



Weekly Newsletter

Volume 12 Issue 1

June 6, 2022

In the Box

Red & Green Lettuce
Kale
Green Onions
Red Tatsoi
Red & Green Bok Choy
Broccoli
Spicy Asian Greens*
Oregano
Garlic Scapes

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

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

Welcome to the 2022 season! This is our twelfth season and we are delighted to have 26 subscribers—six who have been with us since the beginning and four who are new this year. We are thankful for our community of subscribers who are committed to the local food movement and eating delicious fresh vegetables.

With one of the wettest and coldest springs on record, our vegetables are off to a very slow start—even the cool weather vegetables lagged a week or so behind. Your share will start slowly with lots of greens, then increase as the season progresses—usually to the point where we cannot close the boxes. winter squash, and maybe the first planting of corn. Tomatoes, tomatillos, eggplant, and peppers are already planted and looking really good in our high tunnels (unheated greenhouse).

Please check your box label. We listed vegetables you asked us not to send. If this is inaccurate or you have changed your mind and want a vegetable on the don't send list, just let us know. And, if you are getting too much of something or want a little more of something else—don't hesitate to ask. We accommodate requests per availability.

We appreciate you returning the wax vegetable box when you come for the next week's pick-up. With gentle treatment, the 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 diatomaceous 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, we discovered that these Asian originals grow REALLY well here. We use tatsoi which is thinner stemmed than bok choy in place of spinach (stem and all)—it is tender enough eat 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

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.

What are Garlic Scapes?

They are the curlicue sprouts that shoot out of garlic about this time of year. They need to be cut to keep energy going to the bulb. The sprouts have a mild garlic flavor and are delicious in chopped up into soups, salads, and stir fries—anywhere you would use garlic.

Special Note

This is a special week for us. We will join our daughter in Bronx, NY to celebrate the end of her internal community medicine residency. Thursday subscribers may meet our son, Nate, who will be holding down the farm during this short time.

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

