



Weekly Newsletter

Volume 12 Issue 13

Sept. 5, 2022

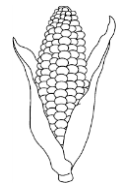
In the Box

Green Beans
Acorn Squash
Corn
Tomatoes
Lettuce
Green Onions
Kale
Basil
Bok Choy
Tomatillos
Sweet Peppers
Summer Squash
Garlic
Cucumbers
Yellow & Red Onions
Fingerling Potatoes
Spicy/Hot Peppers*

*Mild peppers-garden salsa, griller hybrid, biggie chili, mad hatter, trident
Medium-jalapeno, red ember
Hot - chenzo

Around the Farm

The big story is green beans!! We did not think they would come to be—planted them three times. Well, we picked over 15 pounds in one picking (a humble lesson in ‘o ye of little faith’). Let us know if you want a few more..... We are harvesting tomatoes and peppers and zucchini like crazy—but, sadly see an end in sight for at least cherry tomatoes. We continue to harvest winter squash and will send a couple each week. These do store for up to two and half months if kept in a cool, dry place. This week’s acorn varieties are goldilocks (new to us) and either mashed potato or Thelma Sanders (white). And, we harvested the first half of our sweet potato bed—they are curing for a week or so to increase the sugar content before we send them out to you. The other new to your box is corn. Territorial Seed discontinued our very best corn variety, so we were forced to try some new varieties. We have been disappointed in the lack of production, but we talked with another CSA farmer in the area and he is having the same problem, so this may be a weather related issue.



Tik Tok’s Viral Baked Feta Pasta

This recipe went viral about two years ago—we just heard about it from our Urban Futures Farm friends. Here is a summarized version—Coat ~one pound cherry tomatoes and four cloves garlic halved lengthwise with olive oil and put in a 9 X 13 inch baking dish. Sprinkle with salt. Place a 7 oz. block of Greek feta cheese in the center of the tomatoes and garlic. Drizzle all with olive oil and sprinkle with red pepper flakes and a little black pepper. Bake for 40 minutes at 400 degrees, until the garlic has softened and the tomatoes have burst their skin. Meanwhile, cook pasta of choice until al dente. Reserve 1 c. of the pasta water and drain pasta. Mash feta and tomatoes with a fork and mix until evenly combined. Mix the sauce with pasta, adding reserved pasta water as needed if it looks a little dry. To serve, divide among bowls and top with basil leaves. *Recipe calls for ½ c. olive oil – way too much in our opinion!*

Fresh Eggs Delivered with Your Veggies

The Spotted Frog Farm is offering fresh, organic eggs that can be delivered with your box. Ordering is easy – go to their website at <https://spottedfrogfarm.com/eggs> and complete the order form with a check mark for Bush Prairie Farm.

Recipe Corner

Here are a few things to do with green beans.

Quick Green Beans

1 pound fresh green beans

1/3 cup sliced red onion

1 clove garlic, crushed

¼ cup fat free vinaigrette salad dressing (or your favorite salad dressing)

2 tablespoons slivered almonds

Bring a pot of water to a boil. Meanwhile, wash the beans and snip off stems. Cut beans into 2 inch long pieces. Add beans to boiling water and boil for 4-5 minutes until they are bright green in color. Remove beans to serving container. Add onion, crushed garlic and salad dressing and mix. Top with slivered almonds.

From www.fruitsandveggiesmorematters.org

Grilled Green Beans

Snip off stems of green beans. Mix 2 Tbsp. olive oil and 1 Tbsp. soy sauce (2 parts olive oil to 1 part soy sauce). Toss the beans with the soy sauce mix. Put in a grill pan and grill on low to medium heat for 5 – 10 minutes, turning frequently. Baste with the soy sauce mix a couple of times during cooking. Cook to desired tenderness. Sprinkle with sesame seeds and serve.

Freezing Green Beans

Heat the oven to 500 degrees. Take the ends off of the beans, toss with a little vegetable oil, place in a single layer on a cookie sheet, and put in the oven for 3 minutes. To cool, remove from cookie sheet onto a cookie rack covered with paper towels. When cool, put in freezer bags and freeze. This method destroys potential bacteria, is easier than blanching, and preserves the flavor better than the blanching and freezing method.

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

