

# Sweet Peppers



Late summer marks the peak of pepper season, and this week we are excited to feature a mix of sweet varieties from Alvarez Farms in Mabton, WA.

## Sweet Pepper and Cucumber Salad

1 cucumber, peeled and chopped into small pieces  
1 cup mixed sweet peppers, chopped into small pieces  
flesh from 1 avocado, cubed  
3 tablespoons green onions, trimmed and chopped fine  
1 heaping teaspoon garlic, chopped fine  
1 1/2 tablespoons olive oil  
1 teaspoon honey  
1 teaspoon lemon or lime juice  
1/2 teaspoon (according to taste) salt  
generous grindings fresh black pepper  
garnish: bit of fresh basil or cilantro, chopped

Add the cucumber, sweet peppers, avocado, green onion, and garlic to a large bowl, and toss to combine. In separate small bowl, stir the olive oil, honey, lemon juice, salt, and black pepper until combined. Then pour over the veggies and toss to coat well. Top with garnish and serve.

From [www.live-green-smoothie-diet.com](http://www.live-green-smoothie-diet.com).

## Sausage and Sweet Pepper Pasta

1/2 lb mixed sweet peppers  
4 turkey sausage patties or links  
4 garlic cloves  
1/2 lb spaghetti  
1/2 medium onion  
Fresh basil (can use dried)  
3 tablespoons olive oil  
butter or margarine  
garlic salt

Julienne the peppers and dice the onion and garlic. Boil water and cook the pasta according to the directions. In a frying pan, on medium high, heat approximately 3 teaspoons of oil or enough to lightly coat the pan. Add the garlic and onions, stirring often so they do not burn, and cook for about 2 minutes or until translucent. Add the sausage to the pan, breaking it up once its in there into more bite size pieces. Add the peppers and basil and continue to stir occasionally. If needed use a white wine or chicken broth to keep liquid in the frying pan to prevent anything from sticking and to help the peppers tenderize. Once the meat is cooked and the peppers are to your desired tenderness remove from heat. Drain your pasta and return to the pan. Add enough butter or margarine to coat the pasta well, and then add garlic salt until desired taste. Then add the peppers and sausage to your pasta and serve. *Adapted from [www.food.com](http://www.food.com).*

## Vegetable Box Contents:

item	Farm/Brand Name and Location	Food Miles
Bicolor Corn	Farmers Own (WA)	varies
Yellow Beans	Farmers Own (WA)	varies
Mixed Sweet Peppers	Alvarez (Mabton, WA)	197
Cucumber	Tahoma Farms (Orting, WA)	20
Summer Squash	Tahoma Farms (Orting, WA)	20
Orange Tomatoes	Pride of the Umpqua (Roseburg, OR)	321
Sungold Cherry Tomatoes	Tahoma Farms (Orting, WA)	20
Arugula	Tahoma Farms (Orting, WA)	20

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



Printed on recycled paper, 100% post consumer content



Please contact us at:

877-619-5612 or 253-627-1581  
[www.terra-organics.com](http://www.terra-organics.com)  
[info@terra-organics.com](mailto:info@terra-organics.com)  
P.O. Box 5966, Tacoma, WA 98415



We appreciate you leaving your **empty, flattened box** out for us to pick up with your next delivery.

We *do not* reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



# THIS WEEK'S RECIPES

## Corn & Sweet Pepper Fritters with Rosemary Honey Sauce

### For Sauce:

½ cup honey  
½ cup fresh orange juice  
1 tablespoon fresh lemon juice  
1 teaspoon grated orange peel  
1 teaspoon grated lemon peel  
1 tablespoon fresh rosemary, finely chopped  
1 ½ teaspoon cornstarch  
1 tablespoon butter

### For Fritters:

2 large eggs  
2 cups fresh whole-kernel corn, cut from cob and separated into kernels  
½ cup red bell pepper, finely diced  
2 tablespoons flour  
1 tablespoon butter, melted  
1 teaspoon sugar  
¼ teaspoon salt  
About ¼ cup vegetable oil, for frying fritters

