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Box #14
Even Week
29 September 2021

Contents

Parsley
Beets: Red, Loose, a few Orange here and there
Broccoli
Carrots
Chard
Lettuce: Mixed Varieties
Peppers: Bell, Carmen, Shishito
Tomatoes: Juliets, Mixed Slicers

New Stuff: Shishito peppers
Choice Box: peppers, tomatoes, etc.

Shishito peppers come from eastern Asia. They are small, green, wrinkled, thin walled, have small seeds and turn red when fully ripe. While not usually spicy, 1 in 10 will have a kick. In Korea, they're called *kkwari-gochu* because the wrinkled skin looks like the outer covering of ground cherries.
Shishito peppers are often cooked so the skins blister, and are eaten as is or with a little lemon juice. You grab the stem and eat everything else.

Blistered Shishito Peppers

Heat a 9" cast iron skillet over medium heat.
Into a bowl, put:

2 Tbsp. olive oil

½ lb. (or so) Shishito peppers, washed and dried

Toss together to coat the peppers with oil. This is the best method to get oil into the cavities of the skin.
Test the heat of the cast iron skillet with a drop of water. If the water skips around the pan and dries quickly, the skillet is ready.
Dump the peppers into the hot pan and distribute evenly over the bottom. Give them about a minute to start blistering, then stir. Continue to wait a minute, stir, wait a minute, stir, until all the peppers are tender and have dark spots on them, about 10 minutes.
Popping sounds are normal.
Put the peppers in a serving dish and enjoy.
I've chopped up raw Shishito peppers into eggs, curries and stir frys, and enjoyed them every time. Chuck and I have found the red Shishitos to be a little more likely to be spicy, but just a little more.

Beets are back! With the cooler temperatures, roasting vegetables will warm your kitchen and your tummy.

With chard in the box this week, I recommend you try the "Lentils with Greens" recipe in newsletter #8.

Field Notes

We had about 35 people at Farm Day on Sunday—a very good turnout on an especially beautiful, fall day. They picked a lot of apples, and we pressed gallons of apple cider. On the farm tour, Chuck showed our members some of the fields your vegetables grow in, and encouraged them to pick themselves ginormous tomatoes. He raffled off Fabulous Prizes, and everyone went home with fresh apple cider. All in all, a really fun day.
Here are some pictures by our own shutter-bug, Amy:


Washing and sanitizing . . .


Cutting up apples for the shredder . . .



Chuck pours the chunks into the shredder . . .



Press the packages and out comes cider.



Terry packs the mash into cheesecloth packages . . .



Chuck's farm tour.

We will continue to offer both canning and slicing tomatoes for sale in 10 lb. amounts for a few more weeks, as long as the patch keeps producing. You can order them thru our web store, which is open from Thursday to Sunday, midnight.

Have a great week everyone!

Terry & Chuck