



Weekly Newsletter

Volume 12 Issue 7

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In the Box

Romaine Lettuce & More
Kale
Green Onions
Basil
Tatsoi
Red or Green Bok Choy
Tomatillos
Sweet Pepper
Tomato
Garlic

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

This week, we harvested a successful garlic crop. We tie the garlic in bundles of ten or so and hang it to dry. The garlic in your box is not dry—so use it soon or refrigerate. We fertilized the second block of corn and transplanted about 180 lettuce plants in the super tunnel. Because we live with the endangered mazama pocket gopher on our property, we have to be very creative to avoid them tunneling under and eating the vegetables. (In other words, we cannot trap or kill them.) We dig a wide bed about 12" deep and 48" wide and roll a wide strip of gopher wire (like chicken wire, but smaller) down the 50' bed to form a gopher box. We fill the box with soil, leaving a 4-6" rim above ground. While this is pretty successful in keeping the gophers out of the vegetables, it provides an extra challenge to weeding. Our friend and subscriber, Tim Stampfli, is our gopher box weed warrior. He helped us weed two kale boxes this past week. Imagine getting the weeds out from around the inside and outside edges of the wire basket—must all be done by hand. Thank you Tim!



Celebrating Preservation of Farmland

We are celebrating the five year anniversary of preserving this five acre parcel as a farm forever. It was zoned light-industrial. We sold the development rights and set up an easement with the Capital Land Trust that allows farm activities only on the property.

From Thurston County WSU Extension- Thurston County's farmland is rapidly disappearing. Between 1950 and 2017, the acreage of farmland as reported in the USDA Census of Agriculture declined from 170,640 acres to 62,250 acres. Between 2012 and 2017 the County experienced the 4th largest 4-yr decline since 1950 and the largest decline since 1974. Though the land area dedicated to agricultural activities has been steadily eroding, agricultural production it is still of significant importance to the County's economy. The total 2017 market value of agricultural production in Thurston County is about \$176 million from 1,200 farms, with crops accounting for approximately 32% of the total and livestock and poultry the remaining 68% (U.S. Census of Agriculture). These figures are greater than that of all adjacent counties.

[https://extension.wsu.edu/thurston/agriculture/#:~:text=The%20total%202017%20market%20value,\(U.S.%20Census%20of%20Agriculture\).](https://extension.wsu.edu/thurston/agriculture/#:~:text=The%20total%202017%20market%20value,(U.S.%20Census%20of%20Agriculture).)

Supporting Local Young Farmers

We are delighted to support the young farmers of the [Spotted Frog Farm](#) on the edge of Tumwater. They have taken over a small egg and meat bird production farm on the Case Road. They are up and running and will have eggs available in the next few weeks. They will deliver eggs ordered by you to us to go with your CSA box – a one stop shop! These delicious organic eggs are \$7/dozen. Let us know if you are interested and we will have ordering information available in the next few weeks.



Recipe Corner

We are omnivores, but continue to look for ways to decrease our animal protein intake. This recipe calls for bulgur—a quick-cooking whole grain made from wheat berries. We use locally grown Colvin Ranch ground beef, but plant based meat products such as Beyond Meats could be substituted for the ground beef.

Beef & Bulgur Sloppy Joes

2 Tbsp. olive oil
½ c. chopped onion
½ c. chopped sweet pepper
2 cloves garlic, minced
8 oz. lean ground beef
¼ c. bulgur
2 Tbsp. chili powder
1 tsp. smoked paprika
¼ tsp. salt
½ c. water
1/3 c. ketchup
1/3 c. tomato sauce
1 Tbsp. Worcestershire sauce
4 whole-wheat hamburger buns

Cook onion, bell pepper and garlic over medium-high heat until softened and beginning to brown. Add beef, bulgur, chili powder, paprika and salt. Cook until the meat is no longer pink. Add water, ketchup, tomato sauce and Worcestershire. Reduce heat to low, cover and cook until bulgur is tender, 10-12 minutes. Divide mixture among buns.

Taking from Eating Well magazine. April 2022.

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

