

Week 14
B Week

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**THURSDAY
SHARES**

Tomatoes: Lots of delicious heirloom varieties as well as hybrid slicing tomatoes! YUM!
Sweet Pepper: Carmen (long red frying pepper) and Green Bell
Beans or Kohlrabi
HOT Peppers: Jalapeño &/or Hot Chili
Cucumbers or Summer Squash
Greens: Swiss Chard OR Kale OR Lettuce
Beets
Garlic
Eggplant <u>OR</u> Ground Cherries <u>OR</u> Tomatillos
Herb: Cilantro

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE TOMATOES, BEETS, AND CABBAGE AND IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

I hope you all had a wonderful Labor Day Weekend. Because Monday was a holiday, my letter is short and sweet for this week. Your garden is still looking great and should keep producing right up until the end of share season in mid-October. In the next few weeks, you will begin to see

some winter squash, carrots, celery, and potatoes in your share to enjoy the fall bounty! As summer comes to an end, we are still blessed with the bounty of beautiful peppers and tomatoes to enjoy summer for just a few more weeks!

~Dayna

Ground Cherry Vinaigrette (repeat from last week...it is that good!)

1 cup husked ground cherries
 ¼ cup fresh squeezed lime juice
 1 tablespoon honey
 ¼ teaspoon salt
 ¼ teaspoon ground cumin
 1/8 t. ground cayenne pepper
 ½ cup olive oil

In a blender, puree ground cherries, lime juice, honey, salt, cumin and cayenne pepper.

Move to a medium bowl. Pour in olive oil slowly and whisk together.

Refrigerate and enjoy on salads with hearty greens, toasted seeds and nuts and autumn fruit like raspberries or thinly sliced apples.

Taken From: <http://archive.jsonline.com/features/recipes/328707201.html>

Grilled Eggplant and Carmen Pepper Pizza

pizza dough- homemade or store bought
 cornmeal
 tomato sauce
 2 small eggplant
 2 carmen peppers or other sweet peppers
 1/4 of a red onion, thinly sliced
 4 ounces fresh mozzarella
 drizzle of olive oil
 salt
 egg - optional

Preheat grill to 400. Cut the eggplant and peppers into slices and lightly coat both sides with olive oil. Place on the grill. Grill over medium low heat for 4 - 5 minutes, then flip everything over. Grill for another 4 - 5 minutes until lightly charred. Cool and slice.

While the veggies are grilling, roll out 1/4 of the pizza dough onto a floured surface. Place the rolled out crust on a cookie sheet or a pizza peel that has been lightly dusted with some cornmeal. This prevents sticking.

Lightly oil the grate of your grill. Place the pizza dough on the grill and cook for 2 minutes. Flip with tongs and grill for another 2 minutes. Remove and place on a cutting board. Spread a small amount of tomato sauce on the pizza crust. Then layer the cheese and veggies, drizzle lightly with a little olive oil, sprinkle salt and grill until the crust is crispy and the cheese is melted. This will take about 5 - 8 minutes depending on how hot the grill is.

If you want to add our egg to your pizza, place a raw egg in the center of the pizza and cover with the grill lid. It will take about 10 - 12 minute to cook the egg.

Adapted from:

<http://chezus.com/2013/08/21/grilled-eggplant-and-carmen-pepper-pizza/>

Quinoa Salad with Black Bean, Corn, and Tomatoes

1 cup uncooked quinoa, rinsed
 1/2 teaspoon salt
 2 cups water
 1/3 cup diced red onion
 2 Tbsp lime juice
 1 15-ounce can black beans, drained and rinsed
 1 cup frozen corn, defrosted, OR 1 cup of fresh corn, par-boiled, drained and cooled
 3 medium tomatoes, seeded and cut into chunks
 5 ounces Queso fresco or mozzarella, cut into 1/4-inch to 1/2-inch cubes
 1 jalapeño, seeded and finely chopped
 1/4 cup chopped cilantro, including tender stems, packed
 3 Tbsp olive oil

Put the rinsed quinoa, salt and water into a pot and bring it to a boil. Cover and simmer gently until the quinoa absorbs all the water, about 10-15 minutes. Remove from heat and let sit for 5 minutes. Place into a large bowl and fluff up with a fork to help it cool more quickly.

2 While the quinoa is cooking, prepare the rest of the salad. Soak the red onions in the lime juice and set aside. Soaking the onions in lime juice (or lemon juice or water) helps take the edge off of them. Mix the prepped black beans, corn kernels, tomatoes, cheese, jalapenos, cilantro, and oil into a large bowl.

3 When the quinoa has cooled, mix it into the bean mixture. Add the red onion and the lime juice and add salt, more oil or lime juice to taste. Serve at room temperature.

Adapted from: http://www.simplyrecipes.com/recipes/quinoa_salad_with_black_beans_corn_and_tomatoes/#ixzz4JVKY7c26.

Variation: I make something similar to this, but I like to make mine with left over grilled corn on the cob! I also add a good amount of ground cumin and coriander to give the dish some more flavor!

Stuffed Peppers

4 large bell peppers (any color)
 1 lb lean (at least 80%) ground beef
 2 tablespoons chopped onion
 1 cup cooked rice
 1 teaspoon salt
 1 clove garlic, finely chopped
 1 can (15 oz) tomato sauce
 3/4 cup shredded mozzarella cheese

SKIP THE EXTRA WORK! Use leftovers from the recipe above to stuff peppers with instead!

Heat oven to 350°F. Remove top of pepper, seeds and membranes. If necessary, cut thin slice from bottom of each pepper so they stand up straight. In a 4-quart pan, add enough water to cover peppers. Heat to boiling; add peppers. Cook about 1 minute then dunk in cold ice water, drain.

In a skillet, cook beef and onion over medium heat, stirring occasionally, until beef is brown; drain. Stir in rice, salt, garlic and 1 cup of the tomato sauce; cook until hot.

Stuff peppers with beef mixture. Stand peppers upright in ungreased 8-inch square glass baking dish. Pour remaining tomato sauce over peppers.

Cover tightly and bake 10 minutes. Uncover and bake about 15 minutes longer or until peppers are tender. Sprinkle with cheese.

Taken from: <http://flavorite.net/2016/07/07/stuffed-peppers/>

Rosemary Sea Salt and Vinegar Beet Chips

2 large beets, thinly sliced with a mandolin or using the slicing mechanism in a food processor
 Nakano natural rice vinegar
 2 sprigs of rosemary
 olive oil for pan frying
 sea salt

For the dip

1/4 cup plain yogurt
 1 tablespoons roasted garlic
 1 tablespoon chopped rosemary
 Place sliced beets in a large pot.

Add rice vinegar to cover the beets. Bring to a boil, turn off heat and let sit for 15 minutes then drain.

Add enough olive oil to the bottom of a large pot, add 1 sprig of the rosemary and heat over medium. Once oil is hot, add the beets in a single layer. Pan-fry the beets for about 1-2 minutes on each side until they start to crisp up.

Transfer to a paper towel lined plate to drain and repeat with remaining beets, adding oil as necessary to the pot/skillet. Sprinkle with sea salt and the remaining rosemary sprig and serve warm.

Taken From: <http://www.nunningtothekitchen.com/sea-salt-and-vinegar-beet-chips/>