
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

We planted the last 600 corn plants and the first planting is 'knee high by the Fourth of July'. Our friends, Wendy and Kate are spending Thursdays with us on the farm. Wendy put blood meal (nitrogen) on the corn and weeded the onions. Kate (7 years) pulled some old radishes and turnips and made us delicious mudpie soup and cookies. We see the first ripe tomatoes and peppers appearing—in your box in the next two weeks! In fact, there is a taste of sweet and hot peppers in today's box. The hot peppers are and will always be in a brown paper bag to keep them separate from the sweet peppers. The hots this week are chenzo and jalapeno—probably pretty mild because it is early in the season.

The bok choy is a little more hole-y than usual, but the good news is that it is young and tender enough to cut up raw into a salad.



Parsley

About Herbs

Herbs are defined as plants that produce leaves, flowers, and/or seeds that add flavor to food and/or are used for medicinal purposes. We grow parsley, basil, and cilantro from seed each year. We also have perennial herbs including thyme, rosemary, sage, and oregano. The best way to store basil, cilantro, and parsley is in a glass of water on the kitchen counter. These herbs lose flavor when dried—one way to preserve them is to blend them with oil into a paste and freeze.

What's in the Box?

Carrots	Swiss Chard
Lettuce	Parsley
Bok Choy	Peas
Green Onions	Cucumber
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Elephant Garlic



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

Parmesan Basil (or Parsley) Baked Zucchini Chips

- 1 medium zucchini (about 1/2 pound)
- 1 tablespoons olive oil
- 3 Tbsp. parmesan cheese
- 3 Tbsp. panko bread crumbs or plain breadcrumbs
- 2 Tbsp. packed fresh basil leaves or parsley, finely chopped
- 1/8 teaspoon garlic powder
- Salt & pepper to taste

Heat the oven to 425 degrees F. Lightly oil a baking sheet.

Slice zucchini into 1/4-inch thick rounds. Pat dry and toss with the oil until well coated.

In a shallow dish, stir the Parmesan, bread crumbs, basil, garlic powder, salt, and pepper together. Place each zucchini round into the Parmesan mixture and press the coating onto both sides.

Arrange zucchini in a single layer on the prepared baking sheet. Drizzle with olive oil. Bake until browned and the coating is crisp, 25 to 30 minutes.

Taken from: <http://www.motheearthnews.com/real-food/zucchini-recipes-zm0z11zalt.aspx>



Tip for Lettuce

We wash the leaves and put them in a salad spinner to remove excess water. Then, we put them in a covered container in the refrigerator. They last for four plus days and what a pleasure to reach in the refrigerator and have lettuce ready to go for a summer salad. If you do not have a salad spinner, shake as much of the water off as possible and/or lay between two towels and pat dry.

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