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# Peppers

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*USU Student Organic Farm*

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# USU STUDENT ORGANIC FARM

August 1, 2011

## Newsletter

Volume 2 Issue 12



Keenen harvesting one of a million squash plants

### Conquering the Bounty

There are a couple ways to store peppers long term. Pickling them is always a good option, even for hot peppers. See the June 13<sup>th</sup> radishes newsletter for pickling directions. Canning and freezing are other ways to store all kinds of peppers. To freeze, simply put them in an airtight bag and toss in the freezer. Super easy, but you need to space in the freezer.

Ideas for using your peppers:

- ❖ Make a stuffing out of rice, beans, and salsa and stuff halved bell peppers
- ❖ Sauté and put on French dip sandwiches
- ❖ Chop into 2" squares, put on a skewer and grill
- ❖ Add to your spaghetti sauce
- ❖ Add to a veggie sandwich
- ❖ Add to your salad
- ❖ Chop into small pieces and top a pizza- homemade or frozen
- ❖ Sauté and make fajitas
- ❖ Sauté and sprinkle on a cheese quesadilla
- ❖ ROAST them (see Fabulous Flavors box on pg 2)
- ❖ Stuff hot peppers with cream cheese and wrap with bacon

Article by: Brianne Sherwood

### Featured Vegetable: Peppers

Bell peppers can brighten up any dish with all the colors they can be! Peppers come in seven different colors: red, yellow, orange, green, purple, and the less known- brown, and ivory. What's interesting is that all peppers start out green when they're growing. They turn their genetically determined color as they mature. Some varieties mature and stay green and sometimes bell peppers are just picked early and sold as green peppers. As you've probably noticed, bell peppers become sweeter as they mature, so red peppers will be sweeter than green. One interesting fact, purple peppers are actually green on the inside and their skin turns green as they're cooked.

Vitamin A and vitamin C are abundant in bell peppers, especially more mature ones (meaning not green ones). Vitamin A is a potent antioxidant, getting rid of those free radicals that cause damage to cells in the body.

On our farm, we are growing a TON of pepper varieties, most of which you probably have never heard of before! Lipstick, Hungarian Hot Wax, California Wonder, Jalapeno, and Apple are the names of some of the varieties. Cal Wonders and Lipstick peppers are both sweet and the rest of the varieties are hot peppers. We are trying to only pick the Cal Wonders when they're red (because we all know they are so much better that way), but because of the short season, you may get some green. Still tasty.

### Storage and Preparation

Refrigerate unwashed peppers in a plastic bag. Quality will suffer after about a week. Green bell peppers will stay fresh a little longer than the other colored ones because they are younger fruit.

To prepare for cooking, cut off stem end of pepper, reach in and pull out the seed pod with your fingers. Slice pepper in half and pull out white flesh. The white inside the pepper doesn't have much flavor. Cut into strips lengthwise.

Peppers are so versatile! You can eat them raw with or without a dip (hummus is great with them), or you can roast them and toss into any dish.

Article by: Brianne Sherwood

### Southwestern Coleslaw

*This makes a lot for when you go to summer potlucks. It's easily halved if needed. This salad keeps in the refrigerator for several days and just seems to get better as it "ages." Makes 10 servings.*

1 head cabbage, shredded or chopped    **Optional:**  
1 lime, cut in half    Corn, tomatoes, red or green  
1-2 jalapeno peppers, chopped fine    onions  
1 sweet pepper, chopped  
1 bunch cilantro  
½ cup olive oil or canola oil  
Salt and pepper, to taste  
Chili powder, to taste (optional)

Place cabbage in a large mixing bowl. Squeeze lime juice over cabbage and stir well. Add remaining ingredients and mix well. Add salt and pepper to taste. Refrigerate until flavors blend. Garnish with pepper rings and a sprinkle of chili powder if desired.

