
BUSH PRAIRIE FARM NEWSLETTER

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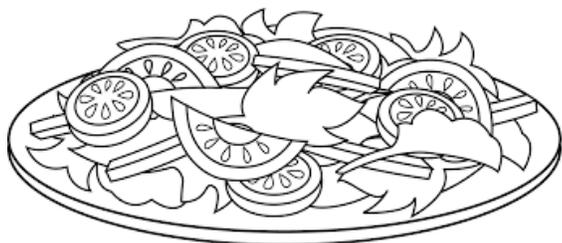
From the Farm

One of the most satisfying activities of farming is harvesting and filling your box. We get to know a little bit about you/your family---what you like and don't like; what you do with the vegetables; and stories and pictures of your children eating BPF vegetables. Knowing more about you increases our joy in serving you, so thank you.

We harvested the garlic crop and were pleasantly surprised at the yield. We thought we had lost the crop to a virus, but not so! We picked six crates full and are storing them in a dark place, the old chicken coop. Next step is to tie bunches together and hang them for drying. We will send garlic from here on out.

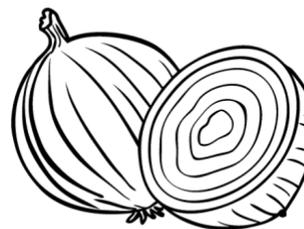
Our dry onion crop is doing VERY well. We planted over 1000 and in the past, have waited until they are ready to harvest for drying to start sending them out. That meant we had half the crop left after the season was over. So, this year, we are sending onions from this week on. Initially, they will have part of the green stem on and need to be refrigerated and used in a week or so. At some point, usually late July, the stems die down. We pull the onions and let them dry in the field for a week or so, then put them in a dry place for storage.

We have spotted coyotes in the greenbelt just outside of our driveway gate. They may have babies—we have had them in previous years. They come and go quickly and add to the interest of wildlife around this urban farm.



What's in the Box?

Carrots	Kale
Lettuce	Basil
Bok Choy	Peas
Green Onions	Cucumber
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Garlic
Asian Greens	Dry onion
Tatsoi	



www.kidopo.com

Take a look at www.bushprairiefarm.com under the CSA tab for labelled pictures of the vegetables in this week's box.

No Pun Intended

What's orange and sounds like a parrot?

You use a knife to slice my head and weep beside me when I'm dead. What am I?

What vegetable can you get from a piece of burned wood?

Answers on p. 2

RECIPE CORNER

Fingerling Potatoes and Kale

1 lb fingerling potatoes cut into bite-sized pieces

1-1/2 Tbsp. vegetable oil

2 Tbsp. sliced garlic

3 cups chopped kale

1 Tbsp. water

1 tsp. sesame oil (if you have it)

1/2 tsp. salt

1/4 tsp. pepper

Put potatoes in a saucepan; cover with water. Bring to a boil. Cook 6-8 minutes until tender; drain.

Heat a large skillet over medium-high heat. Add vegetable oil. Add potatoes and garlic; cook 3 minutes. Add kale and water. Cover and cook 3 minutes. Add sesame oil, salt, and pepper; toss.

Taken in part from <http://myrecipies.com>

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!

No Pun Intended Answers

Carrot

Onion

Chard

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