

Voluntown Peace Trust
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Garden news

CSA Week 8: the view from the farm. After another hot week we have been deeply relieved at receiving a soaking rain this Friday. Luckily the tomatoes love the heat and you will see the beautiful results in your box this week.

Due to extensive tomato crop, we invite you to come pick your own cherry tomatoes this weekend. We have red, yellow and orange varieties available. Just be sure to call ahead to let us know when you will be coming.

This year we are growing several hybrid tomatoes as well as several heirloom varieties. *Brandywine*, an heirloom variety that likely dates from the late 1800s, produces large pink oblate fruit with some green and ribbed shoulders. We are also growing a Polish heirloom called *Soldacki* that was brought to Cleveland, Ohio around 1900 and produces Pinkish-red flat globes with a dense and meaty

texture.

This week you have again received our patriotic assortment of potatoes. To extend the life of your potatoes, we recommend storing them in the crisper drawer of your refrigerator.

The warm weather has done wonders for our hot peppers. Our *Hungarian Hot Wax* peppers are turning from pale yellow to orange and on their way to red. These peppers are of medium heat and are great for roasting, frying or pickling. Slightly hotter than *Hungarian Wax* peppers, our *Hot Portugals* are also turning red and are great roasted (for a milder flavor) or sautéed with onions to give some kick to a recipe. Please look for these and other sweet pepper varieties at our farmstand.

Also, please e-mail us any recipes that you would like to share the community!

Buen Provecho!

What's in your box this week:

Tomatoes
Peppers
Green Beans
Carrots
Kale
Cucumbers
Basil
Potatoes

GREEN BEAN, ZUCCHINI & POTATO STEW

Greeks call this fassolakia iadera. It's a traditional vegetable mixture that is often eaten cold, accompanied by hunks of country bread and feta cheese.

1/4 cup olive oil
1 cup chopped onion
1 lb fresh green beans, trimmed, halved crosswise
1/4 tsp. cayenne pepper
8 oz. zucchini, cut into 1-inch-thick slices
8 oz. potatoes, peeled, cut into 1-inch cubes
3/4 cup chopped fresh Italian parsley
1 1/2 lbs. tomatoes chopped, save juice

Heat oil in heavy large nonstick skillet over medium-high heat. Add onion and sauté 5 minutes. Add green beans and cayenne pepper and sauté until onion is translucent, about 3 minutes. Add zucchini, potatoes and parsley. Pour tomatoes and their juices over vegetables. Bring to boil. Reduce heat. Cover and simmer until potatoes are tender, stirring frequently, about 45 minutes. Season with salt and pepper. Remove from heat. (Can be prepared 1 day ahead. Cover and refrigerate.) Serve warm or at room temperature.

Serves 6 to 8.