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# BUSH PRAIRIE FARM NEWSLETTER

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## From the Farm

Do you notice the shift from light early boxes filled with greens to heavier boxes that are almost too full to shut the lid? This is a wonderful part of the season – tomatoes, cucumbers, zucchini, onions-oh my! The food challenge is on!! See below for a few tips to lengthen the storage time for some vegetables.

We have pickling cucumbers this year. If you would like some, please let us know a week ahead of time and how much. We'll do our best to get you what you need.

If we made a horror film based here on the farm, it would be titled 'Creepy and Creeping Blackberries'. They grow super quick (overnight) and if we turn our back for a day, they have taken over another section of the farm. That said, the fruit of this terrifying sticker bush is ripening. If you want some, we have plenty of places for you to come and pick them—just let us know.



## When you can't use all of the vegetables.....

Freeze tomatoes and tomatillos – roast in oven at 300 degrees until they are of the desired consistency you want to freeze.

Sweet and hot peppers – Slice sweet peppers in strips, removing seeds. Hot peppers can be cut or left whole – use gloves!! Toss peppers in oil, place in a single layer on a cookie sheet, and roast for 3 minutes in a 500 degree oven. Remove from cookie sheet, cool, and freeze.

Herbs – whirl in a blender with water or oil. Freeze in ice cube trays for use later.

## What's in the Box?

Bok Choy	Cilantro
Lettuce	Eggplant
Green Onions	Cucumber
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Garlic
Tatsoi	Tomatoes
Red Onion	Walla Walla Sweet Onion



Take a look at [www.bushprairiefarm.com](http://www.bushprairiefarm.com) under the CSA tab for labelled pictures of the vegetables in this week's box.



## This week's hot peppers

Matchbox - hot  
Cayenne – hot  
Jalapeno - medium

## RECIPE CORNER

### Refreshing Cucumber Salad

2 small cucumbers\*, thinly sliced  
1/2 small red onion\*, thinly sliced  
1 large tomato\*, halved and sliced  
3 Tbsp. mayonnaise  
1 Tbsp. vinegar  
1/4 tsp. salt  
1/2 tsp. black pepper

In a medium bowl, toss together the cucumbers, red onion and tomato. Gently stir in the mayonnaise, vinegar, salt and pepper until coated. Cover and refrigerate for at least 1 hour before serving.

<https://www.allrecipes.com/recipe/105873/refreshing-cucumber-salad/>

### Salsa Verde

12-15 tomatillos, husked\*  
1-2 hot peppers (or none depending on how hot you want the salsa)  
1/4 c. chopped onion\*  
2 Tbsp. chopped cilantro\*  
2 Tbsp. lime juice or vinegar  
1/4 tsp. salt

Preheat the broiler with a rack about 4" below the heat. Put the tomatillos and peppers under the broiler for about 5 minutes. Remove and turn over. Broil for another 5 minutes or until the vegetables have some blackened spots.

In the meantime, put the onion, cilantro, lime juice, and salt in the blender or food processor. Add the tomatillos and peppers with all of the juice. Pulse until the mixture is mostly smooth and no big chunks of tomatillo remain, scraping down the sides as necessary. Season to taste with additional lime juice and salt, if desired.

The salsa will be thinner at first, but will thicken up after a few hours in the refrigerator, due to the naturally occurring pectin in the tomatillos. If you'd like to make creamy avocado salsa verde, let the salsa cool down before blending in 1 to 2 diced avocados (the more avocado, the creamier it gets).

<https://cookieandkate.com/homemade-salsa-verde-recipe/>

\*vegetables in your box this week.

### Eggplant

Eggplant may be new to you---it was to us when we started growing it about 10 years ago. We tried it several different ways and love its texture and versatility. The eggplant are a member of the potato family which includes tomatoes and hot peppers. They are often used as a meat substitute and are low in fat, cholesterol, and sodium free as well as a good source of fiber. Store in the vegetable crisper of the refrigerator.

We grow a mix of Asian and the more traditional purple bell-shaped eggplant. The Asian eggplant is long and slender and does not need to be peeled—making it quick and easy to slice for grilling, roasting, or frying.

***If you marked 'no' to eggplant, but think you might like to try the Asian version, let us know.***

### 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.**