



Weekly Newsletter

Volume 12 Issue 2

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In the Box

Lettuce
Chard
Green Onions
Cilantro
Tatsoi
Bok Choy
Asian Green
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

One of the fun things about farming is the constant testing to improve quality, production, and efficiency. This year, we have bunny proofed with a two foot coated chicken wire fencing around the peas and the entire super tunnel where the lettuce is grown. So far, so good and yes, we have MANY bunnies running around. Cucumber beetles attack the squash and cucumbers and showed up shortly after we planted zucchini. We are trying some new organic products which seem to be keeping them at bay so far. Our soil test has shown a deficiency in phosphate so we are trying a soluble organic phosphate for squash, tomatoes, peppers, eggplant, and broccoli and have already noticed an increase in production broccoli and zucchini flowers.

Our farm work this week consisted of tying up tomatoes, planting corn and winter squash, seeding more corn, and transplanting basil. All courtesy of Nate, Michelle, and their dog Hannah, while we enjoyed visiting our daughter, Rachel in the Bronx.

About Swiss Chard and Cilantro

Chard is a biennial leafy vegetable that is native to Sicily. The adjective 'Swiss' may come from the Swiss botanist who first described it. They are a bit like celery and add color and texture to the dish. Chard is fat free, saturated fat free, cholesterol free, low calorie, high in vitamin A, vitamin C, and vitamin K, and is a good source of the trace minerals--magnesium, copper, and manganese. It is best stored unwashed in a plastic bag in the refrigerator crisper. Chard can be eaten raw or cooked. It pairs well with eggs, pasta, soups, and as a pizza topping. In addition to putting in scrambled eggs, our favorite way of eating it is stir fried in bacon fat, then sprinkled with crumbled bacon, feta, and lemon juice.

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.



Recipe Corner

Stir Fried Chicken with Bok Choy

Hint: You could add chard and garlic scapes to this dish

- 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 jalapeno 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>

Easy-to-Make Salad Dressing

This is a standard for us --- a great way to use the fresh herbs that come in the box. Adjust the acid to oil ratio per your taste.

- 1/3 c. olive or vegetable oil
 - 1/3 c. white/red wine vinegar, rice vinegar, white vinegar, lemon juice, or lime juice
 - 1 to 2 tsp. sugar
 - Pinch of salt
 - Black pepper to your taste
- Shake and with raw or cooked greens

Variations:

- Finely chop the herb that came in the box and add to the dressing mix (about 2 Tbsp.)
- Add 1-3 tsp. Dijon mustard
- Add 1/8 tsp. garlic powder or minced garlic
- Add 1 Tbsp. grated parmesan cheese

Look in your refrigerator and spice cabinet and experiment with other condiments and spices—one or two at a time!

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

