



Box contents

Small share:

Tomatoes (1 Brandywine & 2 Wisconsin 55)
 Peppers: 1 green bell pepper, 2 Ancho poblano peppers, 5 Ring-O-Fire cayenne peppers, & 5 Bangkok Thai peppers
 2 Cucumbers (Green Finger & Marketmore)
 1 med. or 2 sm. Imperial Star artichoke*
 1 Walla Walla sweet onion
 1.5 # Red Norland potatoes
 2 cantaloupe
 1 bunch beets
 2 shallots
 1 bunch parsley
 Bonus: 1 bouquet zinnias
 * *Not in regular size share.*

Regular share additional items:

1 yellow straightneck squash
 1 Crimson sweet watermelon
 ½ # Mesclun mix

Farm News

We have tons of cantaloupe at the farm – Scott picked about 70 pounds yesterday and Chelsea made four batches of cantaloupe vanilla jam (ask if you want the recipe!). Various types of peppers are also continuing to grow well, so we thought we'd give you all a pepper sampler this week, and a quick pepper review. The [Scoville scale](#) is used to measure the heat in peppers. Scoville heat units (SHUs) represent the amount of capsaicin in the peppers. SHUs of various peppers are shown here:

855,000-1,041,427	Naga Jolokia
876,000-970,000	Dorset Naga
350,000-577,000	Red Savina Habanero
100,000-350,000	Habanero Chile
100,000-350,000	Scotch Bonnet
100,000-200,000	Jamaican Hot Pepper
50,000-100,000	Thai Pepper, Malagueta Pepper, Chiltepin Pepper
30,000-50,000	Cayenne Pepper, Aji pepper, Tabasco pepper
10,000-23,000	Serrano Pepper
7,000-8,000	Tabasco Sauce Habanero
5,000-10,000	Wax Pepper
2,500-8,000	Jalapeño Pepper
2,500-5,000	Tabasco Sauce (Tabasco pepper)
1,500-2,500	Rocotillo Pepper
1,000-1,500	Poblano Pepper
600-800	Tabasco Sauce (Green Pepper)
500-1,000	Anaheim pepper
100-500	Pimento, Pepperoncini
0	No Heat, Bell Pepper

(Image source [here](#).) Also, as peppers mature and become red, they also generally become slightly sweeter and hotter than their green versions.

Recipes & Storage Tips

As you can see from the SHU chart on the left, the hottest pepper in your box is the Bangkok Thai pepper (sometimes called bird's eye), followed by cayenne. Poblanos are milder, but with a little kick, and bell peppers have no heat. We got the recipe below from a CSA we used to subscribe to, and love adapting it for many types of stuffed peppers.

Poblanos Rellenos

7 sundried tomato slices ¾ T. canola or corn oil
 10 pecans or walnuts, chopped
 2 garlic cloves, minced 1 cup corn kernels
 ¼ tsp. salt Fresh-ground black pepper to taste
 3 oz. soft mild chevre ½ cup cottage cheese
 ¼ cup grated Monterey Jack or cheddar cheese
 4 small poblano pepper (or 2 green bell pepper, or 4 Anaheim peppers)

Bring 1 cup water to a boil; pour over the dried tomatoes in a small bowl. Let the tomatoes sit in the hot water for 10 min., then drain and chop them fine. While the dried tomatoes are soaking, heat ½ T. of the oil in a skillet, and add the pecans or walnuts. Cook them over low heat for 3 min., shaking the pan from time to time, until toasted; be careful not to burn them. Add the garlic, chopped dried tomatoes, and corn to the mixture. Cook an additional 2 to 3 min. over medium heat, stirring. Remove the pan from the heat, and add the salt and pepper. Crumble the goat cheese into the mixture, and fold in the cottage cheese and Jack or cheddar cheese. Preheat the oven to 350°F. Stuff peppers: Remove stem, core, and seeds of peppers without puncturing the sides. Stuff the peppers loosely with the filling, distributing it equally among the peppers. Coat a casserole dish with ¼ T. of oil and lay the stuffed peppers in the dish. Add a scant ¼ cup water, and cover dish with a lid or foil. Bake peppers for 30-45 min. (bell peppers take longer than poblanos), until tender. Serve immediately. (Source: Vegetarian Planet, Didi Emmons).

Tips: Artichoke: See [website](#) or [last week's newsletter](#). Peppers: Bell – refrigerate in hydrator drawer for up to 1 week. For longer storage, chop, place in bag, and freeze. Hot – use fresh, or dry on a string or sheet and then store in an airtight bag.