

# CSA NEWSLETTER



**Week 12 - August 29th, 2023**

This week you'll find Jimmy Nardello's in your box, these peppers are amazingly sweet, and probably the best snacking peppers out there. I rarely cook them because I eat them as soon as they're in my hands. The history of these peppers starts way back; Chiles were native to the Americas and were "discovered" in the late 15th century by invading Spaniards who brought them back to Europe. The peppers they "discovered" spread around the world. Different varieties became popular in different parts of the Mediterranean, Asia, and Africa. Because they grow well in the Mediterranean climate, poor people who couldn't afford black pepper could grow them and add some spice to their diet. It's hard to imagine Spain, Hungary, Italy, Morocco, and Korea without peppers, but up until about 300 years ago that was the reality.

In 1887, the Nardello family emigrated from Italy and settled in Connecticut where they started a garden, Jimmy loved gardening and grew up eating these peppers, that his mom had brought as seeds from home. Before passing away in 1987 he gave some of his mother's "special pepper" seeds to the seed savers. We thank Jimmy for his generosity, and vision towards preserving this heirloom variety and protecting biodiversity!

Rosie

## Table of box contents:

Jimmy Nardello Peppers

Colored Bell Peppers

Radicchio

Jalapeños

Zucchini

Cucumbers

Potatoes

Corn

Tomatoes

Lettuce



1 bunch of Beets

Shallot

Onions



The first Jimmy harvested this year! We're so happy to share them with all of you!

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## CUCUMBER AND BELL PEPPER SALAD

This is a recipe that went viral on TikTok, and for a salad to go viral it has to be good!

### INGREDIENTS

- 3 cucumbers, sliced
- 1-2 sweet peppers, sliced
- ½ Tablespoon Everything But the Bagel Seasoning
- Optional: 1 teaspoon Chili crisp

### SESAME GINGER DRESSING

- ¼ cup extra virgin olive oil
- ¼ cup rice vinegar
- 1 ½ Tablespoons tamari or soy sauce
- 1 ½ Tablespoons maple syrup
- 2 teaspoons sesame oil
- 1 large clove of garlic
- 1" knob fresh ginger
- pinch black pepper

### INSTRUCTIONS

1. Make dressing by adding all the ingredients to a blender and blending until smooth and creamy. Set aside.
2. Add cucumber and bell pepper to a bowl. Add ¼ cup dressing, bagel seasoning and chili crisp. Toss to combine. Taste and add more seasoning, chili crisp and/or dressing, if needed!

Adapted from Rachael Kirkconnell



Corvallis Farmer's Market display: Pepper rainbow

## CRUSTLESS CORN AND ZUCCHINI PIE

I love this recipe! It's good for any time of the day!

### INGREDIENTS

- 4 tablespoons butter (or veg alternative)
- half of a sweet onion, diced
- 2 ears sweet corn
- 2 large zucchini, sliced very thinly (about 4 cups)
- 8 ounces sliced mushrooms
- 1 tablespoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 12 ounces shredded cheese (I used Mozzarella)
- 4 eggs, beaten

### INSTRUCTIONS

1. Preheat the oven to 375 degrees. Heat the butter in a large, deep skillet over medium high heat. Add the onions, zucchini, and mushrooms. While the veggies saute, cut the corn kernels off the cob. Add them to the pan and continue to saute until the veggies are soft, 5-10 minutes. Remove from heat.
2. Once the mixture has cooled for a few minutes, stir in the basil, oregano, salt, cheese, and the beaten eggs. Line a pie pan (9-inch or larger) with parchment paper or just grease a pan.
3. Transfer the mixture to the pan. Arrange the top so the zucchini slices lay flat and top with a little extra cheese for looks, cover with foil or lid, and bake for 20 minutes. Remove foil and bake for an additional 5 minutes to brown the top. Let stand for 10-15 minutes before cutting into slices.

Adapted from [Pinch of yum](#)

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