

WHOLESOME HARVEST CSA



W8180 County Road C
Fort Atkinson, WI 53538

BELL PEPPERS GALORE!

Sep. 10th/Sep. 12th --- Full/Half Shares: Week 13
Sep. 10th/Sep. 12th --- Greens Shares: Week 9

Welcome to week 13 everyone! All of us here at the farm cannot believe that this is already the 13th week of the season (17th for those of you who also had the spring greenhouse share ☺). The weeks are flying by and we have been blessed to have some pretty awesome weather and veggie growth over the last month or so! We had a few really hot days over the past couple of weeks but many more cool days, which the whole crew enjoys!

One of the most exciting things for us over the past month or so is seeing the amazing and wonderful growth of the bell pepper plants in the high tunnel. If you look at the “before” and “after” photos below, you can see the difference in the size and abundance of the bell pepper

plants. They are looking wonderful and are producing pretty good size peppers. The colors that it is an incredible site and the to see all the colors each pepper. Speaking of vibrant different stages of colors, we thought we would share a little basic info about why



are looking are producing pretty peppers. The colors that it is an to see all the colors different stages of Speaking of vibrant thought we would basic info about why

bell peppers come in different colors.

Believe it or not, bell peppers are actually a very picky veggie! They take just the right amount of heat, moisture, sun exposure, and soil to grow into the vibrant colors that we see. Our bell peppers are in a high tunnel to create that perfect environment the best we can. The color, and variety, of a bell pepper actually does create some different tastes and nutrients when eaten.

Our varieties of bell peppers start out growing as a green bell pepper. When these are mature enough, they can be picked and used. Green bell peppers are the most common bell peppers and the abundance and can

different because of is slightly different, peppers mature or yellow depending peppers have a common and more mature green bell change to red. Red and yellow but not



cheapest because you can grow them in pick them early. They do taste slightly when they are picked and their nutrient value but not in a bad way. By letting the green bell longer, their skin starts to change to orange on their variety. The orange and yellow sweeter, fruity taste to them and are less expensive in general grocery stores. The most pepper, when it's the right variety, will start to bell peppers are more common than orange as common as

green. Red bell peppers are some of the most nutrient dense peppers and can be used to make pimentos and paprika. You can look at the picture above and the picture to the right to see the different stages of maturity in the variety of bell peppers. The above photo shows the yellow variety of pepper changing from its early growth green stage to the more vibrant, all yellow, maturity stage.

There might be a time when you see, receive, or buy a pepper that is multi-colored. There is nothing wrong with this and, if anything, it adds to its taste and nutrient value. It just means it was picked at a slightly different maturity level than its more solid colored counterpart. We are very thankful for the pepper crop so far and hope you enjoy some nice bell peppers in the weeks to come!!



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WHAT'S IN THIS WEEK'S BOX???

This is a **TENTATIVE** list of the veggies you can expect to see in your box this week. The final list will be on the homepage of our website by Tuesday.

- 3 bell peppers
 - Red OR
 - Yellow OR
 - Orange OR
 - Green
- Beets
- Red OR Green Leaf Lettuce
- Scallions
- Slicing Tomatoes
- Watermelon
- White OR Yellow Onion

Bell Peppers

Bell peppers are native to South America, but similar to the onion, have become a staple in almost any diet! Bell peppers supply color, crunch, and a ton of nutrients to any dish which makes them one of the most used veggies in the world. Bell peppers are a great source of some powerful antioxidants called carotenoid phytonutrients which are actually what causes their variety of colors. Eating bell peppers raw is actually one of the healthiest ways of eating them as the nutrients are in full force when eaten raw.



How to Store Bell Peppers

Like most vegetables, storing bell peppers properly makes all the difference. Bell peppers can lose up to 25-30% of their nutrient value when not stored properly. To avoid as much of this nutrient loss as possible, bell peppers should be stored in the refrigerator. They can be wrapped tightly in a plastic storage bag before refrigeration to avoid as much air as possible from spoiling the peppers. Bell peppers should also not be washed thoroughly before refrigeration as the water exposure can lead to faster spoilage. Cut bell peppers should be stored in a sealed container or bag and put in the refrigerator. The cut peppers should be used within a day or two for best nutrient value.



Preparing to Use Bell Peppers

Like almost 100% of all fresh veggies that you receive straight from the farm, it is best to wash your bell peppers before using them. Rinsing the pepper under cold water before using them will help rid the pepper of most dirt. If you are eating conventionally grown peppers, it is best to really wash, possibly even slightly scrub, your pepper as the wax coating on conventionally grown bell peppers is not very healthy!

SOURCE: *WORLD'S HEALTHIEST FOODS*

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RECIPES!!!

Each week we are scavenging Facebook, Pinterest, blogs, books, and cookbooks to find some great recipes that incorporate the veggies in your box for that week! We also would love to have members share their recipes with us and all the other members!!! If you have a favorite recipe, or have found a recipe you would like to share (can include veggies from this week's box or not), please email us so we can share with all the members!

Grilled Black Bean- and Rice- Stuffed Peppers

Who doesn't love a great stuffed peppers! There are so many choices to stuff your pepper with but we thought this Mexican inspired stuffing sounded delicious!

Ingredients:

- 1 can (15 oz) can black beans, drained, rinsed
- 3/4 cup cooked white rice
- 4 medium **green onions**, sliced, about 1/4 cup (any onion could work)
- 1/4 cup chopped fresh cilantro
- 2 tablespoons vegetable oil
- 2 tablespoons lime juice
- 1 clove garlic, finely chopped
- 1/4 teaspoon salt
- 3 large **bell peppers**, cut lengthwise in half, seeds removed
- 1 plum (Roma) **tomato**, diced
- Additional chopped fresh cilantro, if desired

Method:

1. Heat coals or gas grill for direct heat. Cut three 18x12-inch pieces heavy-duty foil. Spray with cooking spray.
2. Mix beans, rice, onions, 1/4 cup cilantro, the oil, lime juice, garlic and salt. Place 2 bell pepper halves on one side of each foil piece. Fill with bean mixture.
3. Fold foil over peppers so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
4. Cover and grill packets over medium heat 15 to 20 minutes or until peppers are tender. Place packets on serving platter. Cut large X across top of each packet; fold back foil. Sprinkle with tomato and additional cilantro.

This recipe yields 6 servings.
Adapted from bettycrocker.com

Garlic and Herb Sautéed Bell Pepper Strips

This recipe could be great on its own or can be used in tacos, fajitas, a stir fry, or even on top of a salad! Plus it's quick and easy!!

Ingredients:

- 3 tbsp olive oil
- 2 large red **bell peppers**, seeded, cut into half-inch strips
- 2 large yellow bell peppers, cut into half-inch strips
- 2 cloves finely minced garlic
- salt and fresh ground black pepper to taste
- 1 tbsp red wine vinegar
- 1 tbsp chopped basil
- 1 tbsp chopped Italian parsley
- toasted Italian bread to garnish, optional

Method:

1. In a large skillet, heat the olive oil over high heat. Add the pepper strips, and sauté for 4-5 minutes, or until the peppers begin to soften. Turn down the heat to low, and add the garlic, salt and pepper. Saute for 2 minutes more. Turn off the heat and add the vinegar and herbs. Toss to combine. Transfer to a bowl and allow to cool to room temperature. Toss again, adjust seasoning and serve with toasted bread if desired.

This recipe's ingredients serve 8.
Adapted from americanfood.about.com