
BUSH PRAIRIE FARM NEWSLETTER

Volume 10, Issue 14

August 31, 2020

From the Farm

Chillier mornings, fog, dew laden spider webs, and early sunsets.....we are experiencing the transition to Fall. The summer crops of tomatoes, cucumbers, and zucchini are slowly winding down. And, the winter squash is turning color and nearly ready for harvest.

Around the farm, we planted the last crop of tatsoi and bok choy in the high tunnel. We are clearing beds that are done and planting a cover crop of clover. This helps with nitrogen replacement and cuts down on weeds going into next season. We are also clearing a bed for garlic which will be planted in October.

This week marks the return of lettuce—yeah!. There are two varieties of corn in your box—café is solid yellow and strong start is multi-color. Which one do you like best?



Something to tickle your day....

What's a potato's least favorite day of the week?
Fry-day!

What do you call a cow with no calf?
Decaffeinated.

Farmer Giles is so interested in conserving energy, he built a pig-powered car. He has to get rid of, though. Every time he turns a corner, the tires squeal.

Why do cows have hooves instead of feet?
Because they lactose.

What do you call a sleeping bull?
A bulldozer.

What's In the Box?

Lettuce	Kale
Tomatoes	Basil
Bok Choy	Carrots
Green Onions	Corn
Cucumbers	Zucchini
Red Onion	Yellow Onion
Garlic	Sweet & Hot Peppers
Tomatillos	Eggplant



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

Aj Rico - mild
Jalapeno - medium
Lemon Drop - hot

RECIPE CORNER

Red Curry Chicken

2 chicken breasts, cut into bit sized pieces

1-2 cloves of garlic, minced*

1 c. chopped bok choy* (or more)

½ c. chopped sweet peppers*

1 c. sliced eggplant* (or substitute zucchini)

½ c. sliced onion*

1 hot pepper*, chopped (optional)

1 can coconut milk

1 Tbsp. brown sugar

2 Tbsp. red curry paste

Chopped basil

Do a quick stir fry of the vegetables. Add the chicken. Cook until done. In a separate saucepan, add the coconut milk, brown sugar, and red curry paste. Stir and bring to a boil. Add the coconut milk mixture to the vegetables and chicken. Simmer a few minutes to marry the flavors. Serve over rice or shredded cabbage. Top with the basil.

*vegetables in the box.

We use Thai Kitchen red curry paste found the Asian section of the grocery store.

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.