



Box contents

Small share:

1 bell pepper (Tues.: green; Thurs.: yellow)
 5 Thai chili peppers & 1 jalapeño
 1 bag lettuce mix (Tues. this wk.; Thurs. next wk.)
 ¾ lb. Tomatillos (Thurs. only this week)

Medium tomatoes

½ pint Matt's Wild
 Cherry tomato
 1 eggplant (or 2 sm.)
 1 Patterson onion
 ½ lb. green beans
 1 leek (or 2 sm.)
 1 summer squash/
 zucchini

(Next up...purple potatoes, tomatoes)

Regular share additional items:

1 cantaloupe/
 muskmelon (Tues.)
 1 bunch rainbow
 chard
 Lunchbox peppers
 1 bunch Thai basil

Farm News

It's ratatouille week at Plowshares & Prairie! Our summer veggies are finally aligning so we can offer all the key ingredients for this tasty baked dish. I was first introduced to this dish as *pisto* in Spain, which is essentially the same as the French *ratatouille*. You can even watch the eponymous Pixar movie to get in the mood to cook it!

We also have some more peppers maturing, including our hot peppers. Also called a bird's eye chili, the Thai chili pepper is small but packs some serious heat! It measures 100,000-225,000 [Scoville heat units](#) (SHUs), which represent the amount of capsaicin in the peppers. (For reference, a bell pepper is 0, jalapeños are 3,500-10,000, habaneros are 100,000-350,000, and ghost peppers can be over 1,000,000!) As peppers mature and become red, they also generally become slightly sweeter and hotter than their green versions. Pepper seeds and inner ribs are the hottest parts. For very hot peppers, it is recommended to wear gloves to avoid a burning sensation on hands or any other body part you touch (watch out when removing contacts!).

The lunchbox peppers in the regular share are great for eating raw as snacks (or try with a dip like hummus). After a break due to hot summer temperatures and pesky rabbits, we finally have some lettuce starting this week, so enjoy a salad!

Recipes & Storage Tips

Ratatouille

½ onion, chopped 2 garlic cloves, sliced
 1 c. tomato puree 2 T olive oil 1 small eggplant
 1 summer squash 1 bell pepper Few sprigs thyme
 Salt & pepper Few T soft goat cheese (optional)

Preheat oven to 375°F. Pour tomato puree into a baking dish; add garlic and onion; stir in 1 T olive oil, salt and pepper. Remove core of bell pepper. Cut the eggplant, squash and bell pepper into thin slices (~1/16-in.). Atop the tomato sauce, arrange veggies concentrically from the outer edge in, overlapping slightly & alternating veggies. Drizzle remaining T olive oil over veggies, season with salt, pepper, and thyme. Cover with aluminum foil; bake for 45-55 min. Serve with cheese or crusty bread.

Green Bean Casserole with Crispy Onions

1 med. yellow onion, halved & thinly sliced
 1/8 c. flour 1 T breadcrumbs ¼ tsp. salt
 Pepper High-heat oil, for deep-frying
 1.5 T butter 6 oz. mushrooms, thinly sliced
 Dash nutmeg (optional) Pepper ½ tsp. salt
 2 garlic cloves, minced 1.5 T flour
 ¾ c. vegetable/chicken broth ¼ c. heavy cream
 ½ lb. green beans, trimmed and halved

Toss onion with flour, breadcrumbs, salt & pepper. Heat ½ in. oil in a skillet. Add onions a handful at a time in a single layer; fry until light golden brown. Remove with a slotted spoon and drain on paper towels. Repeat with remaining onions. Heat oven to 400°F. Blanch green beans for 5 min.; drain and set aside. Melt butter in a skillet on med-high heat. Add mushrooms, salt & pepper; sauté until they release liquid (3-5 min). Add garlic; sauté for 1 min. Add flour and stir until coated. Add broth, 1/4 cup at a time, while stirring. Simmer mixture for 1 min.; add cream and simmer (while stirring) until sauce thickens (5-6 min.). Add beans and stir until coated; sprinkle onions on top. Bake for 15 min.

Tips: *Hot chili peppers:* Store in a cool dry place for 1-2 weeks. *Leeks:* Refrigerate unwashed for 2 weeks. Remove green tops to within 2 in. of white section. Eat raw, steam, sauté with other veggies, or use in soups, casseroles, eggs, or mashed potatoes.