



Weekly Newsletter

Volume 12 Issue 4

June 27, 2022

In the Box

Lettuce
Chard
Collards
Green Onions
Basil
Tatsoi
Bok Choy
Garlic Scapes
Fingerling Potatoes
Zucchini
Tomatillos
Sugar Snap Peas

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 hope you are managing to enjoy the beautiful sunshine and not get too overheated. We adjust schedules and water with hotter temperatures. We have misters for the hoop house with the lettuce, bok choy, and chard—they are on timers to go on every hour for 15 minutes during peak heat. We pick the green vegetables early in the morning and get them in the walk-in cooler as quickly as possible. And, we check and double check all crops for water. If they look a little droopy, we overhead sprinkle them to cool them down. This week, we planted another round of corn, bok choy, and tatsoi, replanted some green beans that didn't come up, and transplanted pickling cucumbers into three inch pots. We are excited to add the first round of zucchini and a taste of tomatillos and sugar snap peas to your box. The fingerling potatoes are 'new' potatoes and need to be refrigerated. Let us know if you need to adjust the pick-up day/time for next Mon. July 4th.

About Tomatillos

Tomatillos (pronounced "toe-mah-TEE-yos") are members of the nightshade family, which also includes tomatoes, potatoes, eggplant, and chile peppers. Also known as husk tomatoes, tomatillos are native to the Americas, and are especially common in Mexico and Guatemala. They're almost always harvested when green, although as they ripen they can turn yellow, purple or red. But unlike most fruits and vegetables, it's the green, unripe tomatillos that have the most flavor. We had a young subscriber (5 yo) last year who loved them raw! Tomatillos are smaller than tomatoes, just an inch or two in diameter, and are covered with a papery husk that splits apart as the fruit grows. The husk starts out green but fades to brown as the fruit matures. In their unripe state, tomatillos have a bright, acidic flavor and a firm texture which lends itself to use in salsas, primarily the classic salsa verde, as well as various soups, stews, stir-frys, curries, chutneys, and dips such as guacamole. Eaten raw, they retain their bright tangy flavor, and when cooked, such as by braising, roasting or grilling, the tanginess mellows and gives way to mild sweetness. When combined with chiles, tomatillos help to mellow out their heat. For storing, keep the husks on and put in a paper bag in the refrigerator—they can store for up to two weeks. Remove the husks when you are ready to eat them—twist the husks off at the stem if they're resistant. The tomatillos may feel sticky—just rinse them under cool running water and pat them dry.

Adapted from <https://www.thespruceeats.com/all-about-tomatillos-2217645>



Recipe Corner

Here is a vegetarian main dish using Swiss chard and green onions. YUM!

Chard Cheese Bake

1 lb. swish chard, chopped

1 c. milk

4 eggs, beaten

1 c Swiss cheese shredded

1 cup bread (cubed)

½ cup green onions

¼ c. Parmesan grated cheese

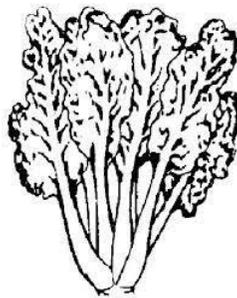
Sautee the chard until wilted and cooked through. Combine remaining ingredients with the greens.

Pour into an oiled 2-quart baking dish. Cover and bake at 375 degrees until set, 25-30 minutes

Serves 4. Cut ingredients in half to serve two.

HINT: Tastoï, bok choy, collards, and/or kale work well as a substitute for all or some of the chard.

Adapted from Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert



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

