

CASCADE FARM CSA HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY JULY 22, 2010

Your harvest for this week may include:

- Arugula
- Cabbage (Green)
- Carrots
- Kale
- Kohlrabi
- Radish
- Swiss Chard
- Tomatoes
- Yellow Squash
- Zucchini

New for this week will be:

- Sweet Banana Peppers
- Hot Peppers

From the Herb Garden:

- Basil
- Parsley

NEWS AND UPDATES

Summer is acting like summer...so it is hot. Even so, we are so grateful to the volunteers that show up each week; rain, shine, or heat! Thank you.

This week is the return of the tomato and start of our peppers. This is the start of our pepper season so they will be green and crunchy. The hot peppers seem to have more 'heat' when they are new and green as well (so be careful).

Have a great week!

PEPPERS

We have several varieties of peppers this season both sweet and hot. The sweet peppers are bell and sweet banana and our hot are a variety of jalapeno, cherry hots, and cayenne peppers. Peppers are delicious raw or cooked, stir-fried, roasted, grilled or stuffed.

Storage Tips

- Refrigerate pepper in a plastic bag for use within 5 days.
- All varieties of peppers can be cleaned, chopped, (or left whole) and frozen for up to a year

Cooking Tips

- Be sure to handle hot peppers carefully when preparing (the pithy seed studded portion contains the most heat-giving compound) use plastic gloves when preparing
- Coat with olive oil and roast on the grill for a sweeter pepper.
- Dry some or freeze some for winter soups and chilis



FEATURED RECIPE

Stuffed Yellow Squash (or Zucchini) Boat (or 'what-to-do-with-the-really-big-squash')

Ingredients:

- 1 large or 2 medium summer squash
- 1 small package of chopped meat (I use turkey)
- 1 small onion diced
- 2 garlic cloves diced
- 1 tablespoon salsa (or tomato sauce)
- Monterey Jack cheese sliced
- 1 medium tomato (sliced thin)
- 3 tablespoons olive oil
- 1 teaspoon chili powder
- Salt & pepper to taste
- Hot pepper (jalapeño or cherry bomb) - optional

Preparation:

Slice squash lengthwise and scoop out middle (discard seed but cook any squash with meat mixture). Drizzle olive oil, salt & pepper over squash and grill on the barbeque (on low) face (cut side) down. While grilling (about 10 minutes) sauté onions, garlic, & hot pepper for 1 – 2 minutes in skillet, then add chopped meat and brown. After browning meat add chili powder and salsa mix together. Retrieve squash (it should be soft when poked with fork – almost done). Put meat mixture into scooped section of squash, top with cheese and lay sliced tomatoes across cheese. Place back on barbeque (skin side down this time) and cook for 5 more minutes with cover (or until cheese melts).

Grilled Banana Pepper and Feta Salad

Adapted from www.closetcooking.blogspot.com

Ingredients:

- 2 banana peppers
- 1 tablespoons feta (crumbled)
- ½ tablespoon extra virgin olive oil
- ½ teaspoon oregano
- Wedge of lemon (for juice)

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Directions:

1. Grill (or broil) the peppers until they are charred on all sides and peel. (Slice and remove seeds if desired.)
2. Arrange on a plate and top with the feta, drizzle with olive oil, sprinkle with oregano and hit it with a splash of lemon.