

# Summer Creek Farm

2009 CSA Newsletter

## Peppers – Hot and Sweet

Week 14  
August 26, 2009

Summer Creek Farm grows a variety of both hot and sweet peppers, several of which will be featured in upcoming CSA boxes. Varieties include sweet bell peppers, sweet banana peppers, and on the hot side jalapeno (green), habanero (small and very hot, red or orange) and Thai (long and red).

Finely diced hot peppers are a great addition to [many recipes](#). Add to soups, salsas, chili and sauces for added heat. To lessen the heat in prepared dishes, remove the center seeds of hot peppers before adding.

Store all types of peppers unwashed in a plastic bag in the refrigerator for up to 10 days. If you cannot use them right away, try freezing the peppers ([instructions](#)).

Avoid touching your eyes when chopping hot peppers, and wash your hands carefully. If you find the burning sensation overwhelming when tasting the peppers, try drinking milk.

Sources: [The Chile Pepper Institute](#) and [Recipezaar](#)



## Recipe Feature

### Not Just Rice and Beans

by April Finnen

*Leftover cooked chicken is also a good addition. Add with beans if using.*

#### Ingredients:

1 tbsp. olive oil  
2 cloves garlic, minced  
1 hot pepper, finely diced  
1 green pepper, diced  
1 small onion, chopped  
1 tsp. ground cumin  
1 can black beans, drained  
2 tbsp. chopped fresh cilantro  
Salt and pepper, to taste  
Sour cream (optional)  
One avocado, chopped (optional)  
Cooked rice, for serving

Heat olive oil in a medium skillet over medium-high heat. Add garlic and cook for about 30 seconds. Then add hot pepper, green pepper, onions and cumin, and cook until the vegetables start to soften, about 10 minutes over medium heat.

When the vegetables are cooked, add the black beans, salt and pepper, and heat through. Serve over rice, topped with fresh cilantro, sour cream and/or avocado.



### Link of the week

[Supercook.com](#) – add ingredients you have, and find free recipe ideas.

## More Recipe Ideas

Farmer Rick will have Fall CSA information available soon.

In the meantime, here are some more ideas for using your vegetables:

[Summer squash gratin](#)

[Zucchini pancakes](#)

[Zucchini and basil lasagna](#)

[Tomato-stuffed peppers](#)

[Oven-baked ratatouille](#)

**Kitchen tip** - When freezing basil pesto, add a thin layer of olive oil over the top and it will retain its bright green color.

## This week's box

- ☀ Hot or green peppers
- ☀ Basil
- ☀ Raspberries
- ☀ Cherry tomatoes
- ☀ Zucchini
- ☀ Potatoes
- ☀ Heirloom tomatoes

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)

Items may vary by location/pick-up day.