
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

We harvested the 1000+ red, yellow, and white onions this past week. Harvesting is a multi-stage process—when the stem tips die, we pull the onions out of the ground and leave them in the field to dry. That's where they are now. In a week or so, we will pick them all up and put them on tables in the old chicken coop to continue the drying process. Some onions store better than others—we are sending the less storable ones out first—including Walla Walla sweets and this week's Alisa Craig—both sweet, mild onions.

The tatsoi is doubled this week due to our hot weather. We harvested as much as we could before it bolted. Remember it is a delicious substitute for spinach in salads.

Mark is testing our ability to extend the tomato and tomatillo season by planting more right now (vs. when we usually plant in late May). We will see what happens and so will you.....

The corn is ALMOST ripe—we check it everyday and it is slowly coming along. And, green beans are moving towards their peak.

With the hot weather we have been experiencing, please feel free to ask us to keep your box in the cooler until you are 10 minutes or so away.

About Tarragon

Thanks to subscribers Steve and Carol McCulloch who gave us several tarragon plants. We are sending a sprig for you to try.

Tarragon is a perennial herb that you may be surprised to learn is part of the [Sunflower family](#). It's a popular aromatic flavoring, especially in French cuisine. With hints of aniseed and vanilla, it goes particularly well with eggs, chicken and fish.

We suggest mincing the leaves and mixing in an oil/vinegar salad dressing or add to melted butter with lemon juice as a baste for fish.

What's in the Box?

Bok Choy	Tarragon
Lettuce	Eggplant
Green Beans	Cucumbers
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Garlic
Tatsoi	Tomatoes
Red Onion	Yellow Onion
Green Onions	



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

Lemon Drop - hot
Serrano - medium
Jalapeno - medium

RECIPE CORNER

Zucchini Crust Pizza

Ingredients

2 cups shredded zucchini* (1 to 1-1/2 medium), squeezed dry
2 large eggs, lightly beaten
1/4 cup all-purpose flour + 1 Tbsp. flour (our addition as the crust was a bit soft with only 1/4 c.)
1/4 teaspoon salt
2 cups shredded part-skim mozzarella cheese, divided
1/2 cup grated Parmesan cheese, divided
2 small tomatoes*, halved and sliced
1/2 cup chopped red onion*
1/2 cup julienned bell pepper*
1 teaspoon dried oregano
1/2 teaspoon dried basil
Chopped fresh basil, optional

Directions

Preheat oven to 450°. In a large bowl, combine first 4 ingredients; stir in 1/2 cup mozzarella cheese and 1/4 cup Parmesan cheese. Transfer to a 12-in. pizza pan coated generously with cooking spray; spread to an 11-in. circle. Bake until golden brown, 13-16 minutes.

Reduce oven setting to 400°. Sprinkle with remaining mozzarella cheese; top with tomatoes, onion, pepper, herbs and remaining Parmesan cheese. Bake until edges are golden brown and cheese is melted, 10-15 minutes. Sprinkle with chopped fresh basil, if desired.

<https://www.tasteofhome.com/recipes/zucchini-crust-pizza/>

*vegetables in this week's box

How we altered the recipe above.....

We made this last weekend and it was delicious and easy! We used the same crust recipe, but do recommend adding 1-2 Tbsp. flour to firm the crust up a bit. As for the toppings, we sliced a yellow onion and cooked it in an iron skillet. We added chopped sweet pepper, a couple of chenzo hot peppers, and chopped garlic to the onions in the skillet. This mixture was cooked just to a tender-crisp stage, then spread on the zucchini pizza crust per the directions above. We added turkey pepperoni, topped with the cheeses suggested and went on to bake it. When the pizza was done, we topped it with thin sliced tomatoes and fresh basil.

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.