



IN THIS BOX:

1/4# Arugula
 2 Cucumbers - Silver Slicer
 1 Melon - Sakata's Sweet
 1/2 # Okra
 1/8 # Basil
 1 pint Cherry Tomatoes - Honey Drop or Sungold
 4 Jalapeno Peppers
 2 Bell Pepper - Quadrato D'Asti Giallo
 3/4# Green Beans - Provider

PRODUCE

FRESH

About This Week's Produce

Cucumber - Silver Slicer are a nice white addition to the box this week. This slicer has excellent flavor and a lovely smooth skin. "It is the hands-down winner in taste tests for its mild flavor, juicy texture and thin skin." The white color adds variety to cucumber salads and it is great sliced and diced in hummus!
Bell Pepper - Quadrato D'Asti Giallo is a colorful addition to the box this week. This large yellow and green beauty has become a new favorite. Its sweet and rich flavor is outstanding. This is an Italian gem that has thick walls and is great cooked or raw!

Green Beans - Provider are back and better than ever! You just can't beat these stringless treats! Did you know that fresh beans are a good source of potassium and folic acid? They also contain Vitamins C, magnesium, thiamine, iron, Vitamin A and niacin, as well as traces of copper, phosphorus, and calcium. I enjoy my green beans lightly steamed with a pinch of sea salt...the taste is amazing! We hope you enjoy these tender beans at your dinner table this week!

* Smoking foods is something that is new to me...I recommend going on U-tube and watching a video on how to smoke using a grill or a smoker. According to Cafe Flora cookbook, "You can smoke mushrooms, tomatoes, garlic, onions and peppers. Smoking jalapeño chilies, onions and garlic add a new dimension to their flavor and in the case of the jalapeño, smoking seems to mellow the heat. A smoked jalapeño is especially good with salt and a little lime juice to balance the smokiness. It is recommended to get alder or apple wood chips. Look for wood chips near charcoal in your local grocery store." You will smoke jalapeños whole. Smoke until skin begins to shrivel and has a brownish cast, 18-20 min.

* If all else fails and this is too much you can broil pepper in oven on broil setting. Cook until blisters form. Let cool, then skin.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Smoked Jalapeño Black-Eyed Pea Soup

Modified from Cafe Flora Cookbook

Ingredients

1 cup dried black-eyed peas, soaked for 2 hours or up to 8 hours, or 2 (15 ounce) cans (about 2 1/2 cups cooked)
 1 Tablespoon olive oil
 1 medium yellow onion, diced
 sea salt
 4 cloves garlic, minced
 2 medium carrot, diced
 2 ribs, celery, diced
 1 teaspoon dried oregano
 1 teaspoon dried thyme
 2 smoked jalapeño chilies, ribs and seeds removed, finely chopped (wear gloves when handling hot peppers)
 1 cup sliced okra
 4 cups vegetable stock
 1 teaspoon lemon juice
 1 Tablespoon chopped fresh basil

Directions

Smoke jalapeño chili before you start the soup (*see directions for bottom left of newsletter). If using dried peas soak and cook them separately until tender and reserve 1 cup of cooking liquid. If using canned rinse them well under cold water. In a soup pot heat the olive oil over medium heat. Sauté onion with 1/3 teaspoon sea salt until onion is soft and translucent, ~ 10 min. Add the garlic and cook 1 min. Add carrots, celery, oregano, thyme, and smoked chilies, and cook for 3 min more. Add black-eyed peas, the reserved cup of cooking liquid, okra and stock. If using canned peas add 1 cup water (or an additional cup veggie stock if you have it). Bring to a boil, lower the heat, and simmer, uncovered for ~ 20 min. Take the pot of soup off the heat and add the lemon juice and fresh basil. Taste the soup and add sea salt to taste.

Farm Happenings

We have had colder weather the last few days which is not ideal for our hot loving plants like melons, tomatoes, peppers, okra, squash and cucumbers. However, the Fall brassicas are loving it! We hope to include many dark leafy greens in a few more weeks along with more summer squash and some winter squash! The Lord sent us Roy, Amy and Chris to help on the farm this week and boy has it been a blessing to have all extra hands to help with the harvest! He always seems to send us help just when we need it most! We are so grateful for their hearts of service! We pray you enjoy the produce this week!
 Sincerely, Your Farmers the Lesher's