



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red with tops
Carrots	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Strike
Leeks	Yes	Plastic	
Onions	Yes	Plastic	Red, white and yellow
Parsley	Yes	Plastic	Italian
Peppers	Yes	Plastic	Green bell
Sweet Corn	Yes	Plastic	Last week!
Tomatoes	No	No	Reds and an heirloom

## Green peppers

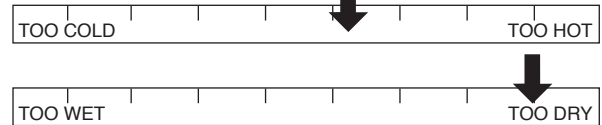
Well it's no secret that green peppers are not my favorite vegetable. I think it's mostly because once you start growing a lot of them you start to realize that they are really just a green apple, and who wants to eat a green apple? Green peppers are just an unripe red bell pepper. Everyone loves red bell peppers so why not just let them ripen? If we pick them as green peppers about 98% are of good quality, if we wait until they're red then we end up throwing out about 75% of them due to fungi and other rot issues. So we harvest these green and rely on the more pointed bull's horn-type peppers for red peppers. They should start showing up in the box in another week or two.

I know that we all have a veggie or two that shows up in the box but never quite makes it to the table. In our case it would be the green pepper. I can't think of an occasion in the last six years that has involved the use of a green pepper in our household. For me I think it's because I grew up in a very pro-green pepper household and never really needed to eat another one.

All peppers, or capsicums, are New World plants. The hot peppers were a much bigger hit when they were brought back to Europe, since it was spices that were in great enough demand to justify trying a different route to the East Indies in the first place. The sweet peppers

## Farm Report 8/21/08

Rainfall . . . . . 0.00"  
 High Temperature . . . . . 88°  
 Low Temperature . . . . . 56°  
 Farmer Complaint Indicators™:



really didn't become very popular until the 20th century when marketing new vegetables became important. They're a good source of Vitamins A and C and are high in carotenoids. If you have a favorite recipe email it to me and maybe I'll try it, maybe. There's 364 results for Stuffed Green Pepper recipes on cooks.com so I'll let you peruse those if you want to go that route.

The beets and carrots this week are the last of the spring plantings. Beets and carrots are generally planted early in the spring for summer harvest, and then planted in the summer for the fall. We'll continue to let the fall plantings size up for a couple of weeks before we start to harvest them but they are looking fabulous. Some of the carrots are quite small because they were in an area that just wasn't receiving adequate irrigation, we almost needed a pickaxe to get them out of the ground. The beet tops are also a little beat up and more suited to the compost pile.

More nice green beans this week. Next week will be that last of them and I think my crew will be happy to stop having to pick them. We picked 153 pounds of them this week. Looking at next week's I can tell that there will be many more than we can pick, so if you'd like to come out and pick free beans to pickle or freeze at the end of next week let me know.

The second wave of onion harvesting got done this Tuesday and we have a selection from it in the box. We harvested the red onions, shallots and some of the yellow onions. The white onions got harvested last week. This just leaves the main planting of yellow onions left in the field. Because these haven't had time to cure, take them out of the plastic bag and leave them in a bowl on the counter so that the stems can continue to dry out.

The tomatoes are still lagging behind where I think they should be with Labor Day around the corner. This week's heat was helpful, but it doesn't look like it will continue long. This time last year we had about twice as many tomatoes in the boxes.

Leeks, parsley, basil, garlic and the last round of sweet corn round out this week's box.

### Farm News

The best development of the week was the return of summer-like temperatures. Hopefully it'll bring about some summer rains. It is at the point where it is painfully dry. Our overhead sprinklers we use for irrigation don't always reach all the way to the ends of the rows and most of the time you can't really tell. You can definitely tell now, plants at the ends of a couple of rows are wilted and sad looking. I screwed up this week and left the sprinklers running all night on the winter squash and it really didn't matter, in fact I think it did them some good.

Besides harvesting onions the big project of the week was starting to plow up the vegetable fields for next year. This is also made more difficult by the dry conditions. We run alfalfa hay in our rotation with the vegetable fields and the only way to kill it without herbicides is to shallowly plow, thereby cutting the root below the crowns. It's critical to kill the alfalfa to get ready for the veggies because it is a very difficult weed to control, with a tap root that can reach down as much as 8 feet. It's also what makes it such a great part of the rotation, with that deep root system it can access and make available nutrients in the soil which otherwise would be unavailable. I started plowing on Monday and still have an acre or two left to do.

It's that time of year for the State Fair. We'll be down there this Sunday being "CSA Farm of the Day" in the Eco-Experience Building. Our obligation is really limited to just having a few veggies on display and to leave some business cards, but maybe I'll linger around to answer questions about CSAs. There's just simply no way I'm going to turn down the opportunity to have some of my veggies on display at the Minnesota State Fair, call it a weakness. I'm sure we'll be spending most of our time at the Midway, Kidway and eating french fries, honey ice cream and having a 1919 root beer float. I think Iris will finally be old enough to do the giant slide solo, but will she? Baker's the age now that Iris was when I remember chasing her through the animal barns wearing her pig ears.

Thanks to those of you who ordered turkeys, we still have some left but order one soon so you can be truly thankful for the turkey you have on Thanksgiving.

### Green Pepper Relish

- 1 large green bell pepper, very fresh
- 1 medium garlic clove, coarsely chopped
- 1/8 teaspoon salt (to taste)
- 1 jalapeno chile, seeded and diced (optional)

Wash the bell pepper and coarsely chop, removing core, seeds and membranes. Put pepper, garlic and salt in the food processor fitted with a blade and scraping down the sides of the bowl repeatedly with a rubber spatula, process until rather smooth.

Taste and serve with spicy meat and bread. If you prefer some heat to the relish add as much of the diced chili as you like.

### Creamy Corn And Garlic Risotto

- 3-3/4 cup chicken broth
- 2-3 cloves garlic, finely chopped
- 1 cup uncooked Arborio rice
- 3 cup whole kernel corn, cut from the cobs. This is easiest to do if you cut the ear in half first, instead of trying to cut the kernels down the whole length of the ear.
- 1/2 cup grated Parmesan cheese
- 1/3 cup shredded mozzarella
- 1/4 cup fresh minced parsley
- salt and freshly ground black pepper to taste

Heat 1/3 C. broth in a 10" skillet to boiling. Cook garlic in broth 1 minute stirring occasionally Stir in rice and corn. Cook 1 minute stirring occasionally.

Stir in remaining broth; heat to boiling. Reduce heat to medium. Continue cooking, uncovered, for 15-20 minutes, stirring occasionally, until rice is tender and creamy. Remove from heat and stir in cheeses and parsley. Season to taste and serve.

**Coming next week:** Leeks, tomatoes, potatoes, garlic, basil, beans, peppers.