



WEEK OF JUNE 29TH, 2020 #27/52

Peppers

We have added a few different varieties of peppers to our lineup this year. This was partly by design and partly due to the mess up with Headstart losing all of our plant orders. Don't worry we will still have Lunchbox Peppers for your box, we also will be growing some Poblano, Cayenne and Serrano peppers. In your boxes this week you will find Gypsy Peppers. And added to our extras list available for you to order we have Shishito Peppers, and Padrons coming soon. I did a quick little research on peppers to share with you some historical information. I had been taught peppers are native to the Americas. But isn't it hard to imagine Asian cuisines without ridiculously hot peppers, or Hungarian food without Paprika???? Like potatoes, squash and tomatoes, peppers are a food of the Americas. I found some good general information on Britannica.com, but this bit I found really interesting:

Peppers belong to the South American genus Capsicum. As with the tomato, the garden pepper was domesticated in Mexico rather than in South America, where the major range of the genus occurs. There are five species of domesticated peppers—C. annuum (sweet peppers), C. baccatum (Peruvian peppers), C. chinense



(habanero peppers), C. frutescens (hot peppers), and C. pubescens (tree peppers). The bird pepper (C. annuum aviculare), the parent stock of the garden pepper, occurs from Florida and Texas to as far south as Argentina. The pungent substance in hot peppers, capsaicin, can be corrosive to the skin and is found in the tissue under the seeds (placenta). It is sometimes used in medicine as a stimulant, and it is the active agent in cayenne pepper. (Black pepper is from the vine Piper nigrum, a plant unrelated to Solanaceae.) C. annuum yields the spice paprika. The word chili is from the native Mexican-language word for the Capsicum plant.

The Gypsy Pepper is a cross between a Sweet and a Bell Pepper. They start out yellow-greenish, but as they mature can turn a deep orange red. They sweeten with maturity, can be eaten raw or used in cooked dishes. The Gypsy Pepper is quite the producer, with 50 to 100 peppers per plant.

Shishito Peppers were developed in Japan. The name means comes from the Japanese word "shishi" which means lion, because the tip of the pepper looks like a lion head. Typically a mild chile, I read that one in

ten can be rather spicy. The reason for this is not clear, but they suspect it could happen in hotter climates. Shishito Peppers are thin skinned which makes them perfect for blistering. Andrew and I tested some last week, we

rubbed them with just a little oil and threw them into a hot cast iron skillet and let them do their thing.



When they were done, we sprinkled them with a little salt and ate them hot. I was out yesterday checking in on the planting and as you walk down the rows you don't see much fruit, but then when you get into the plant they are loaded. The peppers really blend in with the leaves. I also found many flowers on the plants so that means much fruit to come!



Tomatoes are getting close to ready and we will have them in the box very soon!

Important Note from Andrew

You might notice over the next week a new person responding to your emails or phone calls. Elise is taking over the CSA Manager role starting next week. I will be leaving Eatwell after this week and will be working at Full Belly Farm in the Capay Valley. There I will be doing the internship program and learning lots about farming, just like my mom Frances did 30 years ago before she and my dad decided to start Eatwell Farm.

I have really enjoyed interacting with all of the members, whether in person at events, the farmers market, over the phone or by email.

RECIPES AND IDEAS FROM LORRAINE

Cheese-Stuffed Gypsy Pepper

Recipe from Leite's Culinary

6 Gypsy Peppers
3/4 cup Cream Cheese
1 1/2 cups Feta Cheese
2 cups cooked Blonde Rice, chilled
3/4 cup Golden Raisins
1/3 cup chopped Mint leaves

For the Vinaigrette

1 to 1 1/2 pints Cherry Tomatoes, halved

2 to 3 TB minced Basil leaves

1 TB minced flat-leaf Parsley leaves

3 TB Rice Vinegar

1 TB fresh Lemon Juice

1/2 tsp Sea Salt

1/4 tsp freshly ground Black Pepper

6 TB Extra-Virgin Olive Oil

1/4 cup sliced Almonds, toasted

2 to 3 TB Crème Fraîche

Cut around the base of each pepper stem and gently pull the stem out. Trim off the seeds and keep the tops to hold the stuffing in. Blanch the peppers in boiling water for 60 to 90 seconds, until just tender. Drain and shock in an ice bath. Drain again very well before stuffing.

