

WEEK TEN: CARNEGIE HILL/YORKVILLE CSA August 16, 2005

What's in the bag

Dear CSA Member,

This week, the message has nothing to do with the garden unless you hold true that babies are found in the cabbage patch under a giant cabbage leaf. Our daughter Berkley and her husband, Jim, gave birth to our first grandchild during the last week. We have a sweet grandson, James Christopher and couldn't be happier. For members that have been with the farm since our beginnings in CSA farming, this also goes full-circle from our children being our only help on the farm to a new generation joining our family.

The vegetables are outstanding this week as well. Enjoy-Pete and Deb

Lettuce	Summer Squash	Small Cucumbers	Tomatillos	Slicing
Tomatoes	Sun Gold Cherry Tomatoes	Summer Onions	Lilac Bell	
Peppers	Biscayne Frying Peppers	Jalapenos	Parsley	Edamame
Black Bell Eggplant	Early Jersey Wakefield Cabbage			

OPTIONAL FRUIT SHARE

Shiro Plums Peaches Nectarines

WHAT TO DO WITH WHAT YOU GOT THIS WEEK

EDAMAME Pick pods from plant, wash, steam for 3 minutes, salt and pop the beans from the pod for a snack.

JALAPENOS Handle with care! Keep a pair of clean rubber gloves for these hot peppers and wear glasses to protect your eyes from their juice. (If your mouth or hands do start to burn, bath them in milk.) Wash, dry and separate seeds from the flesh. You can dry these seeds on a plate at the back of the stove and store in a clean glass spice jar labeled "hot pepper flakes" for use in pasta sauces, etc. Freeze the peppers and use in chili all winter.

HOW TO CONTACT US:

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CSA Q&A: ASK US ANYTHING

...about your share, organic produce or healthy eating. Send questions to our email address.

Q: Help! Peppers, peppers and more peppers! What can I do with this windfall?

A: Glad you asked. See below for some basic ways to prepare peppers.

Roasting: Is the traditional way to bring out the sweetness of peppers and to loosen the skin so they can be peeled. To roast small hot peppers or any thin-walled peppers, heat a griddle and place peppers in it. Press and flip with a spatula until lightly browned all over. When cool enough to handle, remove the stems and seeds. (Wear gloves; peppers may still be hot!) For bell peppers, place them –whole or cut in half (remove seeds if you're cutting them in half)—under the broiler or over an open flame until the skin is blackened. (If roasting whole, turn often.) Place blackened peppers in a paper bag for 15 minutes, then slip off skins.

Sauteing: Kicks up the flavor a notch. Cut peppers into strips. Heat oil in skillet until very hot (almost smoking) Add peppers and sauté over high heat until they begin to color. Reduce heat to medium, season with salt and cover, cooking until peppers have softened. Add a few tablespoons of vinegar, chopped garlic, fresh herbs (parsley, mint, basil, oregano work well); toss over the heat for a minute. Serve hot, cold or room temperature. Add olives, capers or anchovies for even more flavor.

Stir-frying: An easy quick way to add crunch and color to any dish. Coat a skillet or wok with oil and heat until very hot. If you prefer, flavor the oil with onions and/or garlic. Add strips of pepper and stir rapidly, for 2 to 3 minutes.

Stuffing: Turn a pepper into a meal. To stuff the bigger peppers, slice off the top half inch, then scrape out the seeds and membranes. If the peppers won't stay, trim the bottom, without making a whole or juices will leak out. See stuffing recipe, below.

Freezing: The easiest way of all to preserve summer's bounty. Simply chop peppers and put in freezer bags. (Roasting them before freezing does sweeten and deepen their flavor. You can follow the same procedure with tomatoes, too.

RECIPES

Stuffed summer squash

This would be good with peppers, too.

3 cloves garlic, minced
1 c. chopped mushrooms
1 c. chopped walnuts
3 T. sweet butter
¼ tsp. (or more) oregano
½ c. fresh bread crumbs
salt and pepper to taste
1 c. grated mild cheddar cheese

Preheat oven to 350 degrees. Halve about 6 medium zucchini lengthwise. Remove pulp and chop. (If using peppers, figure on 3-4 peppers). Heat butter in large skillet. Saute garlic, mushrooms and walnuts. Add chopped zucchini and oregano. Cook, stirring frequently, about 8 minutes. Allow mixture to cool. Stir in bread crumbs; season to taste. Place shells in large buttered baking dish and

divide stuffing among them. Top with cheese. Bake for 25 minutes, or until tender when pierced with a fork.

Sausage and squash stuffing

Use to fill peppers, eggplants, squash, even onions

12 oz. sweet Italian sausage, casings removed
1 c. coarsely grated summer squash
¼ c. finely chopped onion
¼ c. fine dried bread crumbs
1 small egg
3 T. minced fresh parsley
½ tsp. black pepper
½ tsp salt, ½ tsp minced fresh rosemary

Mix all ingredients together in a bowl. Arrange vegetables to be stuffed in buttered baking pan, stuff, and bake at 375 degrees for 45-60 minutes, until stuffing is browned.