



On The Farm

This week we have a few leftover flowers that are available for \$1/each. Make your own bouquet to take home!

IN YOUR BOX:

Peppers

Kale

Lettuce

Onions

Tomatoes

Blueberries & Beans
(Fulls)

This Week's Highlight: Peppers

There are several different types of sweet peppers in your crate this week. In addition to the bell pepper that is common, we are growing several other types. The sweet banana peppers are the banana shaped pepper in multiple colors. These are our favorite to stuff and cook in a crock pot. The various colors look so nice lining the crock pot and they have a wonderful flavor. The small round pepper is a mini bell snacking pepper. They are great for eating raw and make perfect kids snacks! In addition to the sweet peppers, we have several varieties of hot peppers. You are welcome to pick up whatever you would like.

Harmony Acres Dairy

We continue to have Harmony Acres Dairy products available for pickup during CSA hours on Friday and Saturday.

Submit your pre-order via this link. Place orders by 10am Thursday morning.



Next week, August 9, from 9am-12pm, the dairy farmer from Harmony Acres will be at the farm giving samples!

Recipe Corner: Chicken Stir Fry

With an abundance of peppers, onions and tomatoes our go to meal is stir fry. You can add whatever veggies you have!

Ingredients: peppers, seeded and cut into chunks

onions, chopped

tomatoes, cut into quarters

chicken chunks, beef chunks or your favorite protein marinated in teriyaki sauce or soy sauce

½ cup chicken broth

Directions: Add some oil to a skillet. Cook the peppers and onions until tender. Remove from skillet. Add chicken to skillet and cook with some chicken broth. Cook until tender. Add the peppers and onions with the chicken and then add the tomatoes. Cover and cook until the tomatoes are cooked. Serve over rice or noodles! Note: If you cook rice, use broth (chicken, beef, or vegetable) instead of water. It adds to the flavor.