

GROUNDWORK ORGANICS



August 11, 2021

We are in the thick of a couple very nice plantings of corn, Gabe told me we better put it in the CSA again this week because it 'won't be around forever'. And it's so good right now, hope you're not growing weary of it yet. One thing I want to learn how to make well are sweet corn tamales – this would be a great week to try. But really, if it's starting to overwhelm you consider freezing it for the winter – just boil the ears whole for about a minute, let them dry well on a kitchen cloth, and cut the kernels off as close to the cobb as you like, then freeze flat in good quality zip lock bags. Fantastic in everything from corn bread to soups and stir fried rice all winter long.

Lots of beautiful **sweet peppers** ripening up quickly during these hot summer nights, ditto on the 'hope they aren't overwhelming you' note. Corno di Toro Italian sweets are pretty special, thin walled and flavorful without any heat. Here are a couple good ways to make them disappear.

In your box

Romaine lettuce
Beefsteak tomatoes
Corn
Fingerling potatoes
Basil
Red Ace beets
Italian sweet peppers
Yellow bell peppers
Orange Honeydew

Marinated Roasted Peppers *adapted from Full Belly Farm, Caypay Valley, California*

One of the best ways to enjoy and preserve peppers. And if you happen to have a hard time digesting them raw, this usually does the trick - it's most often the skin that gives people problems. Place the peppers in a broiler, or over a gas burner and turn the heat to high. Broil until the skins have blackened and blistered, using metal tongs to turn the peppers and cook them evenly. When they're blackened all over, put them in a covered bowl and allow the steam to lift off the skin. After 15 minutes, scrape off the skin and discard the stems, veins and seeds. Slice the peppers into strips and marinate them in olive oil, a little good quality red or white wine vinegar, a clove or two of garlic and a big pinch of salt for at least an hour, longer is better. Add them to your salads, sandwiches or charcuterie plates. Keeps well in a lidded jar in your fridge for about a week

Stuffed Sweet Peppers *from Chez Panisse Vegetables*

4 large sweet peppers
1 bunch scallions
Olive oil
12 ounces soft sheep's milk cheese
1/2 cup chopped basil
1/4 cup chopped Italian parsley
1/3 cup pine nuts, lightly toasted
1/2 cup toasted bread crumbs
Zest of 2 lemons
1 teaspoon chopped garlic
Salt and pepper

Roast the peppers over a medium-hot grill or under the broiler until they have begun to soften and their skins are lightly charred and blistered. If grilling, brush the scallions with olive oil, grill until tender, and set aside for stuffing. When the peppers are roasted, put them in a covered container to steam briefly.

When the peppers are cool enough to handle, peel them, leaving them whole: carefully cut off the tops as if you were beginning to carve a pumpkin. Reach in and remove the seeds inside and drain off any excess water.

To make the stuffing, mix together the sheep's milk cheese (at room temperature), 1/4 cup of the basil, the parsley, 3 tablespoons of the olive oil, the scallions, pine nuts and bread crumbs. Add half the garlic, and half the lemon zest, and let the mixture sit for a minute to let the flavors settle. The seasoning can be fine-tuned with salt and pepper, and more of the garlic and lemon zest, if desired. Remember that the peppers have a strong flavor, so the stuffing should be very assertive by itself. Preheat the oven to 250.

Fill each pepper with one quarter of the stuffing, place them all on a baking sheet and put them in the oven for 5 to 10 minutes, just long enough to warm them through. To serve, drizzle a little olive oil over them and garnish with the rest of the chopped basil.