



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

August 28 - 29, 2020

Vegetable Feature: Poblano Peppers By Chef Andrea

Poblano peppers are, in my opinion, a standout pepper when it comes to hot peppers for one simple reason—Flavor! Some peppers are just hot, and then there are a few that balance their heat with flavor making the whole eating experience more enjoyable. Poblano peppers are dark green with wide shoulders and a pointy bottom. They have a thinner wall than bell peppers, but thick enough that they hold up to roasting very well. In fact, roasting is the process that amplifies and develops the flavor of a poblano. As I mentioned, poblanos are a hot pepper with a mild to medium level of heat.

Poblano peppers may be eaten raw, sautéed, grilled, or roasted. Roasting peppers is very easy and can be done over a direct, open flame or in the oven. If you have a gas stovetop, roast the poblanos directly on your burners over a high flame. If you have a small rack, you can put that over the burner. The other direct flame method is to roast them on a grill. If you want to use an oven, it's best to roast them under a broiler. You want to roast them until most of the skin is blackened. You'll have to turn them periodically to blacken all sides evenly. Stay close and don't walk away because sometimes this happens quickly, especially under a broiler. Once the skin is charred, put the peppers in a covered bowl or a paper bag so they can steam and cool slightly for about 10 minutes. Once cool enough to handle, use the back of a knife to scrape away the skin. Remove the stem and scrape away all the seeds from the inside of the pepper. Now you're ready to add roasted poblano peppers to whatever dish you're preparing!

Chiles Rellenos is a classic dish based on roasted poblano peppers that are filled with cheese, coated in a batter, and fried. While the shape of poblano peppers makes them a good candidate for stuffing with a filling, there are many other ways to use them. They pair well with summer & fall vegetables such as tomatoes, sweet corn, sweet peppers, potatoes, zucchini, winter squash, sweet potatoes and dried beans. They also pair well with cream, cheese, sour cream and dairy in general which is a nice complement to their heat.

What's In The Box?

MONASTRELL RED ONIONS: This is a gorgeous red onion with deeply colored red rings that go all the way to the center. This is a good onion for caramelizing or slice it thinly and eat it raw.

PORCELAIN GARLIC: Use garlic along with carrots, onions and fresh tomatoes to make a **Simple Tomato Sauce** to spoon over hot pasta.

GREEN AND/OR ITALIAN ZUCCHINI: Check out this week's **Cooking with the Box** article for links to recipes for Lemon Thyme Zucchini Muffins & Roasted Ratatouille!

GREEN AND SILVER SLICER CUCUMBERS: Pair this week's cucumbers with tomatoes to make a **Cucumber, Tomato Salad with Olives and Feta**.

YELLOW OR RED GRAPE TOMATOES: Any of these small tomatoes are good choices for putting on a skewer along with zucchini, onions, peppers and either chicken, beef or tofu to make kabobs for the grill!

LARGE TOMATOES: Ripen tomatoes at room temperature and once they are ripe, eat them as soon as possible or put them in the refrigerator for short term storage. Check out the **vegetable feature** article from last week which includes pictures of most of our tomato varieties.

JALAPEÑO PEPPER: There is one jalapeño pepper in this week's box. Use it to add some heat to a batch of enchilada sauce. Chef Andrea references a quick and easy recipe in this week's **Cooking With the Box** article.

SUN JEWEL MELON OR FRENCH ORANGE OR SWEET SARAH OR SUGAR CUBE: The early week heat wave really pushed the melons and we are now picking from two plantings! Our experienced crew picks the melons when fully ripe by reading the signs of the plant and determining whether it is ready to "slip" from the vine. There are, however, varying degrees of ripeness so if your melon (Sweet Sarah or French Orange) has a bit of a "green" appearance you might want to set it on the counter at room temperature for a day or two to fully ripen. There may be a bit of a color change and the melon will become more fragrant. Don't leave it too long though!

RED SEEDLESS WATERMELON: We only grow small varieties so they will fit in your CSA box and still allow room for other items! Handle your bags carefully when picking up your CSA shares this week as the watermelons can be brittle and may crack if not handled gently.

