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Box #9
Odd Box
22 August 2023

Contents
Parsley: Curly or Flat Leaf
Beans: Green and Yellow
Carrots: Orange
Cucumber
Garlic
Lettuce: Romaine
Onions: Ailsa Craig
Peppers: Jalapeño, Green Bell
Zucchini

New Stuff: bell pepper
Choice Box: ?

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week or more. If you can't use up a whole pepper in whatever you're making, keep the remainder in your frig and use it ASAP—the edges start to break down in 4-5 days.
When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 20-25 days for most varieties, and is most noticeable in sweet peppers
Chuck and I planted several different varieties of peppers this year. Our sweet bell peppers are Olympus, Red Ace, and Flavorburst.
In order to have a good supply of green bell peppers without robbing the patch of fruit that will turn color, we decided to plant a bell pepper to pick when it's still green, and let other cultivars fully mature. Olympus was our choice for that spot as it produces some absolutely huge peppers. This is the bell pepper in your box this week. Red Ace is the one we'll let turn fully red before harvesting. Flavorburst starts out as a light, green bell pepper with mild flavor, then turns yellow, and finally reddish. Yellow is when its flavor really punches up, so that's when we'll start picking. Believe me, you'll be glad we waited.
We always plant a sweet, Italian pepper called Carmen. It's long, cone-shaped and best when fully red. Carmen is probably the best-tasting pepper we grow, altho Flavorburst is giving Carmen a run for its money.
We're committed to Shishito peppers. They are green, slender, wrinkled, and about the size of a large Jalapeño. Shishitos are excellent on the grill, or dry-roasted in a cast iron pan. Most of the time, they are sweet. About 1 in 10 will be spicy at about the level of a Jalapeño.
For hot peppers, we're growing Jalapeños, in the medium range for spiciness, and Anaheims. Jalapeños are a deep, glossy green that changes to bright red at maturity. Anaheim is a long, conical, light green pepper.
To test how hot/spicy a pepper is, cut off the tip and hold the cut end to your tongue. If it's spicy, you'll know pretty quickly.
Chuck and I are happy to report that the pepper patch is coming along nicely this year. The Olympus bell peppers have grown big enough to pick, and the Jalapenos are abundant.

Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has few ingredients and relies on the main vegetable for most of its flavor, so, that main vegetable better taste pretty good—as do our carrots.

Potage Crécy or Carrot soup

In a 4-quart pot over medium-low heat, put:
3 Tbsp. butter
1 cup onion, chopped -more, if you like
½ tsp. freshly ground pepper
Sauté the onions slowly until they are tender and translucent.
Add: 6 cups chicken stock
1 lb. carrots, scrubbed and chopped (about 4 cups)
Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)
Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.
Taste for salt and pepper and adjust these as needed.
If you want a more elegant soup, add a cup of heavy cream to the puree, heat to steaming and serve.
You can use this same recipe for broccoli, cauliflower, parsnips, beets, celeriac, etc. As long as the main vegetable tastes great, so will your soup.

Hallelujah! The cucumber patch produced just enough in the last week for everyone to get one. The plants are

working their way up their strings, and branching. Fingers crossed we have a good harvest next week too!

Tuesday, our morning Worker Shares collected all the Ailsa Craig onions we'd planted this season. They are in this week's box. Sadly, there will be no more. Onions grow half in and half out of the ground. Altho the surface of the ground is dry, it's still a little moist underneath. We rubbed as much of the soil off them as we could, but they're still a bit dirty.

Disease and squash bugs are taking over the zucchini patch. The plants are not producing very many flowers—no flowers, no zucchini. The same is happening with the Patty Pan squash. This is the last time you'll get zucchini this season. I, for one, will miss it.

Field Notes

It's been a dry week, and it looks like dry is again the name of the game: the forecast for the next 2 weeks has no rain in it. We'll be running water thru drip tape to get moisture to our plants, especially the next few days.

Our field crew has made good progress resurrecting the new carrot patch from the weeds. The last rainfall helped carrots grow too, and the tops are visible above the purslane and lamb's quarters.

The onions have grown as much as they're going to, so it's time to harvest. Chuck undercut the remaining onion beds Tuesday morning. After the Worker Shares picked up all the Ailsa Craig sweet onions, the field crew went out and pulled up some of the crop, laying it in the sun to dry. This job will continue for the rest of the week. Sunshine does a great job of curing onions.

One of our broccoli beds is looking very promising. We may be able to put it in your boxes as soon as next week, fingers crossed.

Chuck will also be working up the soil to do some more transplanting. We have trays of broccoli, cauliflower and cabbage ready to go. Flats of lettuce are almost ready to be put out, as are more beets.

The growing season isn't over yet!

Have a great week everyone!

Stay Cool,

TERRY & CHUCK