



# Weekly Newsletter

Volume 11 Issue 3

June 14, 2021

## In the Box

Lettuce  
Kale  
Green Onions  
Oregano  
Tatsoi  
Bok Choy  
Sweet Pepper  
Fingerling Potatoes  
Garlic Scapes  
Napa Cabbage  
Spicy/Hot Peppers\*  
\*chenzo (hot); Biggie Chili (mild); jalapeno (mild/med.)

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

We transplanted the fifth succession of lettuce from half inch soil blocks to two inch soil blocks. The seeds were planted in the soil blocks about two weeks ago. They were cultivated in the 'grow room' – a room with lights and heat mats. After transplanting, they go back in the grow room for about a week, then out to a greenhouse until they are ready to plant outside. The two inch soil block flats contain fifty plants and we usually produce 300+ lettuce plants for each succession. This batch will end up in your box in about 4-6 weeks.

We make our own soil blocks with a special press—these blocks take the place of the more traditional small plastic six pack seeding containers. Soil blocks allow the plant roots to roam more freely and grow more quickly when planted in the ground. Plus, we decrease our use of plastic.

We grow everything except carrots, green beans, potatoes, and peas using this method with soil blocks. While it is a bit more labor intensive than planting seed straight into the ground, we are more assured of crop success when we put baby plants in the ground vs. seed.

## About Fingerling Potatoes and Oregano

**Fingerling potatoes** – Knobby, smaller, finger-shaped and usually heirloom type potato. The majority of potatoes we grow are fingerling—we love the flavor and ease of roasting. The potatoes in your box were planted in one of the hoop houses for an early start to the potato season. They are not storage potatoes so need to be refrigerated. Because we do not use pesticides, you can safely eat the skin—no need to peel. We toss them with olive oil and salt and roast them at 400 degrees until done. The larger ones can be cut in half to roast.

**Oregano** – According to Tony Hill, owner of Seattle's famed World Merchants Spice, Herb & Teahouse and author of the Spice Lover's Guide to Herbs & Spices, Mediterranean oregano has a pungent flavor complex – first, a deep savory flavor, followed by a mild astringent bite. The fresh version is stronger than the dried version. Oregano is nicely balanced in a dish with thyme and basil. One suggestion is to add chopped fresh oregano to pizza dough and of course, to any Italian dish or salad dressing.



## Recipe Corner

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### Stir Fried Chicken with Bok Choy

- ¼ c. low-sodium soy sauce
- 1 Tbsp. rice vinegar
- 2 tsp. light-brown sugar
- 2 boneless, skinless chicken breasts
- 4 tsp. cornstarch
- 2 Tbp. vegetable oil
- 2 garlic cloves, thinly sliced
- 2 tsp. minced peeled ginger
- 4 c. sliced bok choy
- 1 small jalapeno, seeded and sliced

In a small bowl, combine soy sauce, vinegar, brown sugar, and 3 tablespoons water. Slice chicken into thin strips. In a medium bowl, toss chicken with cornstarch until coated. In a large wok or skillet, heat oil, garlic, and ginger over medium-high until fragrant, about 1 minute. Add chicken in a single layer, pressing against pan to sear. Cook, stirring, until lightly browned and just cooked through, 6 to 8 minutes. Add bok choy and chile and cook, stirring, until bok choy slightly wilts, about 1 minute. Add soy sauce mixture and cook until sauce thickens slightly, 2 minutes. Serve over rice.

<https://www.marthastewart.com/897967/stir-fried-chicken-bok-choy>

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

