

**CSA
WEEKLY**

**Week 15
2017**

In The Box:

- Apples
- Tomatoes
- Onions
- Potatoes
- Cherry Tomatoes
- Peaches
- Peppers: Bell,
Banana, Jalapeno (hot)
- Concord Grapes
- Basil

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ALL AROUND THE FARM

More fresh fruit this week: PEACHES!!! Add that to the apples and grapes and you have several choices for quick snacks for between meals for your family. Remember, veggies are a quick snack too—cherry tomatoes, bell pepper strips, and even regular sized tomatoes. My mother used to eat them like apples. If you are really brave, I suppose banana and jalapeno peppers could be a snack as well...in moderation, of course!

Since I am new to all these fresh foods, I often ask our customers how they plan to prepare the items they receive in their CSA or what they purchase at the farmers markets. They can often give me instructions from memory of their own creations, but I do better with a recipe. This week, a Johnston Farmers Market customer granted my request for her recipe using banana peppers. See page 2. All vegetables included in the recipe are part of your CSA this week, just get any extra quantities you need then prepare and enjoy. By the way, it was a pleasure to meet the Johnston customers this last week. Tyler and Amanda are back from vacation, so look for their familiar faces.

Dale reports that the second crop of sweet corn should be ready next week. Just when you thought you may not get any more Iowa sweet corn, we plan to provide the yummy, buttery, nothing-like-it taste one more time. You can start practicing licking your lips and fingers in anticipation. :)

Melons are growing but not yet shaping up as Dale would like. The different squash plants are looking good and producing but the pests have noticed it too. We may have to go to battle with some pests this week.

We did finally finish harvesting all the onions and plan to dig up most regular potatoes this week. The sweet potatoes are forming nicely after the good rain a couple weeks ago softened the ground to help them expand.

We hope you are enjoying the new items as they become available as well as the other items with the longer season and therefore, regular appearances in your CSA.

**Thank you for participating in
Bridgewater Farm CSA this year!**

-Food Tips-

Peach storage: simply put them on your counter at room temperature until they reach your desired ripeness. For faster ripening, place peaches in a brown paper bag on kitchen counter. Once they have reached your desired ripeness, then and only then should you place them in the refrigerator.

Excerpt from an expert:

Michael Pollan, author of Food Rules

I am off-farm for a couple days working on my home in Clarinda and forgot my Food Rules book so looked one up online from the book. This is a good reminder as schedules get busier with school starting and its accompanying activities that can sabotage our good intentions to eat well. Hint: Keep a snack section in your fridge and pantry of fresh fruit and/or sliced veggies.

Rule 9: **“Limit your snacks to unprocessed plant foods.** The bulk of 500 calories Americans have added to their daily diet since 1980 (the start of the obesity epidemic) have come in the form of snack foods laden with salt, fat, and sugar. If you are going to snack, try to limit yourself to fruits, vegetables, and nuts.” (No page number listed online)

Recipe of the Week

Banana Peppers Dish

9-10 banana peppers, sliced
3 large slices of tomatoes, cut into chunks
1 medium sized onion, finely chopped
¼ c oil
2 T paprika
Salt to taste

Sauté onions in oil at medium heat until translucent. Remove from heat. Add paprika. Stir to blend.

Add peppers and salt, cover and sauté, stirring occasionally 10-15 minutes.

Add tomatoes and stir an additional 10 minutes. Add more salt, if desired.

Optional:

--beat 2-3 eggs and add to dish at the end

--cut 5-6 slices of bacon in small pieces and cook in oil and then use the bacon grease to sauté onion. Add bacon pieces to dish before serving.