

Dear CSA Member,

This is the week of the pepper. I'm not sure why but the peppers are doing well in this soggy wet weather. This week you will receive Green Bells, Biscayne Frying Peppers, Chili Peppers and if you'd like Jalapeno Peppers. We also picked Tomatillo's for a wonderful salsa. The tomatoes are really slow to ripen, unlike the peppers they really need the sunshine, and so there will be a few for each member. Hopefully the sun will start to shine and the green tomatoes will start to ripen.

There are also Roma Beans in your share. We were told by a reliable Italian source that we should let the Roma's get a little more mature before harvesting them. The beans inside should be starting to really form so when they are cooked the bean flavor and texture is still present. So that is exactly what we did. I was a bit nervous about how they would taste and so I cooked some up last night. I just heated up a little olive oil and added the beans that I had cut into 1" lengths, an onion, garlic, and a squash that was sitting on the counter with a little salt and pepper. I had to let them cook for quite a while until the whole pan of vegetables were soft. They were delicious. I think a bit of tomato would also be great to add. Enjoy the vegetables-Deb

Roma Beans-1 basket Red Bunching Onions-1 bunch Tomatoes-3 Green Bell-4 Biscayne Frying-2
Chili-these are a bit hot so be careful of your eyes when cutting them-4 Jalapeno-these are hot and you should only take them
if you want Savoy Cabbage- 1 head Summer Squash-7 Cucumbers-5 Boothby Blonde Tomatillo-1 basket
Gold Beets-1 bunch Cantaloupe-1 Cherry Tomatoes-1 basket
Optional Fruit Share-1 bag Shiro Sugar Plums, 1 Sugar Baby Watermelon, 1 bag Nectarines, 1 bag Peaches

Cracked Wheat & Fennel Salad

Prep. Time 18 min. Cooking time 2 min.

3/4 cup cracked wheat (bulgur)

4 oz. burgundy beans, chopped

1 lg fennel bulb, finely chopped

1 small orange, zest grated

1 garlic clove, crushed

2-3 tbsp sunflower oil

1 tbsp white wine vinegar

salt and pepper

chopped red or orange pepper to garnish

-Place cracked wheat in a saucepan, add boiling water to cover (approx. 2 cups). Let sit for 10 min. Drain well and squeeze out any excess water. Pour into a bowl.

-Blanch beans in boiling water for 2 minutes. Drain. Stir into the drained wheat with the fennel. Peel and segment the orange and stir into the salad.

-Add garlic to the orange zest, then add the oil, vinegar, and seasoning to taste, and mix thoroughly. Pour the dressing over the salad and mix well. If time permits, chill the salad for 1-2 hrs.

-Serve the salad sprinkled with red or orange peppers.

SALSA:

2 tomatillos

1/2 cup diced peeled avocado

1/2 cup chopped peeled cucumber

1/4 cup chopped fresh cilantro

1 teaspoon lemon rind

2 tablespoons fresh lemon juice

1/4 teaspoon salt

1 minced seeded jalapeño pepper

To prepare salsa, discard husks and stems from tomatillos. Finely chop tomatillos; place in a medium bowl. Add avocado and remaining ingredients; toss well

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Beet Salad

7 oz. salad greens of your choice

3 tbsp olive oil

1 tsp caraway seeds

juice of 1 orange

1 tsp sugar (optional)

1 1/2 lbs. cooked beets, diced

salt and pepper

chopped fresh parsley, to garnish

-Arrange salad greens in a shallow bowl.

-Heat oil in saucepan. Add caraway seeds, orange juice, and sugar. Shake over heat to warm through.

-Add cooked beets and shake pan to coat with dressing.

-Spoon the warm beet and dressing mixture over greens and sprinkle with chopped parsley. Serve immediately.

TIP: Use freshly cooked beets. You can boil in a pot until tender. Then run under cold water and with hands rub off the skin.

ASIAN STUFFED PEPPERS

2 1/2 oz. uncooked curly Chinese-style noodles or angel hair, broken into thirds

2 large red bell peppers

1 cup cubed firm tofu (about 6 ounces)

2 tablespoons hoisin sauce

1 tablespoon low-sodium soy sauce

2 teaspoons dark sesame oil

2 garlic cloves, minced

1/2 cup diagonally sliced snow peas

1/2 cup (1 1/2-inch) julienne-cut carrot

2 tablespoons chopped fresh cilantro

Cook noodles according to package directions, omitting salt and fat; drain. Cut each bell pepper in half lengthwise, and discard seeds and membranes.

Arrange pepper halves in a 9-inch pie plate. Cover with heavy-duty plastic wrap. Microwave at high 5 minutes or until crisp-tender; drain. Return peppers to pie plate. Combine tofu, hoisin sauce, and soy sauce in a small bowl; set aside.

