

August 29, 2019

# Willie Nillie Farm

## CSA Newsletter

“If the bee disappeared off the face of the earth, man would only have four years left to live.”

- Maurice Maeterlinck

### FARM HAPPENINGS:

Dear members:

I can't believe it's almost September, but fall is upon us. The winter squash is doing well and I have many more rows of potatoes to dig. Fingers crossed there are a lot down there.

Lots of tomatoes ripening all at once so I hope we can get more next week. Not any new tomato growth and the plants are small.

This week we finally have peppers. Native to Mexico, Central America and South America the mild bell pepper was developed in Hungary in the 1920s. Most green peppers will turn color when fully ripe, hence why in the store green peppers are cheaper than the colored ones. They come in many colors including, yellow, orange, purple, brown, white, lavender and red. Peppers are high in Vitamin C, B6 and contain a good dose of Manganese. They contain some amounts of many other vitamins and minerals and are very high in water. Great to add to any dish for flavor and crunch. Here at the farm this season I grew a chocolate pepper(brown) and I believe a yellow or orange and red, but with this cool weather and wanting to give you peppers, I don't know if they will ever turn color. We'll find out.

### Box of the Week

#### **FEATURE: GREEN PEPPERS**

|                      |              |
|----------------------|--------------|
| Beans                | Cucumber     |
| Summer Squash        | Sweet Onions |
| Kale or Collards     | Cilantro     |
| Rumba Carrots        | Tomatoes     |
| Garlic: Chesneck Red |              |

### **Stuffed Peppers**

4 large green bell peppers or 5 small ones  
15oz can tomato sauce  
1/2 pound ground turkey or beef (or lentils for vegetarians)  
1/3 cup onions, chopped  
1 cup cooked brown or white rice  
1/8 tsp salt  
1/8 tsp pepper  
1/8 tsp garlic powder or 2 cloves garlic, minced

Cut tops of peppers and dig out seeds. Place in large saucepan and set aside.

In skillet, cook ground beef and onion until no pink remains and drain.

Add salt, pepper, rice, garlic and 1/2 the tomato sauce. Stir well and spoon into the peppers.

Top with other 1/2 of tomato sauce

Bake in an ungreased dish at 350 for 25-30 min. Serve Warm.

**Bingo Veggie**

**Squash**



Green Peppers

### **Curried Green Beans**

1 TB Oil  
1 onion, sliced  
1 hot pepper, thinly sliced (Optional)  
1 clove garlic, chopped  
1 TB curry powder  
1/2 tsp fenugreek seeds  
1/4 tsp turmeric, ground or minced fresh  
salt to taste  
1/2 cup coconut milk  
1 pound green beans, trimmed  
2 TB lime juice

Heat oil in sauce pan and cook onion and hot pepper, garlic until onions are translucent. Stir in curry powder, fenugreek, turmeric and salt cooking another 3 min. Add green beans and stir until evenly coated. Reduce heat to low and cook until beans are al dente. Pour in coconut milk and simmer at least 5 minutes more. Remove from heat and stir in the lime juice just before serving.

Garnish with Cilantro(optional)



**Rumba Carrot**

### **Carrot and Tomato Tagliatelle**

1 TB oil  
1 medium onion, chopped  
1 1/2 cups carrot, chopped  
3 cloves garlic, minced  
1 tsp dried oregano  
1/4 tsp red pepper flakes  
1/4 cup dry white wine  
1 TB Balsamic  
1 can diced tomatoes or 3-4 large tomatoes, diced  
4 oz tagliatelle pasta  
2 cups chopped kale or other green  
1/2 cup cooked cannellini beans  
1/4 cup pine nuts  
2 tsp capers  
chopped chives or other herbs (Basil, parsley, etc)  
Salt and pepper to taste

In large pot, heat oil and add onion, pinch of salt and pepper and cook until soft. Add carrots, garlic, oregano, red pepper flakes and another few pinches of salt. Let cook stirring occasionally until vegetables are lightly browned, about 5 min.

Add white wine and stir allowing it to completely cook off, about 30 sec. Add vinegar and tomatoes. Cover and reduce heat to a simmer. Cook until carrots are tender, about 15 min.

Meanwhile bring a medium pot of salted water to a boil and cook pasta till al dente. Drain and rinse.

Stir chopped greens into sauce and let wilt down. Add pasta, beans, pine nuts, capers and herbs. Season with salt and pepper to taste and serve with fresh grated parmesan cheese, if desired.

VEGAN Options: Use fettuccine or linguine noodles instead

