



WILD ROSE
ORGANIC FARM

Market Style CSA
(Community Supported Agriculture)

No. 13



On the farm

Newsletter

Every SHARE

THIS WEEK'S HARVEST

Choose 8

Sept. 5th, 2019

Tomatoes
Swiss Chard
Eggplant
Cured Onions
Garlic
Curly Kale
Cucumbers
Peppers **Mixed**
Potatoes **(limit 1)**

Carrots
Lettuce (**Red** or **Green**)
Zucchini
Beets No Tops (**Red** or **Gold Mix**)
Cherry Tomatoes
Beans **Green** or **Yellow**
Mini Daikon Radish
Herb (**Parsley**)

Limit of **2** per item

FRESH LOCAL PRODUCE Chemical FREE, Non GMO

Feature of the week

Peppers

Health Benefits

- Maintains Eye Health. You can obtain adequate amounts of carotenoid such as beta-carotene and lutenoid from bell peppers. ...
- Boosts Immune System. ...
- Nourishing for Fetus. ...
- Ideal for Weight Loss. ...
- For Digestive Health. ...
- An Antioxidant. ...
- Anti-Inflammatory. ...
- For Nervous System.



Bell peppers are rich in many **vitamins** and **antioxidants**, especially **vitamin C** and various carotenoids. For this reason, eating them may have several health benefits, such as improved **eye health**, and reduced risk of several chronic diseases

Peppers have a lot going for them. They're low in calories and are loaded with good nutrition. All varieties are excellent sources of vitamins A and C, potassium, folic acid, and fiber. ... Compared to green bell **peppers**, the red ones have almost 11 times more beta-carotene and 1.5 times more vitamin C.

Storage

To maximize the shelf life of raw **bell peppers**, store in a plastic bag in the vegetable crisper of refrigerator. **Green bell peppers** will usually last longer than orange or red **bell pepper**.

Long-term Storage

You can also store bell peppers for long periods of time in the freezer. This is perfect if you notice a great deal on peppers at the store and stock up, or if you grow your own and harvest a bunch at once. First, cut off the tops of your bell peppers. Next, take a spoon and remove all of the seeds from the inside. Now, cut the pepper into quarters and lay them on a baking sheet or tin foil. Place them in the freezer and allow them to freeze. Finally, place the frozen pieces in a freezer bag and store them in the freezer. Use them any time; they will thaw quite quickly.

On the Farm...

Cleaning out the Bad Leaves of the Swiss Chard Patch

Every once in a while we go through our patch to get rid of the bug eaten leaves so our sheep can enjoy a good meal on us other than their hay diet.



With the drought the fields are not very good anymore to feed them well. The grass is not growing, most of it is burned from the sun. Hopefully soon we will be getting enough rain to replenish the scorched grass out there.

