
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

This week, we have been weeding onions (which are gorgeous!) and setting up rows for the final planting of corn which is one crop that is not in a gopher wire basket. We use ground cloth between rows for weed control. Each year, we (Mark), flips the ground cloth onto what was the row and we have beautiful, nearly weed free and rested soil. He lightly tills it, lays the irrigation t-tape down, and we are ready to plant. Thanks to our son and his partner, Nate and Michelle, for spending an afternoon clipping tomatoes to the trellis and re-filling yellow bowls of soapy water in the squash bed to attract the cucumber beetles away from the squash.

Raising vegetables is both humbling and delightful. On the delightful side this year so far, we have grown some of the best chard, kale, cabbage, and carrots in the 10 years we have been doing this. On the humbling (or 'Oh Darn!) side, our pea crop has been less than due to pea weevil and potentially acidic soil. We do a soil test every year in the fall—this year we simply forgot to add lime which brings the pH of the soil back to neutral. We have corrected this with the addition of lime to all beds as we plant. You may find a surprise vegetable or herb that is not on the list—when we don't have enough for all boxes, we give what we have and rotate these surprises for everyone throughout the season.

We are sending younger and smaller zucchini this year. If you want larger zucchini, just let us know.

About Tomatillos

Tomatillos do very well here at Bush Prairie Farm. These little fruits were first domesticated by the Aztecs in Mexico, but have been adopted by American farmers due to their resistance to disease. Tomatillos, sometimes called husk tomatoes, look like green, unripe tomatoes with a dry, leafy husk that wraps around the outside. The fruit is a beautiful bright green, which fades a bit once you cook them. For more about tomatillos and how to incorporate them into your everyday fare, go to page 2.

What's in the Box?

Carrots	Kale
Lettuce	Basil
Bok Choy	Asian Greens
Green Onions	Garlic Scapes
Zucchini	Cabbage
Fingerling Potatoes	Cucumber
Elephant Garlic	Tomatillos



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

Quinoa (KEEN-wah) + Bush Prairie Farm Vegetables

Quinoa is a seed, actually, not a grain, but you cook it like a grain. Quinoa can be used in place of rice and is a better source of protein than rice. It needs to be rinsed before cooking. Use 1 part Quinoa to 2 parts water (or broth). Bring to a boil, then simmer covered for about 15 minutes or until the seeds pop open. Let it sit a few minutes, fluff up, and use like you would rice.

Here's what we did with quinoa—aka Grain Bowl.

- 1 c. quinoa, cooked
- 2 c. chopped bok choy
- 1 c. zucchini in bite-sized chunks
- ½ c. chopped green onions (reserve some greens for topping at end of cooking)
- ½ chopped elephant garlic
- Basil, thinly sliced (leave some for topping)
- 2 Tbsp. Lemon juice
- 2 Tbsp. grated parmesan cheese
- Salt and pepper to taste
- ¼ c. walnut pieces

Cook ½ c. quinoa with 1 c. water – see above. While quinoa is cooking, stir fry the bok choy, zucchini, green onions, and elephant garlic until tender crisp. Turn heat to low. Add cooked quinoa and stir. Add lemon juice and basil and stir. Add parmesan cheese and walnuts. Stir again and let sit for about 2 minutes until the parmesan is just melting. Serve, topping with green onions

Serves 2.

Elephant Garlic

Unfortunately, our garlic has a fungus that eventually kills the plant. Therefore, we are harvesting garlic early this year in its younger form. It still tastes delicious, but you will need to refrigerate it and probably use it within the next week or so. Elephant garlic is milder than regular garlic and can actually be eaten raw in salads. We usually put it in cooked dishes towards the end and don't chop it as finely as we do regular garlic.

Tomatillos, continued

Tomatillos have a slightly more acidic, slightly less sweet flavor than ripe and unripe tomatoes. They store in the refrigerator for 2-3 weeks. To prep, remove the husks with your hands and discard. You'll notice a sticky film on the surface, which will come off with a quick rinse under warm water. Tomatillos are very versatile and can be used raw or cooked. Using them raw maintains their bright and acidic flavor. For a more mellow, savory flavor, try roasting or grilling them whole or chopping them into a stir fry.

This week, try chopping them up and cooking with fish or chicken or slice them very thin and add to your salad. More recipes to come!

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