

August 24th/25th, 2013



## Week 12

### What's in Your Share This Week:

- Blackberries
- Poblano Peppers
- White potatoes
- Okra
- Acorn Squash
- Cayenne peppers
- Oregano
- Watermelon
- Tomatoes
  - Red
  - Green Zebra

Hi Fresh Stoppers! We have another yummy week coming your way. I don't have much to write about, but I did want to make a quick note about the cayenne peppers. I'm assuming they will be green like they have been in the past, which apparently means they are less hot than if they were left on the vine to turn red. They should continue to ripen if you hang them in a window to dry out or can be used as is. (Last year I dehydrated some red ones in my oven and ground them up to have cayenne pepper and crushed red pepper flakes all winter long.) Apparently these little guys pack the highest amount of vitamin A you can find in the edible world and are all around pretty nutritious. If you're like me and tend to avoid anything too spicy, just chop up one or two to add to any meal of your choice. Remember, it's easy to make something a little spicier, but very hard to make it less so. Enjoy!

### Recipes

#### Salsa

##### Ingredients:

- 2/3's of a small yellow onion
- 1 small garlic clove
- 1 small jalapeno (or substitute some of this weeks cayenne peppers)
- 1½ lbs tomatoes, cored and roughly chopped
- 1 tsp white vinegar
- 2 tsp chopped oregano
- ¾ tsp course salt

##### Directions:

In a food processor, pulse onion, garlic, and jalapeño. Add 2/3's of the tomatoes and pulse until chopped. Transfer to a bowl. Then pulse remaining tomato until liquefied. Add to bowl along with vinegar, oregano, and salt. Stir to combine.

#### Roasted Potato & Okra Salad

##### Ingredients:

- 2 lb small potatoes such as fingerling, red, or yellow-fleshed
- 1 large bunch scallions, halved lengthwise and roughly chopped
- 2 large fresh rosemary sprigs, plus 1/2 teaspoon chopped
- 1/4 cup olive oil
- 2 1/4 teaspoons salt

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1 teaspoon black pepper  
3/4 lb small (2- to 3-inch) okra, heads removed  
1 cup fresh corn (from 1 to 2 ears)  
1 1/2 tablespoons fresh lemon juice  
1 tablespoon finely chopped shallot

**Directions:**

Roast potatoes and okra: Put oven rack in middle position and preheat oven to 450°F.

Halve potatoes lengthwise and toss with scallion pieces, rosemary sprigs, 2 tablespoons olive oil, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Spread potato mixture in a large roasting pan and roast, stirring once, 20 minutes. Stir potatoes and add okra to pan, tossing to coat. Continue to roast until okra and potatoes are tender, about 30 minutes more.

While potatoes roast: Cook corn in 1 quart of salted boiling water for 3 minutes. Drain and set aside.

Make dressing and assemble salad: Whisk together lemon juice, shallot, chopped rosemary, and remaining 2 tablespoons oil, 1/2 teaspoon salt, and 1/2 teaspoon pepper in a large bowl until combined. Discard rosemary sprigs, then add hot potatoes and okra to dressing along with beans, corn, and salt to taste, tossing to combine. Serve hot or warm.

from TheKitchenSink, who originally adapted from Gourmet

**Acorn Squash** -Here is a really easy and quick side dish that goes well with anything such as steaks, chicken, pork etc.

**Ingredients:**

Olive Oil  
Salt  
Chili Pepper Flakes  
Brown Sugar

**Directions:**

In this recipe just add each ingredient to your liking. Start by cutting the squash into wedges or slicing horizontally and cleaning out all of the seeds. Once everything is cut up, place them on a greased pan with the seeds and sliced almonds and brush each piece of squash with olive oil, sprinkle with some salt, brown sugar and chili flakes. You can adjust the amount of brown sugar and chili flakes depending on how sweet or spicy you would like the squash. Cook at 400°F for about 20 minutes or until the squash reaches your desired tenderness and that's it! I should note that I cooked these in a small toaster oven, so they may take a little bit longer when cooking in a larger oven. Source: <http://bsinthekitchen.com/acorn-squash/>