



Box contents

Small share:

½ pint raspberries (Hilldale only; Monroe next week)
 1 watermelon (GHC & Downtown, others next week)
 2 leeks
 2 lb. Magic Molly potatoes
 2 red Carmen peppers
 2 jalapeño peppers
 2 Thai chile peppers
 Tomato medley
 ½ lb. green beans
 ½ lb. Dragon beans
 1 shallot
 1 bunch radishes
 (Next up...tomatoes, peppers, carrots, garlic, kale)

Regular share additional items:

1 red & 1 yellow bell pepper
 Extra ½ lb. green beans
 1-2 sm. heads cauliflower

Farm News

It looks like we may have had our last dose of heat for the season, with the forecast for the near future showing pleasant highs of 70s and 50s overnight. It is just beautiful late summer weather to transition us into fall. That said, we're happy we're not on frost alert yet, but the slightly cooler nights are a good reminder to savor the summer crops while we still have them. Tomatoes have slowed down some, but we're still picking a good amount, and peppers are still going crazy. With the jalapeños and Thai chiles in the boxes this week, we figured it was a good time for little refresher lesson on hot peppers. The [Scoville scale](#) is used to measure the heat in peppers. Scoville heat units (SHUs) represent the amount of capsaicin in the 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 SHUs (and is delicious in Thai curries), while jalapeños come in at 3,500-10,000. Bell peppers are 0 and ghost peppers can be over 1,000,000 (don't worry, we don't grow these). 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, we recommend wearing gloves to avoid a burning sensation on hands or any other body part you touch (watch out when removing contacts!).

Recipes & Storage Tips

Pureed Potato Soup with Leeks

1 T. olive oil or butter
2 lb. potatoes (any type) peeled & cut into sm. cubes
2 leeks, white and light green parts only, well washed and sliced into thin rings
Salt & pepper, to taste 1 qt. vegetable stock/water
½-1 cup cream, sour cream, or yogurt
 Put oil or butter in a pot over medium heat. When oil is hot/butter melts, add the veggies. Add salt & pepper and cook, stirring, for 2-3 min. Add stock or water and cook until veggies are very tender (~20 min.). Puree in a blender and return to pot (or use an immersion blender). Stir in ½-1 cup cream, sour cream, or yogurt; and reheat gently (do not allow to boil if using yogurt). Add salt & pepper, to taste.

Seared Salmon with Green Bean Salad & Balsamic Vinaigrette

2 T. balsamic vinegar 2 T. shallots, finely chopped
¼ cup + 1 T. olive oil Salt and pepper, to taste
4 6-oz. skinless salmon fillets
½ lb. green beans, trimmed
6 oz. cherry tomatoes, halved
4 radishes, thinly sliced
 Whisk together vinegar, shallots, ¼ cup olive oil, salt and pepper in a bowl and set aside. Season both sides of salmon with salt and pepper. Heat a skillet over med-high heat, add 1 T. oil, add salmon and cook 2-3 minutes per side. Transfer to a platter and let sit for 2 min. Meanwhile, in a saucepan of salted boiling water, cook green beans until crisp-tender (~5 min.). On four plates, arrange green beans and top with a salmon filet followed by tomatoes, radishes, and vinaigrette.

Jalapeño Watermelon Limeade

4 cups watermelon Juice from 2-3 limes Sea salt
1-2 jalapeño(s), seeds removed & sliced thinly
 Mash cubed watermelon, add lime juice and a pinch of salt, & blend. Add jalapeño; allow to infuse for up to 30 minutes (the longer you wait the stronger it will be). Garnish with lime and herbs if desired.

Tips: *Leek:* Refrigerate unwashed for 2 weeks. Remove green tops to within 2 in. of white part. Eat raw, steam, sauté, or use in soups, casseroles, etc.