



Weekly Newsletter

Volume 11 Issue 2

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In the Box

Lettuce
Chard
Green Onions
Cilantro
Tatsoi
Bok Choy
Sweet Pepper
Spicy Peppers
Napa Cabbage
Zucchini
Garlic Scapes

Take a look at www.bushprairiefarm.com under the CSA tab for labelled pictures of the vegetables in this week's box.

Around the Farm

This week, we mowed our 2+ acres of pasture—for good pasture grass management and to decrease the fire hazard from dry grass. Other farm activities included weeding and fertilizing the dry onion crop; planting corn and cabbage; thinning carrots; and tying up tomatoes and cucumbers. One other fun job has been wrapping peas, beans, and lettuce in netting to keep our friends, the bunnies from snacking on these tender plants.

Our bok choy and tatsoi crop exceeded our expectations so we were able to donate four crates of these greens to the food bank.

We love napa cabbage for its texture – a little more tender than regular cabbage and it grows very fast. That said, many pests love it as well. We tried a new product to cut down on slugs – wool pellets placed around each plant. The slugs do not like moving across scratchy wool! To get the best of both ends of the cabbage, we cut it in half vertically and slice across horizontally to use in salads.

About Garlic Scapes, Cilantro, and Spicy Peppers

Garlic scapes - the curlicue shoots from garlic that need to be cut to keep energy going to the bulb vs. the flower. Chop them up in ¼' pieces and add to any dish (cooked or raw) for a mild garlic flavor.

Cilantro – leaves of the coriander plant. They have a tart, lemon/lime flavor. Chop them up and add as a garnish at the end of cooking. Cilantro is often used in salsa and guacamole. Store with the stems in a glass of water on the kitchen counter.

Spicy Peppers – Often called 'mild' with a Scoville rating of less than 2500. (For reference, habaneros have a rating of 100,000+) This week's mild peppers are griller hybrid (yellow) and emerald fire jalapeno.



Recipe Corner

Here are a couple of sauces/dressings that are lovely with any array of roasted, grilled or stir fried vegetables. Think bok choy, tatsoi, chard, kale.....

Siracha-Lime Vinaigrette

The heat is balanced out with honey, lime juice, and fish sauce. And, if you do not stock fish sauce, use soy sauce in its place.

Ingredients

- ¼ c. lime juice (2 limes)
- 2 Tbsp. honey
- 2 Tbsp. fish sauce
- 1 Tbsp. grated fresh ginger
- 1 Tbsp. sriracha
- 1/3 c. olive oil

Whisk the lime juice, honey, fish sauce, ginger, and sriracha together in a bowl. Continue whisking and slowly add the oil until combined. Or, put it all in a jar and shake.

Peanut-Sesame Sauce

This thick sauce is great for stir fry vegetables over rice.

Ingredients

- 3 Tbsp. chunky peanut butter
- 3 Tbsp. toasted sesame seeds
- 2 Tbsp. soy sauce
- 1 ½ Tbsp. rice vinegar (or white if you don't have rice)
- 1 ½ Tbsp. packed light brown sugar
- 1 ½ tsp. grated fresh ginger (or substitute ½ tsp. powdered ginger)
- 1 clove garlic, minced
- ¾ tsp. hot sauce (less or more per your taste)

Process all ingredients in blender until smooth and mixture has consistency of heavy cream. Adjust consistency with warm water, 1 Tbsp. at a time, as needed. Toss with stir fried or roasted vegetables and serve over (brown) rice.

*Both recipes taken in part from the book *Bowls Vibrant Recipes with Recipes with Endless Possibilities* by America's Test Kitchen.*

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