In small saucepan, whisk together honey, orange juice, lemon juice, orange peel, lemon peel, rosemary, and cornstarch until well blended and cornstarch is dissolved. Bring mixture to a boil over med-high heat, whisking occasionally; cook until mixture thickens. Remove from heat. Whisk in butter or margarine. Cool to room temperature. In medium-sized bowl, beat eggs with a fork, just to mix them. Add the corn, peppers, flour, butter, sugar, and salt. Beat until well blended with a wooden spoon. In large skillet, heat the oil over med-high heat. When oil is hot, drop the batter by tablespoons into skillet. Do not overcrowd the fritters and adjust heat so that fritters cook evenly and not too quickly! Cook 3-4 minutes on each side, turning with slotted spoon, until fritters are light golden brown. Remove fritters from skillet with slotted spoon and drain on stack of paper towels. Serve fritters warm, with sauce drizzled over the tops...any remaining sauce can be offered on the side.

From [www.inmamaskitchen.com](http://www.inmamaskitchen.com).

## Honey-Glazed Beans

1/2—1 pounds wax (yellow) or green beans, trimmed  
1/2 tablespoon mild honey  
1/2 teaspoon finely grated fresh lemon zest  
1/8 teaspoon salt

Cook beans in a 4-quart pot of boiling salted water until just tender, 6 to 8 minutes. Drain in a colander, then immediately toss with honey, zest, and salt in a large bowl.

From *Gourmet*, April 2002.

## Japanese Cucumber Salad

1 large cucumber  
1/4 cup rice vinegar  
1 teaspoon sugar  
1/4 teaspoon salt  
2 tablespoons sesame seeds, toasted

Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

From *EatingWell*, June/July 2005.

## Arugula with Orzo and Tomatoes

3/4 cup orzo  
About 8-10 cups arugula, chopped roughly  
Olive oil  
1/4 cup fresh basil leaves  
8 ounces cherry tomatoes, halved  
2-3 ounces goat or feta cheese, crumbled  
Salt and pepper

Cook the orzo according to package directions. Drain and reserve. Heat a large pan over med-high heat and add a little olive oil. When it is hot, cook the arugula handful by handful, letting the first few handfuls wilt completely, and leaving the last few barely cooked. Add basil, tomatoes, cheese, and orzo with the last handful of arugula. Turn heat to high and cook for another minute or two - until everything is hot. Remove from heat and season to taste with salt and pepper and a drizzle of olive oil. Serve immediately. From [www.thekitchn.com](http://www.thekitchn.com).

## Squash, Tomato, & Basil Risotto

3 cups low-sodium vegetable broth, divided  
1 tablespoon olive oil  
1/2 cup dice onion  
1 cup Arborio rice  
1 summer squash, finely diced  
1/2 cup diced tomato  
2 tablespoons chopped fresh basil  
2 tablespoons grated parmesan cheese  
1/4 teaspoon salt  
1/8 teaspoon ground black pepper  
fresh basil for garnish

In medium saucepan, bring vegetable broth to a boil. Reduce heat to low, cover and keep simmering while making risotto. Heat oil in large saucepan over medium heat until hot. Add onion, cook two minutes. Add rice; stir to coat with oil. Add 1/2 cup vegetable broth; cook and stir until broth is absorbed. Repeat process with the rest of the broth. Add zucchini; continue cooking until the rice is creamy. Add tomato; cook 2 to 3 minutes. Test rice for doneness, it should slightly firm but thoroughly cooked. Stir in basil, cheese, salt and pepper. Garnish with fresh basil. Serve immediately. From [www.cditchen.com](http://www.cditchen.com).

## Storage and Preparation Tips

- ◆ **Sweet Peppers:** Store unwashed peppers in a plastic bag in the refrigerator. They will stay fresh for about a week. Green peppers will stay fresh a little longer than the yellow and red ones. Wash before use.
- ◆ **Yellow Beans** should be stored in a cool place. If they are not going to be used for 2 or 3 days, store in a perforated bag in the crisper area of the refrigerator. They can be stored in the refrigerator for up to 5 days.
- ◆ **Summer Squash:** Handle summer squash with care because they are damaged very easily. Store for up to four to five days in a perforated plastic bag in the refrigerator. Do not wash until ready to use.

\* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.