

Remember, you can sign up for a share anytime!

2016 CSA

Summer

August 6th

Planet Earth Diversified

- **Field Arugula**
- **Field Mix Greens**
- **Chard**
- **Lacinato Kale**
- **Specialty Peppers**
- **Eggplant**
- **Mint**
- **Basil**
- **Thai Basil**
- **Yellow Squash**
- **Gold Zucchini**
- **Potatoes**
- **Tomatoes**
- **Gourmet Cucumber**

What's this bag of peppers? These are many of our specialty peppers, many of which come from the Chile Institute in New Mexico. Pictured below, right, is a lineup of the contents:



- padron (medium-hot)
- anaheim (mild green chile)
- serrano (hot)
- cubanelle (mild-sweet)
- anaheim (mild green chile)
- jalapeno (spicy-hot)



Peppers are a very healthy food and many places where the weather is hot, people consume hot peppers to cool off. There is

also medicinal benefits plus the flavor added can give a dish a whole new dimension. Green chilies have twice the vitamin C by weight than citrus, and are a good source of potassium, iron and fiber. They are also rich in vitamin E and B-complex, which can aid in the prevention of cancer. Chile peppers in the diet can enhance the way in which cholesterol and fats are processed, decreasing cholesterol absorption so more is expelled from the body. Peppers can be dried or frozen for storage, or made into pepper jelly/jam or chutney to have as a handy condiment for the table.

The following chutney recipe is inspired by <http://www.tasteofhome.com/recipes/three-pepper-chutney>: de-seed and chop your peppers, chop a large onion and combine with a teaspoon of salt, 1 ½ cups of brown sugar and 2 cups of cider vinegar into a large pot. Boil and reduce to simmer, uncovered, for 1 ½ -2 hours, until thickened. Pour into serving dish or jars and refrigerate until chilled. (Gloves can be used for hot peppers to avoid transferring the oils to your skin.)

To your health & pleasure, always!