
BUSH PRAIRIE FARM NEWSLETTER

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From the Farm

The star of the box this week is CORN!

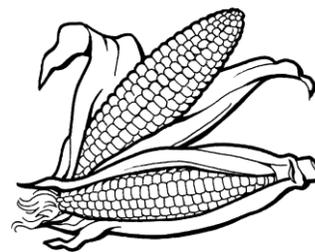
We had a knock on our front door this past week and one of us happened to be in the house. Most of you know we have a gate at the bottom of the driveway so get very few visitors. Well, this visitor was a Tumwater Council person, Charlie Schneider. He came to ask us if we would be willing to donate a butternut tree to plant in the relatively new Isabella Bush Park in Tumwater. The tree would be dedicated to carry on the George and Isabella Bush story. We have one small scion that will work and are thrilled to donate what doesn't really seem like ours anyway. The other cool thing about this park (in addition to recognizing Isabella Bush!) is the City, Tumwater School District, and GRuB- Garden-Raised Bounty have partnered to create a youth-based agricultural program. FRESH Farm is a vegetable garden tended to by twelve at-risk youth and volunteers. Their goal was to give away 2200 lbs. of produce this season and so far, have given away 3000 lbs. to the surrounding community.

One of our subscriber families visited the farm last week to pick blackberries for a pie—4-year old Ellis, 5 mo. old Jasper, and their parents. Ellis's first solid food was from the farm. He had a question about when to pick carrots, so we went out and picked one. This could be one of Jasper's first solid foods. Ahh....it's days like this that make growing vegetables worth it!



What's in the Box?

Bok Choy	Parsley
Corn	Eggplant
Green Beans	Cucumbers
Zucchini	Hot Peppers
Potatoes	Tomatillos
Sweet Peppers	Garlic
Tatsoi	Tomatoes
Red Onion	White Onion
Green Onions	Carrots



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

Garden Salsa - mild
Serrano - medium
Jalapeno - medium

RECIPE CORNER

Cherry Tomato Galette

(Thanks to a subscriber who shared the link to this recipe. I (Kathleen) have not made it, but it sounds so good, I just had to share it. Please let me know how it tastes if you do make it.)

For the Pastry:

1 1/4 cup unbleached white flour chilled in the freezer for 15 minutes
1/4 tsp. salt
8 tbs. (1/2 cup) cold unsalted butter
1/4 cup full-fat yoghurt (if liquidy, drain it first so it is thick and creamy)
2 tsp. fresh lemon juice
1/4 cup ice water

For the Filling:

1/2 cup ricotta cheese
1/2 cup grated parmesan
About 1 pound of cherry tomatoes, halved
1 tbs. olive oil
Freshly minced basil for garnish (4 or 5 basil leaves)
Salt and pepper, to taste

For the Glaze:

1 egg yolk
1 tsp. water

Directions

First, make sure your flour and butter are chilled. In a medium mixing bowl, mix the flour and salt together, then cut the butter into the flour with a pastry blender, a food processor, or two knives, until the butter is evenly distributed with the largest chunks about the size of peas (these chunks of butter are what will give your crust its delightful flakiness). In a small bowl, mix together the ice cold water, cold yoghurt, and 2 teaspoons of lemon juice. Pour this mixture into the flour. With a wooden spoon, gently mix together, just until you can get it into a ball. It doesn't have to be perfectly mixed, you want to avoid overworking the dough. Flatten the ball into a disc and wrap in plastic or parchment paper and chill in the fridge for at least 1 hour.

On a floured surface, using a floured rolling pin, roll the chilled dough into a large round about 12 to 14 inches wide and between 1/8 to 1/4 inch thick. Place the rolled-out dough on a piece of parchment paper on a large baking sheet. (You may find it easier to handle the dough if you roll it out directly onto the floured piece of parchment paper).

In a small bowl, mix the ricotta and grated parmesan together. Crumble and spread this mixture onto your dough, leaving a 2-inch border all around. Place your halved tomatoes, cut-side up, tightly together to fill the circle, leaving the 2-inch border intact. Fold the border edges of the dough inwards so that the tomatoes are encased by dough around the edges but exposed in the center. Brush the edges with the egg yolk glaze. Season with salt and pepper if you wish and drizzle the olive oil on top of the tomatoes.

<https://www.pbs.org/food/kitchen-vignettes/cherry-tomato-galette/>

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!