Recipe adapted from: *Viva Vegetables* by Janet Anderson and Tamara Vitale

## ANNOUNCEMENTS

**Second payments are due!** If you did not bring in your payment this week when you picked up your share, please mail it in this week.

**We're still giving out tomatoes and kohlrabi** as they grow! We're keeping track of who gets them to be sure everyone gets an equal share.

Email us your favorite recipes that use the produce you receive in your share!  
organicfarm@aggiemail.usu.edu

Volunteer hours:

Tuesday, Thursday, Friday: 7am-2pm

Wednesday, Saturday: 10am-2pm

**Contrary to popular belief, the hottest part of the pepper isn't the seeds, but the white membrane inside the pepper.**

### Organic Techniques Plants Have Protein! Who knew?

High protein food products have become increasingly trendy in recent years, typically boasting benefits of increased muscle mass with purchase. Our fascination with protein is practically an epidemic.

While it is true that protein is the basic building block of the human body and is responsible for new tissue growth, it is not necessary that we consume high protein foods by the truckload. Protein is actually made up of varying combinations of the 20 amino acids. There are 8 essential amino acids that the body cannot make which must be obtained through the diet; although they don't necessarily need to be obtained from one single food! A varied diet of fruits, veggies, grains, and legumes offer the necessary spectrum of health promoting amino acids.

Watch your intake-Most Westerners seem to get double their protein needs. Excess protein is related to detrimental health effects such as arthritis, osteoporosis, kidney stones and heart disease. So for all your nutritional protein needs- look no further than your CSA weekly basket!

*Article by Eden Williams,  
Vegan News club President*

For more information about the USU Student Organic Farm or CSA shares visit:

[www.usu.edu/organicfarms](http://www.usu.edu/organicfarms)

## On the Farm News

The fall crops are in the ground! We transplanted broccoli, cabbage (the red express and the Chinese varieties), pak choi, broccoli raab and tat soi. They should be here in September so that's something to look forward to!

We pulled out the golden nugget cherry tomatoes this week in order to give the indeterminate varieties of tomatoes more room to grow. (For those who don't know, indeterminate varieties of tomato plants just keep growing and growing. Determinate varieties stop growing vines at a point.) They are now hanging upside down in front of the shed to (hopefully) produce more and to dry out for seed collection.

The herbs that used to be in pots by the shed are now transplanted in the field. We will harvest some every week and put them by the shed for you to take. If we don't have an herb harvested when you come, we can definitely harvest some more at your request.

**Veggies to expect next week:** lettuce, chard, kale, carrots, peppers, broccoli, tomatoes, cucumbers, summer squash, spinach, basil, maybe eggplant, some kohlrabi

*Article by: Brianne Sherwood*



## Fabulous Flavors: Tips & Techniques

### "Fire"-Roasting Peppers

*Stop buying those expensive jars of fire-roasted peppers from the grocery store and make them yourself! They don't even take that much time. Roasting brings the most sweetness possible out of sweet peppers. Here how you do it. Talk about easy:*

1. Cut stem end off pepper
2. Remove pepper seed pod
3. Slice pepper in half lengthwise
4. Flatten pepper halves by squashing them with the palm of your hand onto a flat surface.
5. Put peppers under broiler until well charred. If you have a gas stove, you can also blacken peppers over a lit stovetop.
6. Enclose peppers in foil for about 15 minutes to soften (optional).
7. Peel skins off peppers. They should easily slide off.



Use in recipes or serve by themselves with a drizzle of olive oil, salt, and pepper for a simple side dish. If you want to save some for later, seal in an airtight bag and put in the freezer.

Here's some other ways you can use your roasted peppers:

- Put on sandwiches or wraps
- Make red pepper hummus
- Top some focaccia bread with roasted red peppers, olives, and feta cheese
- Puree, add some olive oil, and make a dressing
- Puree for a sauce over fish

*Source: [localfoods.about.com](http://localfoods.about.com)*

*Article and picture by: Brianne Sherwood*