Fit a stand mixer with the paddle

attachment and beat the cream cheese until light and fluffy. Crumble in the feta cheese and beat until well mixed. Quickly mix in the rice, raisins, and mint, breaking up any raisins that are sticking together.

Divide the filling into 6 equal portions. Moisten your hands, then roll each into a lozenge about the same shape as the peppers. Slip the lozenges into the peppers, pressing them gently to get the filling into all the nooks and crannies. Put the tops back on and set the peppers aside. Combine the cherry tomatoes, basil, and parsley in a bowl. In a small bowl, whisk together the vinegar, lemon juice, salt, and pepper until the salt is dissolved. Whisk in the olive oil, then pour over the tomatoes and herbs and mix gently. The vinaigrette should be mixed no more than 20 minutes or so in advance of serving. Grill the peppers over a medium-high flame until caramelized nicely on all sides and hot through. To serve, place a few spoonfuls of vinaigrette on each of 6 plates. Top with a stuffed pepper, sprinkle with almonds, and drizzle with crème fraîche.

Buckwheat Bowl With Roasted Romanesco

Recipe from Sprouted Kitchen

This recipe was shared on our Slack group by CSA member Julia, who made it last week and really enjoyed it. It serves 2 and you can use Cauliflower or Romanesco.

1 1/2 lb Romanesco OR Cauliflower

2 Leeks

3 Tbsp Extra Virgin Olive Oil

1/4 tsp fresh grated Nutmeg

1 tsp dried Italian Herbs

Pinch of Red Pepper flakes

1/2 tsp Sea Salt

1/2 cup Buckwheat groats

1 cup Water

1 Tbsp Extra Virgin Olive Oil

1 tsp Honey

2 tsp fresh Lemon juice

3 Tbsp fresh chopped Chives

1/3 cup fresh chopped Parsley

Sea Salt and Pepper, to taste

1/2 cup Walnut pieces

Soft Goat Cheese, for topping

Preheat the oven to 400°. With the romanesco/cauliflower, cut the florets away from the core. Leave the smaller ones intact and halve the large florets. Toss them onto a baking sheet. Clean the leeks and discard the tough dark green parts. Slice them into 1" coins and add them to the baking tray. Drizzle on the olive oil, nutmeg, herbs, pepper flakes, sea salt and toss well to coat. Make sure all the outsides of the vegetables are covered. Roast in the upper third for 30-35 minutes until the edges are browned. While the vegetables roast, prepare the buckwheat. Rinse it well in a fine mesh strainer and drain. Bring the water to a gentle boil and add the buckwheat. Turn the heat down to a gentle simmer and cook for 7-10 minutes until just softened. If groats start to get mushy turn down the heat.

Let it sit for 5 minutes and then drain

well. Into a mixing bowl, combine the drained buckwheat, olive oil, honey, lemon juice, chives, parsley and salt and pepper to taste. You can throw the walnuts onto the baking sheet to toast in the last 5ish minutes of roasting or you may toast them on their own if you prefer. Assemble your bowl with the herby buckwheat, a big heap of the vegetables and garnish with a handful of toasted walnuts and crumbled goat cheese.

Homemade Pudding

Original Recipe from Martha Stewart's website

This dish goes great with all the summer fruit.

1/4 cup Sugar

1/4 cup Cornstarch

1/4 tsp Salt

If making Chocolate Pudding:

1/4 cup Unsweetened Cocoa Powder

2 1/2 cups Milk

4 large Egg Yolks

2 TB Unsalted Butter, cut into pieces

2 tsp Vanilla Extract

Place a fine-mesh sieve over a medium bowl; set aside. In a medium saucepan, off heat, whisk together sugar, cornstarch, and salt. If making chocolate pudding, add cocoa powder. Very gradually (a few tablespoons at a time) whisk in milk, taking care to dissolve cornstarch. Whisk in egg yolks. Whisking constantly, cook over medium heat until the first large bubble forms and sputters. Reduce heat to low; still whisking, cook 1 minute. Remove from heat; immediately pour through sieve into bowl. Stir butter and vanilla into hot pudding. Place plastic wrap directly on surface of pudding (to prevent skin from forming); chill at least 3 hours and up to 3 days. Before serving, whisk pudding until smooth; divide among four serving dishes.

This Week's Box List

Collards

*Gypsy Peppers

Kale

*Nectarines or Peaches

Garlic

*Summer Squash

*Cabbage

*Cauliflower or Romansch

Basil

*Potatoes

Leeks

*Plums

* = Items in Box for 2