



# Weekly Newsletter

Volume 11 Issue 1

May 31, 2021

## In the Box

Lettuce  
Kale  
Green Onions  
Basil  
Tatsoi  
Bok Choy  
Sweet Pepper  
Asian Greens\*  
Broccoli

*\*Mizuna, arugula, mustard mix to spice up your salad*

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.

## Around the Farm

Welcome to our 2021 season! You belong to a community of 28 subscribers---six who have been with us since we started in 2011 and four new this year. The season starts slowly with lots of greens and crescendos in July and August with a wide variety of vegetables. Our spring weather this year has been great – just enough heat for growing and enough cloudy days for planting. We start zucchini, cucumbers, and potatoes in our high tunnel (unheated 'greenhouse') to give you some early tastes and extend the season by planting those vegetables outside as well. Making an earliest ever cameo appearance this year are sweet peppers. We have a few rows of corn and beans left to plant – again staggering plantings to extend the season. This week, we planted our third crop of lettuce; weeded leeks; thinned carrots; tied up and weeded tomatoes; and cleaned a new area to plant more broccoli and cabbage. Our good friend, Dixie Havlak, came by and helped us plant potatoes, beans, and pumpkins. And, subscribers Gail and Caroline harvested the rhubarb.

We appreciate you returning the wax vegetable box when you come for the next week's pick-up. Those boxes are re-usable throughout the season. As for pick up, if you have a scheduling conflict on any given week, please let us know and we can work with you to flex your pick up time.

## About Tatsoi and Bok Choy

We grow our vegetables without the use of synthetic pesticides or fertilizers. We strive for healthy soil and healthy plants as our defense against pests. With that, some vegetables may be 'holier' than you are use to. We do use organic products such as Sluggo and diamataceous earth and sometimes you will see these (white powder) on the vegetables—all safe for consumption, just rinse and eat.

Tatsoi and bok choy may not have been a diet mainstay for many of us growing up. However, through the gift of our diverse culture, these Asian originals grow REALLY well here. We use tatsoi in place of spinach (stem and all)—it is tender enough raw for salads and adds lovely color to stir fry dishes. Bok choy can be roasted, grilled, or stir fried and the very inner stalks and leaves work well raw in salads.



## Recipe Corner

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### Massaged Kale Salad

Our early season kale perfect for this salad. Massaging the raw kale makes the leaves more tender and softens the flavor of the kale. This recipe serves four, but can be cut in half for two servings.

#### Ingredients

*For the dressing:*

2 Tbsp. olive oil

2 Tbsp. lemon juice

1 Tbsp. pure maple syrup or honey

¼ tsp. Kosher salt

Black pepper

*For the salad:*

1 bunch kale (8-10 cups, loosely packed)

2 tsp. lemon juice

1 tsp. olive oil

1/3 c. pepitas or sunflower seeds

1/3 . dried cranberries

2 oz. crumbled goat cheese or feta

#### Directions

Put the dressing ingredients in a container with a lid. Shake together and set aside. Remove the kale leaves from the stem. I do this by holding the bottom of the stem with one hand and sliding two fingers from the other hand up the stem. Stack the leaves together and slice into quarter inch ribbons. Drizzle 2 tsp. lemon juice and 1 tsp. olive oil over the kale. Massage with your fingers for 2-3 minutes. The kale will wilt, soften, and turn dark green. Add the dressing, pepitas, cranberries, and cheese. Toss to coat with the dressing. Adjust to your taste with salt, pepper, and more lemon juice.

*Recipe taken in part from Kritineskitchenblog.com*

Thank you for returning your empty box on next week's delivery day.

