

# High Meadow Farm CSA

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Newsletter 11

August 23, 2011

In this week's box:

Cucumbers  
Patty Pan Summer squash  
Sweet bell peppers  
Sweet Italian frying peppers

Carrots  
Sweet corn  
Tomatoes  
Melons

*Bread shares: Rustic White bread and Chocolate Chip cookies*

## Sweet Peppers!

I know those long, curly peppers look scary, but they are a delicious sweet treat! These are an heirloom pepper from Italy, often served as an appetizer with fine wine. They are best fried in butter or olive oil. They can be cooked whole, but I like to cut them in half and remove the seeds and stems first. If you push them down into the pan with a spatula, the skins will pop, blister and brown bringing out the sweet flavor and adding a bit of fun to the sauté! Cover and reduce heat for a minute or so until the peppers are tender, then use in a salad, on a sandwich or just eat plain.

This recipe is from Full Belly Farm in CA:

### Jimmy Nardello Roasted Pepper Salad

1/2 lb. Jimmy Nardello Roasted Peppers  
3 ears of corn with kernels removed  
3 T white balsamic vinegar  
3 T olive oil  
1/2 salt  
1/4 t black pepper  
2 T chopped fresh basil

Jimmy Nardello peppers are a wonderful balance of sweet and savory. They are simple to roast or grill: Remove the stems and seeds. Preheat the broiler. Put the peppers, skins up, in an oiled, shallow baking pan. If you wish you can lightly oil the peppers as well. Broil them 2 inches from the heat until softened. You do not need to remove the skins after roasting. Cut the peppers lengthwise into ¼ inch strips. Add the uncooked corn kernels. To complete the salad, toss together the remaining ingredients and let stand, covered, 1 hour for flavors to develop.

## Roasted Peppers

As you may now know, we are having a bumper crop of peppers! The bell peppers are about as happy as a pepper plant can be- some of the plants are loaded with up to 25 peppers per plant! As the peppers mature, they will turn red and the redder the pepper is, the sweeter it will be. Red means RIPE, not hot! A green pepper is just a bit under-ripe. Soon the peppers will be ripening and you will find more of the red color in your boxes.

Regular bell peppers are the square-ish peppers. The longer peppers with a single point are called 'Carmen', an ultra-sweet variety when it is RED- ripe. Both can be used the same way and any sweet pepper (red or green) can be used where green peppers are called for.

**Roasting peppers** takes them to a different level of sweetness, and it is very easy to do. You can roast peppers on a grill, over a gas flame on the stove or under a broiler. As the skin bubbles, blackens and blisters, turn them so that the blistering is even. Then just put them in a paper bag or covered bowl to steam for 10 minutes and the skin should slide right off.

**Stuffed peppers** are a popular way to use green peppers; however, I find the soup recipe on the next page [easy](#) and delicious. Cooking them in a soup completely mellows the flavor of the peppers and compliments the soup. You can substitute black or kidney beans for the ground beef if you like. (I don't think there is a substitute for the sage, though. I recommend getting some if needed.) Also- this recipe is in my head, so adjust the seasoning as needed. The soup should be quite thick though, so don't add too much liquid. If it's too thick, add more tomatoes or broth.

**E-Z Freezie!** Extra peppers? Dice, bag and freeze!

### Stuffed Pepper Soup

- 2 pounds ground beef
- 1 onion
- 3 cloves garlic
- 1 can (28 ounces) tomato sauce
- 1 can (28 ounces) diced tomatoes, undrained  
or 3 -4 cups fresh tomatoes, skins removed
- 2 cups cooked long grain rice
- 4-6 chopped green peppers
- 2 T honey
- 1 teaspoons salt
- 2 cups beef or veggie broth
- 1 tsp sage
- 1 tsp thyme
- 1 teaspoon pepper
- Dash of cayenne or if you like it spicy, use some hot peppers

In a med. soup pot or Dutch oven, cook beef and onion over medium heat until no longer pink adding garlic 2 minutes before adding other ingredients; drain if necessary. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until peppers are tender. **Yield:** 10 servings (2-1/2 quarts)

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### Carrots of a different color!

Who says carrots have to be orange? These carrots clearly are not! 'Crème de-lite' and 'Dragon' are the names they go by. Each is a different flavor experience. Use any way you would use an orange carrot; raw or cooked!

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I can't turn off the **Patty Pan squash!** I hope that you still have some love for these sweet and sunny little fruits. Every time I look at them they seem to be exploding with fruit again! How could you not love a plant so willing to give its all so freely?

Some of our members have sent in some great recipes and ideas of what they do with them. One of our workers brought delicious zucchini cookies made with Patty Pan in place of Zucchini from the recipe in the [Asparagus to Zucchini](#) cookbook, with a few additional modifications. They were fantastic! This recipe and the conversions will be posted on the blog!

The following recipes were sent in by another Patty Pan lover. Thank you, Susan!

### Patty pan salad

Slice one of the very LARGE patty pans or three small ones into thin, rounds. Either steam them on stovetop or in the microwave until just tender.

Drain them and set aside.

While the patty pan slices are draining and cooling, combine the following in a large bowl:

1/4 c. olive oil

1 T balsamic vinegar (I prefer white, as not to dull the color of the patty pan)

1 ripe plum tomato, or a small red pepper (if using red pepper, it can be roasted or fresh)

3 T chopped sweet onion, shallots, or those lovely little leeks

1/4 c chopped fresh basil (or parsley)

1 clove minced garlic.

Combine patty pan slices with the other ingredients, and season with salt and pepper. This tastes good on its own, on pasta, or in a cheese sandwich (I like smoked provolone.)

### "Mexican" Pepper Sauté

2 T vegetable oil

2 C sliced bell peppers (mixed colors or green)

1 or 2 diced jalapeños (to taste...or any other hot pepper)

1 T cumin seed

Heat oil in skillet and add peppers and cumin seed.

Sauté until the peppers are colored.

Add juice of one lime and continue to cook until the lime juice evaporates.

Remove mixture to bowl and add:

1/2 C cilantro

1 T minced garlic

Add salt to taste.

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**Thanks to everyone** who has RSVP'd for the farm party! We look forward to seeing you here, and for those that can't make it. We hope to see you this fall at the potato party!

Party tours will start after 1:00 and be offered all afternoon. Stop in anytime after 1:00. A pot-luck and live music will begin later; bring a dish to pass if you like.