

Hi all!

If you haven't yet signed up for the Autumn CSA and would like to, send Hana an email with AUTUMN SHARE in the subject line ([hana@potomacvegetablefarms.com](mailto:hana@potomacvegetablefarms.com)). Tell her what share size and options you would like and she will send you a confirmation email. We will sell shares until they sell out--probably until about September 1.

As we get deep into preserving season, it's nice to start coming up with ideas. Not all food preservation has to be large batches. I like to roast a cookie sheet of tomatoes at a time and put them in the freezer, or cut up a few onions or peppers, bag them, and stow them away in the deep freeze. You'd be amazed at how much you can amass in these small tasks. Some of my favorite small batch canning cookbooks are [Food In Jars](#), [Preserving by the Pint](#), and [Well Preserved](#). All have a nice variety of sweet and savory recipes, and the recipes are easily accomplished by yourself in an evening.

Happy Eating!  
becky

## **In The Bag**

### **Week 9: July 29, 2014**

### **Featuring Peppers**

**Here is a list of what you may find in your bag this week.** Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

**Mini:** squash, cucumbers, garlic, potatoes, peppers, cabbage, tomatoes, whole grains

**Regular:** squash, cucumbers, onions, eggplant, beans, peppers, cabbage, parsley, tomatoes, cherry tomatoes

**Robust:** squash, cucumbers, garlic, onions, parsley, potatoes, eggplant, beans, peppers, cabbage, tomatoes, cherry tomatoes, whole grains

Basil goes in a glass of water on the counter. Garlic and potatoes go in a cool, dark place. If you get organic grains or flour from our friends at Next Step Produce, know that these grains are untreated and should be stored in the freezer for a week if you're not going to use them immediately. After a week in the freezer, they're safe to sit in your cupboard until you get to them.

Everything else should be stored in the fridge--even your onions. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

### **Featuring Peppers**

You'll see a variety of peppers in your bags over the course of the season. They will all be sweet unless we explicitly tell you. They are members of the nightshade family, which

also includes potatoes, tomatoes and eggplant. Green peppers are the most acidic, purple peppers are slightly milder than the green, and the red, orange and yellows are sweeter and almost fruity.

Bell peppers are an outstanding source of antioxidant and anti-inflammatory phytonutrients. The hallmark phytonutrient group found in bell peppers is the carotenoid family, with more than 30 different carotenoids being provided by this vegetable. Included in bell pepper carotenoids are alpha-carotene, beta-carotene, cryptoxanthin, lutein, and zeaxanthin. Bell peppers are an excellent source of vitamin A (in the form of carotenoids), vitamin C, and vitamin B6. They are a very good source of folate, molybdenum, vitamin E, dietary fiber, vitamin B2, pantothenic acid, niacin, and potassium. Additionally, they are a good source of vitamin K, manganese, vitamin B1, phosphorus, and magnesium. (Source: [The World's Healthiest Foods](#))

Peppers can be eaten raw and cooked in countless ways. If you're sensitive to the acidity of peppers, stick to the colored ones instead of green.

### **Recipes**

Couscous and Feta Stuffed Peppers:

<http://www.potomacvegetablefarms.com/recipe/couscous-and-feta-stuffed-peppers/>

Eggplant and Roasted Pepper Pasta:

<http://www.potomacvegetablefarms.com/recipe/eggplant-and-roasted-pepper-pasta/>

Pepper and Onion Fajita Wraps: <http://www.potomacvegetablefarms.com/recipe/pepper-and-onion-fajita-wraps/>

Grilled Ratatouille: <http://www.potomacvegetablefarms.com/recipe/grilled-ratatouille/>

Grilled Vegetable Pizza: <http://www.potomacvegetablefarms.com/recipe/grilled-vegetable-pizza/>

Thai Basil Curry Vegetables: <http://www.potomacvegetablefarms.com/recipe/thai-basil-curry-vegetables/>

Stuffed Peppers with Green Salsa: <http://www.loveandlemons.com/2014/07/19/stuffed-peppers-green-sals/>

### **Preserving Peppers**

Here's a great write up about freezing and pickling peppers to preserve them:

<http://www.growveg.com/growblogpost.aspx?id=254>

Another great comprehensive pepper preservation post that includes a red pepper paste: <http://www.laughingduckgardens.com/ldblogger.php/2012/11/06/preserving-peppers/>

#### **Freeze**

The easiest way to preserve peppers is freezing. Simply core, slice, put in a bag and place in the freezer. They do not maintain their crispness, but work perfectly well in soups, stir fries, sautes, stews, and casseroles.

#### **Roast and Freeze**

You can also roast and freeze peppers. Wash your peppers, remove the seeds, cut out any black spot, cut in half and arrange on a cookie sheet covered with aluminum foil. Turn your oven on to broil, and bake the peppers skin side up until the skins begin to blacken. Remove and cover with a tea towel to "steam" the peppers, this will loosen the skins. Once cool, slide off the skins, slice the peppers into strips, and pack into freezer containers or bags.

### Roast and Pack in Oil

Infusing peppers with the flavours of garlic and rosemary gives them a lovely flavour and they can be used for a variety of things, like sandwiches, pastas and antipasto. Roast your peppers according to the instructions above, then pack in glass jars with a sprig of fresh rosemary and a garlic clove. Fill to cover the peppers with olive oil. This will keep in the fridge for months.

Roasted Red Peppers Preserved in Olive Oil:

<http://www.foodiewithfamily.com/2012/09/03/roasted-red-peppers-preserved-in-olive-oil-make-ahead-mondays/>

### Refrigerator Pickles

Pickled Peppers with Shallots and Thyme: <http://www.bonappetit.com/recipe/pickled-peppers-with-shallots-and-thyme>

### Canning

Can marinated red peppers: <http://www.sbcanning.com/2011/09/canning-marinated-bell-peppers-yes-its.html>

Sweet and Sour Pickled Bell Peppers: <http://www.food.com/recipe/sweet-and-sour-pickled-bell-peppers-by-the-jar-508217>

Sweet Pickled Roasted Peppers: <http://www.foodnetwork.com/recipes/sweet-pickled-roasted-peppers-recipe.html>

Sweet Pepper Relish with Onions:

<http://southernfood.about.com/od/picklesrelishes/r/r80810i.htm>

### Dehydrate

Dehydrated peppers can be crumbled into bits, then stored and used later to sprinkle over soups, pastas and other dishes for an extra kick of flavour. Wash and slice the peppers in quarters, removing seeds and black spots. Dehydrate according to your dehydrator's directions, or in the oven.