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# BUSH PRAIRIE FARM NEWSLETTER

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Volume 10, Issue 11

August 10, 2020

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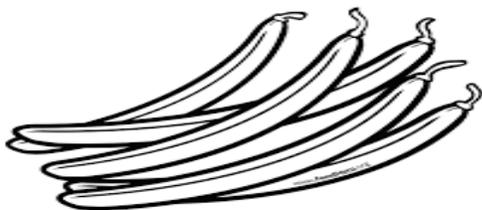
## From the Farm

This week, we planted 250 lettuce starts – the last go around for lettuce. Our weekly farm help and friends, Wendy and Kate, spent at least four hours weeding and feeding the newest patch of corn. Well, Wendy did most of that work—seven year old Kate fed the chickens bread, played with Daisy, asked when it was popsicle time, helped with planting the lettuce, made mudpie tea, and helped pick up butternuts---all doing our best to social distance. We save the butternuts from our three trees for Michael Dolan of Burnt Ridge Nursery. He plants them and sells the ‘Bush’ Butternut tree.

The green beans are just coming into peak season—we plant several varieties and mix them for your box. The potatoes this week are Russian banana fingerlings—one of our favorites for its flavor. Mark continues to ‘talk’ the corn into ripening—maybe next week.

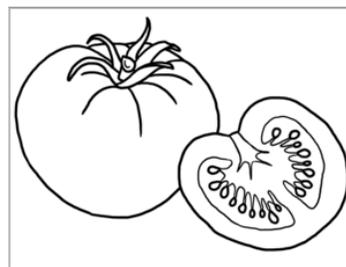
The winter squash crop looks amazing! We weathered the cucumber beetles and now our holding our breath that the voles don’t attach the ready formed squash.

We raise extra hot peppers for friends who have started a fermented hot sauce business, Splat at <https://splathotsauce.com/>. Check it out! They are waiving the shipping fee for our subscribers (you). All you have to do is type in the coupon code: bushprairierocks!



## What’s in the Box?

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



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

Peppercini - mild  
Matchbox – hot  
Jalapeno - medium

## RECIPE CORNER

### Sauteed Garden Fresh Green Beans

1 Tbsp. olive oil

½ lb. fresh green beans\*, ends trimmed off

1 clove garlic\*, minced

2 Tbsp. finely chopped onion\*, red or yellow

Salt and pepper to taste

Heat olive oil in a skillet over medium heat; cook and stir green beans, onion, garlic, salt and pepper together until desired tenderness is reached, 5 to 10 minutes.

### Garden Tomato Salad

3 large tomatoes\*, cut into wedges

1 large sweet onion\*, cut into thin wedges

1 large cucumber\*, sliced

#### **Dressing:**

¼ cup olive oil

2 tablespoons cider vinegar

1 garlic clove\*, minced

1 teaspoon minced fresh basil\*

1 teaspoon minced chives (or green onion tips\*)

½ teaspoon salt

<https://www.tasteofhome.com/recipes/garden-tomato-salad/>

\*Vegetables in your 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.**