



Weekly Newsletter

Volume 12 Issue 8

July 25, 2022

In the Box

Romaine Lettuce & More
Chard
Green Onions
Cabbage
Cilantro
Tatsoi
Bok Choy
Tomatillos
Sweet Peppers
Tomato
Garlic
Cucumber

Spicy/Hot Peppers*

*Mild-mexibel, biggie chili, garden salsa
Medium -hybrid griller, jalapeno
Hot-red ember

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 are gearing up for the stretch of hot weather—more water, more overhead cooling sprinklers outside and misters inside, picking tender vegetables early in the morning and refrigerating before putting them in your box. This past week, we planted another succession of lettuce, broccoli, cabbage, and collards. These start in $\frac{3}{4}$ " soil blocks as seeds and are tucked away under lights in the grow room. Zucchini has been a challenge this year. The plants produce beautiful flowers, some start a small fruit only to have the end go soft. We have winnowed this issue down to several potential factors—pocket gophers digging under the plant, a mysterious nutrient problem, or most likely—lack of pollinator bees. Zucchini needs pollinators and we have noticed a marked decrease in bumblebees this year. Was it the cold weather? It is frustrating, but then we remind ourselves that we are not in charge of nature. We have started more zucchini and maybe these planted in a different spot will yield a zillion for your box.

Tomatoes: To Refrigerate or Not to Refrigerate

Produce for Better Health Foundation (PBH) is a national non-profit organization whose mission is to achieve increased daily consumption of fruits and vegetables for better health. Here's what it says about tomatoes: ***Store at room temperature away from direct sunlight, for use within 1 week after ripe. Tomatoes taste best if not refrigerated;***

refrigerate only if you can't use them before they spoil. <https://fruitsandveggies.org/fruits-and-veggies/tomato/>

From Martha Stewart Living: Basically, it all comes down to science. Tomatoes contain an enzyme that reacts to cold temperatures and causes its cell membrane to break down, leaving you with a piece of fruit that's mushy and mealy. "You're essentially zapping flavor and texture from a tomato when you refrigerate it," says Gregory Lofts, deputy food editor at *Martha Stewart Living*. Additionally, Lofts notes that tomatoes very quickly take on odors from other foods in the refrigerator which can further degrade their quality and taste. "**My general rule is to never refrigerate a fresh tomatoes**", he says.

Cook's illustrated- Standard wisdom dictates that ripe tomatoes shouldn't be refrigerated. But recently, numerous cooking blogs have challenged this thinking, so we conducted our own tests.....**in the future, we'll movewhole ripe tomatoes to the refrigerator to prolong their shelf life.....**https://www.cooksillustrated.com/how_tos/11966-can-you-refrigerate-tomatoes

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

Pasta salad is perfect for this hot stretch of weather. Here are some tips from [Love and Lemons](#).

Cook your pasta a little longer than normal. It should be just a tad *past al dente* (but not mushy) so that the pasta stays soft when it cools.

Let your pasta cool completely before tossing it with the other ingredients.

Save some herbs for garnish! Add them at the last minute before serving.

Bush Prairie Farm Pasta Salad

2 c. uncooked salad rigatoni

1 c. chopped cucumber*

½ c. chopped green onion*

1 c. chopped tatsoi*

½ c. chopped tomatillos*

1 c. chopped sweet pepper*

1 c. shredded Italian blend cheese

1 c. garbanzo beans

1 c. chopped ham (optional)

Bernstein Light Italian Dressing

Cook the pasta to just past al dente. Drain, rinse with cold water, and toss with olive oil. Allow pasta to cool to at least room temperature. Toss all ingredients together and add the dressing to your taste. Top with fresh cilantro or basil.

*vegetables in the box this week

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

