

Four Friends' CSA News

The Bean Pole

September 1, 2009

2009 Season

Issue No. 52

Dear Shareholders and Friends,

Here's the harvest list for this week; Pak Choi, peppers, heirloom tomatoes*, eggplant, onions, and culinary herbs**.

*You all may receive some of the following variety of Heirloom Tomato this week: Black Crim; Cherokee Purple; Brandy Wine; Big Beef; Tigerella and /or German Green. German Green is the only variety that will not turn red; they are meant to be eaten green.

**You all may receive one of the following variety of cut herb: Basil; Parsley; Sage; Thyme; Dill or Cilantro.

There's a long weekend coming up! My brother gave me this recipe. His peppers on the barbie taste great! Hope you enjoy them too.

Roasting Peppers on the Grill

Set your grill on high heat.

Place peppers on the grill and roast, turning till the skin is charred on all sides. Remove from the grill and place in a brown paper bag. Close the bag tightly, and leave the peppers in the bag for 5 minutes. Take them out of the bag and place them in a cold water bath. Peel the peppers, removing the seeds and vellum from the inside of them. Cut them in strips and drizzle them with olive oil. Reheat in skillet or in microwave when ready to serve. Salt to taste.

Bell peppers

A wonderful combination of tangy taste and crunchy texture, bell peppers are the Christmas ornaments of the vegetable world with their beautifully shaped glossy exterior that comes in a wide array of vivid colors ranging from green, red, yellow, orange, purple, brown to black. Although peppers are available throughout the year, they are most abundant and tasty during the months of August and September.

Sweet peppers are plump, bell-shaped vegetables featuring either three or four lobes. They usually range in size from 2 to 5 inches in diameter, and 2 to 6 inches in length. Inside the thick flesh is an inner cavity with edible bitter seeds and a

white spongy core. Bell peppers are not 'hot'. They contain a recessive gene that eliminates capsaicin, the compound responsible for the 'hotness' found in other peppers.

A Few Quick Serving Ideas:

Add finely chopped bell peppers to tuna or chicken salad.

Steam cored peppers for five minutes, stuff them with your favorite rice salad or grain pilaf, and bake in a 350°F oven until they are hot.

Healthy sautéed chopped peppers, celery and onions, then combine with tofu, chicken or seafood to make a simple Louisiana Creole dish.

Purée roasted and peeled peppers with healthy sautéed onions and zucchini to make a deliciously refreshing soup that can be served hot or cold.

Bell peppers are one of the best vegetables to serve in a crudité platter since not only do they add a brilliant splash of color, but their texture is also the perfect crunchy complement for dips.

FARM NEWS:

- **Eggplant has finally arrived. Again, it was a tough year for this sun loving, warm weather crop!**
- **Yippie for the rain!!**
- **For those who have the fruit share, Hill Orchard has asked if you could return the plastic fruit bags...they are expensive and it would be great if we could recycle/reuse them.**
- **We are planning to have our end of the season pot luck on October 13th...save the date! More details to follow...**
- **Some of the farmers have begun laying cover crop seed on the fields that have finished producing.**

A bit more about cover cropping: Cover crops are grown to protect and improve the soil,

not to harvest. Cover crops have the potential to improve soil tilth, control erosion and weeds, and maintain soil organic matter. They can reduce compaction and increase water infiltration which decreases leaching of nutrients. Cover crops retain and recycle plant nutrients (especially nitrogen) between crops, provide habitat for beneficial microorganisms, and increase plant diversity.