



Weekly Newsletter

Volume 12 Issue 3

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In the Box

Red & Green Lettuce
Kale
Collard
Green Onions
Cilantro
Tatsoi
Bok Choy
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 benefit of the ten-degree cooler than normal temperatures is the longevity of cilantro. Generally, we barely get one cutting before it bolts. Thus, the explanation of how you are getting cilantro two weeks in a row. Many other crops are growing ever so slowly without that ten additional degrees—this includes cabbage, peppers, tomatoes, and peas. This week, we transplanted another 300 corn plants into the field. We plant them in three-row blocks to keep the same variety together; otherwise they cross-pollinate and do not produce the same quality and quantity. We fertilized the onions with an organic high nitrogen product (blood meal) and we gave the second crop of cabbage some phosphate and potassium. We continue to tie up tomatoes and tomatillos—the plants are blooming with some green fruit on. And, probably like many of you, we continue to mow and weed eat and mow and weed eat grass and weeds. We added one more garden predator in addition to bunnies and pocket gophers—deer! Daisy, our border collie, is working hard to chase them out of the pasture.

About Collard Greens

From a subscriber's suggestion, we tried growing collard greens this year—not a lot, but enough for a taste. In the United States, collard greens symbolize Southern culture and African American culture and identity. During slavery, collards were one of the most common plants grown in kitchen gardens and were used to supplement the rations provided by plantation owners. Greens were widely used because the plants could last through the winter weather and could withstand the heat of a southern summer even more so than spinach or lettuce. In Southern cuisine, collard greens are often prepared with other similar greens such as kale, turnip greens, and mustard greens in the dish called "mixed greens". Typically used in combination with collard greens are and salt smoked and salted meats, diced onions, vinegar, salt, and black pepper or crushed red pepper, and some cooks add a small amount of sugar. For a 15 minute quick-to-cook version, remove the collard ribs, thinly slice the leaves, pan fry in oil on medium high heat, stirring every 30 seconds. When there is a little browning, add garlic and red pepper. Remove from pan and serve with a slice of lemon.

<https://cookieandkate.com/quick-collard-greens-recipe/>



Recipe Corner

Last year, we became enamored with America's Test Kitchen cookbook: Bowls-vibrant recipes with endless possibilities. The bowl approach to cooking combines veggies, proteins, and a tasty sauce over a base like greens or rice for an easy-to-fix meal. This approach works especially well because of the versatility of ingredients – just open the refrigerator and use whatever vegetable(s) you have. We made this recipe up and used one of the dressing recipes from the book.

Greens Bowl

Whole wheat angel hair pasta

Bok choy

Garlic scapes

Kale or chard or collard

Shredded carrots (for color)

Chicken breast cut into strips or sliced tofu

Sriracha-lime vinaigrette

Chopped green onions

Peanuts

Chop the bok choy, kale/chard, and garlic scapes. Stir fry to the tenderness desired. We put the kale/chard in first, then add the bok choy stems, then the bok choy greens and garlic scapes. Stir in the shredded carrots. At the same time, cook the pasta per directions. Quick fry the chicken or tofu until done. Add half of the vinaigrette to the veggies. Put the pasta in each bowl. Add the veggies over or next to the pasta. Add chicken/tofu slices and green onions. Drizzle remaining vinaigrette over the chicken/tofu and onions. Top with a few peanuts.

Sriracha-Lime Vinaigrette

¼ c. lime juice

2 Tbsp. honey

2 Tbsp. fish sauce

1 Tbsp. grated fresh ginger

1 Tbsp. Sriracha

1/3 c. olive oil

Whisk all ingredients except the oil together. Continue whisking while slowly drizzling in the oil until combined.

P.S. We put all of the ingredients in a jar with a lid and shake it until combined.

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

