



Weekly Newsletter

Volume 11 Issue 3

June 21, 2021

In the Box

Zucchini
Napa Cabbage
Regular Cabbage
Bok Choy
Tatsoi
Lettuce
Cucumber
Sweet Peppers
Spicy & Hot Peppers*
Sugar Snap Peas
Chard
Parsley
Green Onions

*Ancho & Italic (spicy), Garden Salsa (mild), Red Ember (hot)

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

We are happy to report that the Tumwater School Board unanimously passed a motion to change the name of George 'Washington' Bush Middle School to George Bush Middle School. Recent research shows that George Bush did not have a middle name. Thanks to one of our subscribers, Kevan Hagan who work(ed) at the school for putting us in touch with the right people to propose the name change. Congratulations to Kevan on his retirement from the Tumwater School District this year!

We also had a visit from someone who is submitting an entry from Washington State to the Historic American Landscape Survey through the National Park Service (NPS). NPS maintains the nation's largest archive of historic architectural, engineering, and landscape documentation. This year's survey challenge is seeking documentation of historic Black landscapes. For more information, here is the link: https://www.nps.gov/hdp/competitions/HALS_Challenge.html

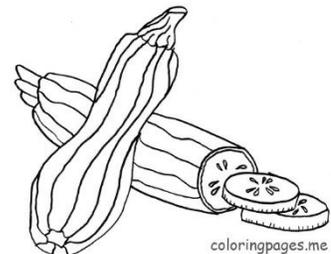
This past week, we put a second level of trellis up for the peas; planted EVEN more corn!; took more greens to the food bank; planted cucumbers and lettuce in the field; chased bunnies (to no avail); and caught up on mowing after the downpour of rain.

Thanks to another subscriber's suggestion (Dave Nightingale), we are putting apple maggot nylon barriers on our apples. Not sure if our apples are attacked by apple maggots, but they are certainly damaged by birds and bees. So maybe this will help—always worth a try.

About Zucchini or.....Who's Your Neighbor?

While it is often thought of and used as a vegetable, zucchini is technically a fruit. It is extremely versatile and can be eaten raw, roasted, grilled, and even made into noodles (zoodles). We grow summer squash in a wide variety of colors and shapes to add interest to your meals.

Zucchini is rich in many nutrients including antioxidants, vitamin B6, and fiber and supports prevention of cancer, good digestive health, and helps regulate blood sugar. We try to avoid overloading you with zucchini/summer squash, BUT we often cannot resist putting just one more in your box. That's where your neighbors come in – if you have too many, go next door, ring the doorbell, leave the zucchini and run 😊



Recipe Corner

Lemon Rosemary Zucchini

1 Tbsp. olive oil
1 medium bell pepper, diced
2 tsp. fresh rosemary, finely minced or 1 tsp. dried rosemary
2 cups zucchini, sliced or chopped
1-3 tsp. lemon juice
Salt and pepper to taste

In a medium non-stick skillet, heat olive oil over medium heat. Add bell pepper and rosemary and sauté 2 minutes. Add zucchini and salt and pepper, to taste. Continue to sauté for another 4-5 minutes or until zucchini is just tender. Remove from heat and stir in lemon juice. Serve.

Try grilling the zucchini and peppers. Toss with oil, rosemary, salt and pepper. Grill to the doneness you desire – add parmesan cheese and the parsley from your box. Yum!

Summer Squash Salad

Summer squash grown without pesticides don't need to be peeled. Use a mix of colors to increase the visual appeal.

Ingredients

2 medium summer squash (bite size chunks or julienned)
1-2 Tbsp. fresh basil or parsley (chopped)
1-2 Tbsp. Parmesan cheese (grated)

Dressing

2 Tbsp. red wine vinegar
2 Tbsp. olive oil
A little minced garlic or garlic powder minced garlic
¼ tsp. sugar
Salt and pepper to taste

Combine and pour over salad. Chill for 1 hour. Best eaten in same day. May add lettuce and chopped green onion. Taken in part from *Simply in Season*. Mary Beth Lind and Cathleen Hockman-West. 2009 Herald Press.

We 'zoodled' the zucchini, skin and all and added some lettuce and tatsoi for a different take on this salad.

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

