
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

As we move from spring to summer, there is a gentle shift in the work of the farm. All 'one and done' crops are in and on their way. We can take a breath and catch up on things put aside during the race to get everything planted and harvest boxes at the same time. So, this week, we cleared out spring vegetables past their season including Asian greens and carrots. The first potato bed in the super tunnel is empty and ready for a new planting of carrots. We wed beets and broccoli, tied up cucumbers, tomatillos, and tomatoes, and fish fertilized the green beans and some of the chard. And, we (Mark) carved paths in the tall grass around the raspberries and kiwi.



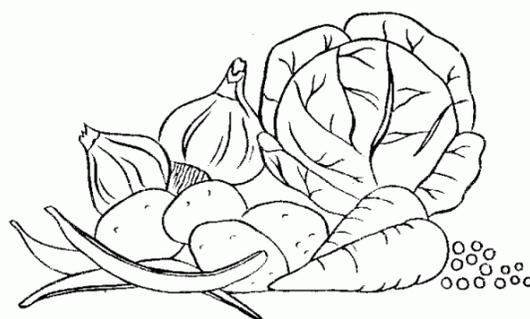
About Tomatoes

The tomato is a fruit from the nightshade family originating from South America. It is low in fat and sodium and high in vitamin A and vitamin C. Store at room temperature away from direct sunlight, **Tomatoes taste best if not refrigerated**; refrigerate only if you cannot use them before they spoil.

This year, we planted 29 varieties of cherry tomatoes, 52 varieties of main (slicing) tomatoes, and 9 varieties of paste tomatoes. One of us has a passion (or maybe it is an obsession?) for tomato varieties and trying the latest and greatest seeds. On the other hand, variety is important in producing vegetables without pesticides/herbicides because if one variety doesn't make it, many others will. We try to minimize our use of plastic; however, the best container for packing cherry tomatoes in your box is the plastic (recyclable) clamshell. You can return them or recycle them. We send main tomatoes out a bit underripe to prevent bruising. Leave them on the counter for a few days and they will be ready to eat.

What's in the Box?

Cabbage	Chard
Lettuce	Parsley
Green Onions	Cucumber
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Garlic
Tatsoi	Tomatoes
Walla Walla Sweet Onion	



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



This week's hot peppers

Chenzo – hot
Serrano – medium
Biggie Chili - spicy

RECIPE CORNER

A Take on Beans & Rice

This is a go-to meal for us when we haven't decided what to have for dinner and it's dinnertime.

Ingredients

1 c. brown rice, cooked
1 can pinto beans, drained (or your favorite bean)
½ lb. ground sausage or kielbasa sliced (optional)
2 Tbsp. vegetable oil
1 bok choy or tatsoi*, chopped
1 bunch chard or kale*, chopped
1 dry onion*, chopped
1 green pepper*, chopped
1-2 cloves garlic*, minced
1 or more hot peppers*, chopped
5-10 tomatillos*, sliced in half
1 Tbsp. cumin
1-1/2 tsp. oregano
Salt & pepper to taste
1 c. shredded cheddar or cheddar/monteray jack mix
Sour cream for topping

Directions

Cook the rice using the amount of water per directions. We use an Instant Pot; the rice to water ratio is 1:1 and it takes about 30 minutes from start to finish. One cup of raw brown rice makes two cups cooked—we use some for this recipe and store the remainder for another rice dish later in the week.

Heat a skillet with the oil. Put the onion in first. After a few minutes, add the chard or kale and bok choy. Cook for a couple of minutes, then add the green pepper, hot pepper, garlic, cumin, oregano, salt and pepper. Add the pinto beans, sausage, and cooked rice. Stir together and cook for a few more minutes. Add the tomatillos. Top with shredded cheese. Serve when the cheese is melted. Top with sour cream (and hot sauce if needed) at the table.

*vegetables in the box this week

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!

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