

## Week 10 – Summer CSA

August 8 – August 14, 2022

Hi CSA members,

This week's box is showcasing some of early peppers, which have been a long time in the making. Peppers begin early on in our heated propagation house, where we take them from seed up to transplant stage. Even at that stage we give them lots of love, with good-sized seedling tray cells and plenty of plant food. In preparation from planting into our high tunnel soils, we amend the soil with an extra-fertile mix of nutrients for the peppers' success. The first reason for this is because peppers are a long duration crop, and we want them to set and ripen an abundance of fruits over an extended harvest season, into the fall. The second reason for very fertile soils is perhaps less obvious – peppers evolved with enough fertility where they tended to grow, and/or enough partial shade that the pepper plants appreciate not having sun directly on their fruits. When too much sun does hit the pepper fruits, it causes a lesion that is known as sunscald, making the pepper inedible and unmarketable. The solutions for growers are, first, to provide enough nutrition to the plants so that they can develop a robust plant frame and canopy of leaves, thereby blocking the summer sun; and second, to consider adding partial shade to the growing environment, whether by an erected shade cloth, a nearby hedgerow or companion planting, or a practice that GTF uses in high-tunnels, which is to lightly "mud" the high-tunnels, in order to moderate both the summer light intensity and the summer heat inside these environments.

Have a great week, and hope you find some fun and festive ways to use this week's ingredients.

### Box contents, Week 10:

- Radicchio
- Eggplant
- Red Beet
- Onions x 2
- Yellow potatoes
- Green Bell Pepper
- Ancho Pepper
- Cucumbers
- Lettuce
- Basil
- Tomatoes

