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# BUSH PRAIRIE FARM NEWSLETTER

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Volume 10, Issue 13

August 24, 2020

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## From the Farm

The peak of green bean season is here! We put a little more in your box—if you are not able to use them soon, try freezing them. Remove the ends, lightly coat with vegetable oil, and put in a 500 degree oven for 3 minutes. Remove, cool, and freeze. It's that easy. Same for sweet peppers.

The Capitol Land Trust came out for our annual easement inspection. In the selling the development rights off of this farm property, we worked with Capitol Land Trust to develop a set of criteria that maintains the property as farmland forever. The Capitol Land Trust holds the easement and is accountable for assuring that we are abiding by the agreements made. And, of course we are!

We planted over 400 beets this past week, hoping they will be ready towards the end of the season which is five weeks away. There are still some pickling cukes coming just in case you want some or need a few more—just let us know. And, the spaghetti squash is soon to ripen just ahead of the the other winter squash—with distribution starting in two weeks or so.



## What's in the Box?

Corn	Eggplant
Green Beans	Cucumbers
Zucchini	Hot Peppers
Bok Choy	Tomatillos
Sweet Peppers	Garlic
Beets	Tomatoes
Red Onion	Walla Walla Sweet Onion
Green Onions	Tarragon



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 –

Biggie Chili - mild  
Aja Rico (red) – mild  
Jalapeno - medium

## RECIPE CORNER

### Squash and Onion Relish

2 lbs. summer squash, seeds/core removed and diced

2 lbs. yellow onions, diced

1 ¼ c. salt

3 c. distilled white vinegar

1 c. sugar

1 tsp. dried rosemary

Toss the squash and onions with the salt in a large bowl. Cover with cold water and set aside for 2 hours. Drain, rinse thoroughly, and drain again.

Bring the vinegar, sugar, and rosemary to a boil in a saucepan, stirring to dissolve the sugar. Add the drained vegetables, return to a boil, and simmer for 5 minutes.

Ladle into containers. Cool, cover, and refrigerate for up to 3 weeks. (Or can the relish using the boiling-water method).

*Our recommendation: Try cutting the recipe in half for a smaller batch. This relish is delicious mixed in tuna salad.*

Source of recipe: Put 'em Up! By Sherri Brooks Vinton. Storey Publishing. 2010.

### Grilled Corn on the Cob

**1 Prepare your grill,** gas or charcoal, for direct, high heat. (About 550°F) You know the grill is hot enough if you are able to hold your hand one inch above the grill for only 1 second.

**2 Grill corn in husks:** The corn husks will protect the corn from burning or drying out while it is on the hot grill.

If you want a bit of char on your corn, peel off a few of the outer layers of the corn husks first, before grilling. Place the corn in their husks on the hot grill.

Cover the grill. Turn the corn occasionally, until the husks are completely blackened and charred on all sides, about 15 to 20 minutes.

**3 Remove silks and charred husks:** Remove the corn from the grill. Let them sit for 5 minutes or until cool enough to handle.

Remove the silks and charred husks from the corn. If you need to, use a damp towel to protect your hands from any sharp edges from the charred corn husks as you peel them off.

**4 Add butter and eat!**

<https://www.simplyrecipes.com/recipes/grilled-corn-on-the-cob/>

*One of our favorites with corn on the cob is to boil it (6-8 minutes). Melt some butter and add lime juice to taste. Remove corn from boiling water onto the hot grill for just a few minutes. Baste with the butter-lime mix, turning corn frequently to make sure the butter-lime mix is applied to all sides.*

### 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!