



Weekly Newsletter

Volume 12 Issue 9

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In the Box

Lettuce
Kale
Green Onions
Eggplant
Cabbage
Cilantro
Tatsoi
Bok Choy
Tomatillos
Sweet Peppers
Tomatoes
Summer Squash
Garlic
Cucumbers
Spicy/Hot Peppers*

*Mild - garden salsa, biggie chili, mad hatter. Medium - 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 have planned a one week break during the season with the date to be determined by the status of vegetable production. We have decided that next week is the best time for that break, so **there will be no box this Monday, August 8**. The season will resume on Monday, August 15 and end on week #16 which is Sept. 26. The heat wave was challenging, but we are grateful to be on a well. Probably the hardest part was not being able to get out as much as we wanted to weed, plant, and tend to crops. This week, we welcome more cucumbers, zucchini, and tomatoes to fill your box. Some of the tomatoes are a bit green, so leave them on the counter or in the window to ripen. We do have pickling cucumbers so please let us know if you want some. We had a wonderful time last Friday hosting the Inclusion Thurston County day camp. This camp is for kids and youth who are mentally challenged. Despite the heat, there were two sessions—one for younger kids and one for youth. We gave them a tour of the farm and they enjoyed feeding the chickens. Then they hunkered down in the shade of one of our butternut trees and played games. We are not sure who enjoyed this more—the kids, youth, and their parents or us.



About Eggplant

We grow both Asian and American (globe) eggplant – but mostly Asian with varieties from Japan and China. Chinese eggplants are long and thin with vibrant lavender skin and white flesh and can appear either crooked or straight. They taste mildly sweet and hold up when cooked. Japanese eggplants are slightly smaller than Chinese eggplant and have the same dark purple skin as the American globe varieties. Both contain fewer seeds than globe eggplants and are therefore less bitter. They are great roasted or grilled and best stored in the vegetable crisper of the refrigerator. No need to peel the Asian varieties! P.S. We LOVE this vegetable as part of a grilled veggie medley—the texture is amazing and the Asian varieties are very different from the American variety.

Recipe Corner

This is the perfect time during the season to roast or grill vegetables—zucchini, eggplant, peppers, tomatoes, tomatillos, and garlic are delicious roasted and all cook at about the same time.

Here are some tips from The Kitchn @ <https://www.thekitchn.com/how-to-roast-any-vegetable-101221>

- Cut vegetables into bite size pieces. Toss with olive oil so that the vegetables have a nice oil sheen. Use your hands to assure each piece is coated. And, toss with a generous amount of salt and pepper.
- Give your vegetables enough space on the baking sheet. Crowding causes them to steam, not roast. *We use a slotted roasting pan for the Traeger and a pizza stone for the oven.*
- Make sure your oven (or grill) is hot. Ideal oven temperature for roasting is 425 degrees. *We put the roasting pan in the oven or on the Traeger to heat up, then add the vegetables.*
- Roast until the vegetables are tender and you see some charred edges. Those charred bits are what make roasted vegetables so good, so even if the vegetables are already tender and cooked through, keep roasting until you see the vegetables start to turn toasty around the tips and edges. Most of the softer vegetables take 10-20 minutes.

Variations on Roasted Vegetables

- Add a splash of balsamic vinegar and feta near the end of cooking
- Top with mozzarella and/or parmesan cheese
- When done, sprinkle with chopped up herbs
- Sprinkle with dried thyme or basil or oregano or Italian seasoning at the start of roasting
- Add well oiled garlic cloves in the last 3-5 minutes of cooking

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