Heat oil in a nonstick skillet over medium-high heat. Add garlic; sauté 15 seconds. Add peas and carrot; sauté 3 minutes or until vegetables are tender.

Add tofu mixture; sauté for 1 minute or until thoroughly heated. Stir in noodles.

Divide noodle mixture evenly among pepper halves; sprinkle each pepper half with 1 1/2 teaspoons cilantro.

RAISON PINE NUT STUFFED PEPPERS

This recipe conveniently uses the microwave to cook the peppers and heat the sauce, a blend of puréed canned chickpeas and commercial pasta sauce.

- 2 cups Italian herb pasta sauce, divided (such as Muir Glen)
- 3/4 pound ground turkey
- 1/2 cup uncooked instant rice
- 1/4 cup raisins
- 2 tablespoons grated Romano cheese
- 2 tablespoons pine nuts
- 1 teaspoon dried basil

- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 1 teaspoon bottled minced garlic
- 4 large red bell peppers (about 1 1/2 pounds)
- 1 (15 1/2-ounce) can chickpeas (garbanzo beans), undrained
- 1 teaspoon olive oil

Combine 1 cup pasta sauce, turkey, and next 8 ingredients (turkey through garlic) in a bowl. Cut the tops off the bell peppers; reserve tops. Discard the seeds and membranes. Divide turkey mixture evenly among peppers; cover with reserved tops. Place the peppers in an 8-inch square baking dish. Microwave on HIGH for 14 minutes or until tender. While the peppers are cooking, drain the chickpeas in a colander over a bowl, reserving 2/3 cup chickpeas and 1/4 cup chickpea liquid. Reserve the remaining chickpeas for another use. Place 1 cup pasta sauce, 2/3 cup chickpeas, 1/4 cup chickpea liquid, and olive oil in a blender or food processor; process until well-blended. Place chickpea mixture in a 2-cup glass measure. Microwave on HIGH for 2 minutes or until thoroughly heated, stirring after 1 minute. Serve the stuffed bell peppers with sauce.

SAVORY CABBAGE AND SOUR CREAM

- 1 1/2 oz. butter or ghee
- 1 small cabbage shredded
- 1/2 cup sour cream
- 1 egg yolk
- 2 tbs lemon juice
- salt and pepper to taste

Melt butter in large pan. Add cabbage and stir well. Cover and cook over low heat for 15 min until tender, but not browned. Beat sour cream, egg yolk, lemon juice, salt and pepper together and pour over cabbage. Bring mixture to gentle simmer, spoon into a serving dish and serve.

Bean chili

- 1 tablespoon olive oil
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 1 carrot, cut into quarter moons
- 1 red, green or yellow pepper, chopped
- 1 teaspoon each chili powder, ground cumin, dried oregano
- 3 cups cooked red, black or kidney beans
- 1 cup spring water or vegetables stock
- 2 tablespoons umeboshi vinegar or organic tomato paste
- 1 teaspoon sea salt

In a large heavy pan heat the oil. Add onions and garlic and sauté until the onions start to brown.

Add the rest of the vegetables, chili powder, cumin and oregano. Sauté for 5 minutes.

Add the rest of the ingredients. Cover and simmer for 10-15 minutes.

Adjust the seasonings and **serve**.

Gingered Fennel with garlic

- 2 medium fennel bulbs
- 2 garlic cloves, sliced
- 2 tsp. Olive oil
- salt and pepper to taste
- 2 TB grated fresh ginger root
- 1/2 c. orange juice
- 1 tsp. Honey

Slice off the root end and trim the stalks and feathery fronds of the fennel bulbs. Cut the bulbs into halves, remove and discard the tough inner cores, and slice thin.

In a large skillet, sauté the garlic and fennel in the oil on med-high for about 7 minutes, stirring frequently and adding a splash or two of water if necessary to prevent sticking, until the fennel is brown.

Add the ginger and the orange juice, cover, lower the heat, and simmer until the fennel is tender, about 5 minutes.

Sprinkle on the honey and salt and pepper to taste.

Mexican Gazpacho

- 1 1/4 cups chopped peeled cucumber, divided
- 1/2 cup chopped green bell pepper
- 2 tablespoons chopped onion
- 1 tablespoon chopped seeded jalapeño pepper
- 1 tablespoon white vinegar
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/4 to 1/2 teaspoon hot sauce
- 1 garlic clove, halved
- 1 (14.5-ounce) can no-salt-added whole tomatoes, undrained
- 3/4 cup water

Place 1 cup cucumber and next 10 ingredients (cucumber through tomatoes) in a food processor, and process until mixture is puréed. Pour into a bowl; stir in water. Cover and chill. Top each serving with 1 tablespoon remaining cucumber.

Tomatillos, or Mexican green tomatoes, are small and green, with a thin, papery husk that should be removed before cooking.