

# Wholesome Harvest CSA



A family farm focused on providing organically grown produce to surrounding communities!

*Green Pepper,  
Yellow Pepper,  
Orange Pepper,  
Oh My!*

FULL & HALF SHARE: WEEK 11 / GREEN SHARE: WEEK 7

## Let's talk some peppers!

As you have probably noticed, you have been getting quite a few peppers these past few weeks whether it is some color of bell pepper or a more sweet /hot pepper in the form of banana peppers or jalapenos peppers. Fortunately, even with the weather, we have been very excited about this year's pepper crop.

Most peppers are usually easy to grow but that is not the case with colored bell peppers. You can see the consequences of this in any local grocery store as colored bell peppers are usually significantly more costly than green bell peppers or other types of peppers. This is the first year that we have actually had a great pepper crop that has grown good enough to allow the peppers to ripen to their wonderful colors.



This year we tried many of our pepper crops in the high tunnels. We had tried colored bell peppers in high tunnels in past years but never at the scale we did this year. One whole

big high tunnel is filled with yellow and orange peppers. Then we have a smaller high tunnel filled with green peppers. We grew our white, purple, and red peppers outside because of room and growth of the peppers. White and purple bell peppers are much easier to grow than their fellow colored bell peppers.

To put it into perspective, it takes purple and white bell peppers about 55 days to mature and ripen; other colored bell peppers: 85 days! 30 days is a lot when you are trying to keep weeds and disease away from the peppers. Weeds are manageable but keeping disease away from colored bell peppers when practicing organic is much harder.



Colored bell peppers might be some of the hardest vegetables to grow but they are also one of the most fun to watch grow. Many of the colored peppers start out looking green (look at the picture above right) and then change into their predisposed color. In the picture, the green pepper will be changing orange soon as it grows! You might find a half red, half green pepper in your box; no need to worry! It still tastes wonderful and is perfectly ripe! Hope you enjoy the peppers this week!!



## **Chris' Corner**

Got a question for Farmer Chris about veggies or the farm? Submit questions to [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) with the subject name Chris' Corner and Chris will answer a few questions each week!

**Any questions for Farmer Chris, don't hesitate to ask!!**

Look on [Page 2](#) or our website for the contents of this week's box!

# What's in your box?

A TENTATIVE list of the luscious veggies you will be receiving in your box. The final list will be on our website's home page by Tuesday at noon.

## Greens Share

- 2-3 of the following:
- \* Collards
  - \* Greens Mix
  - \* Arugula
  - \* Swiss Chard
  - \* Head Lettuce

## Full and Half Share

When you see OR, that means you will either get the first item OR the second item in your box this week!

- \* Tomatoes
- \* Green Beans
- \* Red OR Green Leaf Lettuce
- \* Green OR Red Pepper
- \* Eggplant
- \* Orange OR Yellow Bell Pepper
- \* Carrots
- \* Cipollini Onion
- \* Arugula
- \* Greens Mix



Yellow Bell Pepper



Orange Bell Pepper

## Veggie of the Week:

### Orange/Yellow Bell Pepper

Bell peppers are another staple in households, not only in the United States, but all over the world. Bell peppers can be used in all sorts of dishes, ranging from salads to stir-fry to salsa. Though we associate peppers with "hotness," bell peppers actually do not contain much of the nutrient that causes it and, hence, are not very hot compared to their cousins like the Jalapeno pepper.

**How to store:** Bell peppers stored in the vegetable compartment of the refrigerator could keep for possibly 7-10 days. Because bell peppers need to still well hydrated and are very sensitive to moisture loss, it is recommend to include a damp cloth or paper towel in the vegetable compartment to help the peppers retain their moisture.

**Preparation:** A recent study has shown that bell peppers retain more of their total antioxidant capacity when washed under cold versus hot water so it is recommended to wash bell peppers under cold water!! To prepare for cutting, remove the stem by cutting around it and then gently removing it. Bell peppers can then be cut into various shapes and sizes.

**Health Benefits:** The actual nutrient and phytonutrient content of bell peppers is impressive, somewhat surprising given the very low-fat nature of the vegetable. Bell peppers contain tons of Vitamin E, over 30 carotenoids, and many other nutrients. Many concentrate on anti-inflammatory and anti-cancer benefits.

Look on Page 3 for recipes!

