

07-29-2025



CSA NEWSLETTER



Things come and they go, just like the river flows.



THIS WEEK'S VEGGIE LIST

Jimmy Nardello Pepper

Bunched Red Beets

Ancho Pepper

Green Cabbage

Yellow Onion

Cucumbers

Potatoes

Tomatoes:

1 Black Angel

1 Red Slicer

1 pint Cherry Tomatoes

Lettuce

Shallots

Cilantro

Zucchini

WEEK 8 - BUSY AS THE BEES

Here we are at the tail end of July and I find myself shocked (not for the first time) at the passage of time. It's a great reminder to take things slow when you can and enjoy the present moment! At this stage in time, we welcome an abundance of peppers, we anticipate the delicious corn and the hydrating melons that are just on the horizon, and we bid a solemn "See You Later" to the waning late spring crops--such as mustard greens.

We are as busy as the bees at this time in the season, trying to make the most of each second of daylight and working hard to provide the metaphorical honey that makes up the mid-summer crops here at GTF! We are bulking out carrots right now and the rich, earthy smell of carrot tops fill the farm day in and day out. Carrots are truly some of summers most treasured companions... and they are a joint effort to get them from the soil to the shopping basket.

When I asked GTF farmer, Palemon, some of his favorite things to harvest, amongst that list was indeed: *carrots*. Palemon stated his favorite harvests would have to be carrots, beets, and green beans. Palemon remarked that harvesting bulk carrots leads to 600 pounds of carrots being harvested with the carrot digger in 15 minutes! Green beans seemed curious to me and I wondered how they got from the fields to the farmstand front. Palemon best described the process using the green bean harvester as a machine that resembled the brushing of hair. The harvester allows you to rake the beans and harvest them in a brushing motion. This was fascinating to learn as a green bean fan!



-ALLIE WOOD

STUFFED ANCHO PEPPERS WITH CHILI

Ingredients:

- 6 ancho peppers
- 3 tablespoons olive oil, divided
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 teaspoons cumin
- 1 1/2 teaspoons oregano
- 2 teaspoons ancho chili powder
- 10 ounces lean ground beef
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3/4 cup fresh or frozen corn
- 1/2 cup long grain brown rice, cooked
- 1 tablespoon water

Directions:

1. Preheat oven to a high broil and place rack at top of oven.
2. Place whole ancho peppers on a baking sheet, then brush with olive oil. Broil for 3 to 4 minutes on each side, until peppers are lightly blistered. Turn off broil and preheat oven to 350 degrees.
3. Once cool enough to handle, peel away pepper skins and discard. Use a pairing knife to cut away the core and stem, then cut a slit down one side of each pepper. Use a spoon to scrape out the seeds.
4. In a large skillet over medium heat, heat olive oil. Add onion and sauté, stirring frequently, until translucent. Add garlic and cook for an additional 1 to 2 minutes.
5. Stir in tomato paste, cumin, oregano and ancho chili powder. Cook for 1 to 2 minutes, then add ground beef, salt and pepper. Cook for 3 to 5 minutes, until beef is browned.
6. Stir in corn, rice and water. Cook, stirring occasionally, for 1 to 2 minutes. Taste and add additional salt and pepper if desired.
7. Place peppers in a baking dish coated with olive oil and scoop beef filling into each. Bake for 20 to 22 minutes, until heated all the way through. Let cool slightly and garnish with toppings, as desired. Serve hot.

Recipe from Simply Organic

JIMMY NARDELLO PEPPERS WITH BURRATA

Ingredients:

- 1/2 pound Jimmy Nardello Peppers, washed and patted dry
- 1 tablespoon olive oil
- 1 garlic clove, finely minced
- 2 tablespoons Italian parsley, finely minced
- 8 ounces burrata
- Olive oil
- Sea salt
- Black pepper
- 1 baguette, toasted and sliced

Directions:

1. Slice the peppers in half lengthwise, keeping the seeds.
2. Heat olive oil in a large frying pan over medium-low heat. Add peppers to the frying pan. Cook 6-8 minutes, stirring often, until slightly wilted and blistered. Remove from the heat.
3. Add the garlic and parsley to the peppers, and stir.
4. Drain the burrata, and then lightly pat with a paper towel to remove any moisture.
5. Place the peppers and burrata on a serving platter and lightly drizzle with some olive oil, then season with sea salt and black pepper as desired.
6. Serve on toasted slices of baguette and enjoy!



Recipe from Chez Us

We'd love to see what you're
doing with **your** CSA box!

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