Recipes from the Root Cellar by Andrea Chesman.

Fish Tacos with Cabbage Slaw

- *4 cups very thinly sliced green cabbage
- 1 cup chopped plum tomatoes
- *1/3 cup thinly sliced green onions
- 1/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 5 teaspoons extra virgin olive oil, divided
- 1/2 teaspoon salt, divided
- 1 pound tilapia fillets (or any firm white fish like cod or halibut)
- 1 teaspoon chili powder
- 8 (6-inch) corn tortillas

Combine first 4 ingredients in a large bowl. Add juice, 1 tablespoon oil, and 1/4 teaspoon salt; toss well to combine.

Heat remaining 2 teaspoons oil in a large nonstick skillet over medium-high heat. Sprinkle fish evenly with chili powder and remaining 1/4 teaspoon salt. Add fish to pan; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove from heat, and cut fish into bite-sized pieces.

Warm tortillas according to package directions. Spoon about 1/4 cup cabbage mixture down the center of each tortilla. Divide fish evenly among tortillas; fold in half. Serve tacos with remaining cabbage mixture. Serves 4

Taken from Cooking Light July 2006.

*Vegetables in this week's box

Favorite Swiss Chard Recipe

Dice the stems into 1/4 to 1/2 inch pieces. Stack the leaves together and roll up. Slice 1/8 to 1/4 inch ribbons. Fry one or two pieces of bacon and remove from pan when done. Throw the diced stems in the hot bacon fat and cook for a few minutes. Add the chard leaves to the pan and continue cooking. Add salt and pepper and 1 tsp. of minced garlic. Chop the bacon into bits. When the chard is cooked to your desired chewiness (for us—about 5-7 minutes), turn off the heat. Add bacon bits, lemon juice, and feta. Toss and serve. YUM!!!!

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