

In The Bag
Potomac Vegetable Farms
Week #12: August 20, 2012
Featuring: Peppers

This is what we anticipate will be in your bag. It could be slightly different.

Mini: onions, potatoes, beans, Juliets, corn, chard, watermelon

Regular: garlic, potatoes, squash, beans, peppers, cherry tomatoes, Romas, lemon basil

Robust: garlic, onions, potatoes, squash, beans, peppers, cherry tomatoes, corn

Tomatoes go on the counter. Squash and garlic do well there, too. Basil is happy in a glass of water (the fridge is too cold). Potatoes go in a cool, dark place. Beans, chard, melons, corn, and peppers are happy in the fridge.

Featuring: Peppers

We grow a bunch of varieties of sweet peppers. You'll find Carmen, Gypsy, Lipstick, robust green, red, yellow and orange bells, Purple Islander and Purple Beauty, and sweet, ripe, red varieties of all these peppers. Peppers add a nice color punch to whatever you're cooking and are super versatile.

Peppers are high in Vitamin C, have some Vitamin K, contain a broad range of antioxidants, and red peppers are a great source of lycopene. Check out more nutrition information on [WH Foods](#).

Preserving Peppers

Freezing: SO EASY. Halve peppers, remove the core and seeds, and slice into julienne strips or small 1/4" chunks. Pack them into a freezer bag, squeeze out the air and throw them in the freezer. DONE and DONE.

Easy Pickling: Prepare peppers as above. Wear gloves if you are chopping hot peppers. Fill a clean pint or quart jar to within an inch of the top with the chopped peppers. Pour in white vinegar to cover all peppers. Cover with a plastic lid if possible, as the vinegar will gradually corrode metal lids. Store the jar in the back of your refrigerator for up to 12 months. The peppers will stay crunchy for a few months but will gradually soften. Spoon them out of the jar as you need them. The vinegar is flavorful, too. My favorite pickled peppers are a colorful mix of yellow, orange and red Hungarian hot wax peppers. They're great on sandwiches or mixed into pasta and bean salads. (Source: [Gardeners.com](#))

Roast them and keep them in the fridge: <http://honest-food.net/2009/10/22/preserving-peppers/>

Canning:

A variety of canned pickled pepper recipes:

<http://www.ext.colostate.edu/pubs/foodnut/09314.html/>

Red Pepper Relish (to can or serve fresh): <http://savorysweetlife.com/2009/06/savory-sweet-red-bell-pepper-relish-recipe/>

Green and Red Pepper Relish: <http://recipes.howstuffworks.com/preserving-harvest-pepper-relish.htm>

Red Pepper Jelly: <http://www.loveandoliveoil.com/2010/08/red-pepper-jelly.html>

Marinated Roasted Red Bell Peppers:

http://www.simplyrecipes.com/recipes/marinated_roasted_red_bell_peppers/

Pickled Bell Peppers: <http://canningjarsetc.blogspot.com/2009/07/pickled-bell-peppers.html>

Fresh Pepper Recipes

Couscous and Feta Stuffed Peppers:

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

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

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

Eggplant and Roasted Pepper Pasta:

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

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

Saveur.com's 14 Crunchy, Sweet Bell Pepper Recipes: <http://www.saveur.com/article/-/Crunchy-Sweet-Bell-Pepper-Recipes>