# Recipes

## *Healthy Sautéed Bell Peppers*

Recipe courtesy of [www.whfoods.com](http://www.whfoods.com)

Prep & Cook Time: 7 Min      Yield: 2 Servings

### Ingredients

1 lb red bell peppers, sliced  
 2 medium cloves garlic, chopped  
 5 TBS low-sodium vegetable or chicken broth  
 3 TBS extra virgin olive oil  
 sea salt and pepper to taste  
 Optional: goat or feta cheese

### Directions

1. Chop garlic and let sit for 5 minutes to enhance its health-promoting properties.
2. Heat broth in a medium-size stainless steel skillet. When it begins to steam, add bell pepper slices. Cover and cook for 3 minutes.
3. Uncover and cook for an additional 4 minutes.
4. Place peppers into a bowl and toss with garlic and extra virgin olive oil.
5. If desired, top with crumbled goat or feta cheese.

## *Sautéed Vegetables with Cashews*

Recipe courtesy of [www.whfoods.com](http://www.whfoods.com)

Prep & Cook Time: 15 Min      Yield: 2 Serving

### Ingredients

1/2 cup chicken or vegetable broth  
 1 cup each red and yellow bell peppers, sliced 1/2-inch thick  
 1 cup onion, sliced 1/2-inch thick  
 1 cup snow peas (**You could substitute beans!!**)  
 1/4 cup cashews

### **Mediterranean Dressing:**

3 TBS extra virgin olive oil  
 2 tsp lemon juice  
 2 cloves garlic, chopped or pressed  
 Sea salt and pepper to taste

### Directions

1. Chop or press garlic, slice onions, and let them sit for 5 minutes to enhance their health-promoting properties.
2. Heat broth in a stainless steel skillet over medium heat.
3. When broth is steaming, add bell peppers and onions, cover and sauté for 5 minutes.
4. Add snow peas and sauté covered for 2 minutes.
5. Transfer vegetable mixture to a serving bowl and toss with cashews and dressing ingredients.

## Member Favorite

Got a great recipe that uses the featured veggie of the week or one that is just too delicious to hide? Submit your recipes at [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com) with the subject **Member Favorite** and your recipe could be featured here!

### Stuffed Green Pepper Casserole

Another delicious sounding recipe that uses the peppers you have been seeing in your box plus the tomatoes!

#### *Ingredients:*

2 Lg. Green Peppers  
 1 Lb. ground beef  
 1/4 C. Celery  
 1/4 C. chopped Onion  
 1 C. uncooked Rice (Basmati Rice is Delicious)  
 1 C. Water  
 2 Lg. Tomatoes - diced (or 1-15oz. can diced tomatoes)  
 8 oz. can Tomato Sauce  
 1/4 C. Catsup  
 1/4 tsp. basil leaves  
 1 tsp. sugar  
 1/2 tsp. salt (if desired)  
 Dash pepper  
 1 Cup shredded Cheddar cheese (RESERVE FOR TOP after baking)

#### *Directions:*

Brown ground beef and drain. Mix all ingredients (except cheese) in large casserole dish. Bake covered at 350 degrees for 45 minutes to 1 hour (or until rice is tender). Uncover and sprinkle with cheese. Bake 5 min. more or until cheese melts. Serve!

### Mix-Up and A Heads Up

#### Mix Up:

In newsletter 10 (last week's) we accidentally mixed up some biblical events in our attempt to come up with a fitting analogy to our feelings of finally seeing the rain come these past couple of weeks. We said: "We feel like Noah must have felt, watching the water recede and the Red Sea opening; finally taking a deep breath as we watch the water recede (even though we are actually finally watching it come)!!" We wanted to use either the relief of Moses and the Israelites at the site of the Red Sea parting and seeing a path to get away from their enemies or Noah's relief at seeing the flood waters depart from the earth and seeing dry land (both were probably feeling great relief). However, as we were writing and talking about it, we accidentally merged the two together and unfortunately didn't notice it until we had sent it out!

#### Heads Up:

We wanted to give everyone a heads up that Lindsay (who handles most of the communication) will be going on vacation from August 29<sup>th</sup> till September 10<sup>th</sup>. Emails will rarely be looked at and most likely not answered. If there is any immediate question or concern over that time period, the best option would be to call Chris at 920-675-6113. He will try to help you as soon as possible but he is outside most of the day and cannot always get to his phone.

Any questions, concerns, feedback, ideas, thoughts, etc., don't hesitate to contact us by calling 920-675-6113 or emailing us at [veggies@wholesomeharvestcsa.com](mailto:veggies@wholesomeharvestcsa.com)!