POBLANO PEPPERS: Check out this week's **Vegetable Feature** article and recipes to learn more about this pepper. Please note this is a hot pepper with a mild to medium heat. You can identify it by its shape and color. It is dark green with blocky shoulders that narrow to a pointy tip.

GREEN BELL PEPPERS: Don't confuse these with the poblano peppers. This is not a hot pepper. The color of green bell peppers is a lighter green and the peppers are more square and blocky.

SWEET CORN: We're picking from our third and fourth plantings this week and we still have one more planting remaining! Remember, keep your corn cold and eat it within a few days for the best eating experience. Time and warm temperatures will convert the sugars into starch thereby changing the flavor.

ORANGE CARROTS: Making tomato sauce? Include carrots as your secret ingredient to add sweetness to the sauce and balance the acidity from the tomatoes!

GREEN BEANS: Aside from blanching and freezing green beans, you can also preserve them by pickling them. Consider making this no-fuss recipe for **Quick-Pickled Refrigerated Green Beans** which will last for several weeks in the refrigerator.

BONUS: EDAMAME OR EGGPLANT - When space was available we added an extra bonus item of edamame or eggplant.

Creamy poblano sauce can be used to make potato gratin, pasta dishes, or as a sauce to top off enchiladas or grilled chicken or beef. If you don't have a recipe in mind already, I would recommend you take a look at the recipes we've included in past newsletters. Many of the recipes in this list have received excellent member feedback and are probably the reason I love this pepper so much!

Cheeseburger Pie with Roasted Poblanos & Corn

Creamy Chicken & Greens with Roasted Poblano and Caramelized Onions

Squash & Poblano Quesadilla with Pickled Jalapenos & Chipolte Crema

Roasted Poblano, Onion & Jack Quesadilla

Caramelized Poblano Chile & Onion Dip

Vegetable Enchiladas with Tomatillo Cream Sauce

Egg Tacos with Roasted Poblano, Onion and Corn Salsa

Yield: 2-4 servings

<u>For the Salsa:</u>	Salt, to taste	<u>For the Egg Tacos (for 2 small tacos):</u>
2 to 3 poblano peppers, halved, cored, and chopped	1 lime, halved	2 small tortillas
2 red onions, peeled and chopped	½ cup cilantro, roughly chopped, or more to taste	Dab of butter
1 ear of corn, shucked, kernels stripped from cob	1 avocado, diced, optional	2 eggs, well beaten
1 Tbsp olive oil	Hot sauce or red pepper flakes, optional	Queso fresco, crumbled, or other cheese, optional

1. Preheat the oven to 450°F.
2. Place diced poblanos, red onions, and corn in a large bowl. Drizzle in the tablespoon of olive oil. Season generously with kosher salt. Toss to combine then spread on a large sheet pan, lined with parchment for easy cleaning. (Reserve the bowl.) Roast until vegetables are beginning to char, 15 to 20 minutes. Let the vegetables cool briefly, then transfer to the reserved bowl.
3. Squeeze a little lime over the vegetables. Add in the cilantro, and toss. Taste. Adjust with more lime, salt, and cilantro to taste. Add the avocado, if using. If you want some heat, add a splash of hot sauce or a pinch of pepper flakes. Mix and taste again. Set salsa aside
4. Heat an 8-inch nonstick pan over medium-high heat. Add the dab of butter and immediately pour the eggs into it as it melts. Season with a pinch of salt. Let eggs set for 15 seconds or so, then turn heat to low, and, using a spatula, stir the eggs constantly till they're done. They will likely be cooked in less than a minute.
5. Warm tortillas, then divide the scrambled eggs between the two. Spoon the salsa over the top. Finish with cheese if desired.

Recipe borrowed from *AlexandraCooks.com*.

Rajas Con Crema (Creamy Roasted Poblanos)

Yield: 4 servings

3 large Roasted Poblano Peppers cut into strips	2 cloves garlic, minced	1 cup Mexican crema or sour cream
2 Tbsp butter	1 cup fresh corn kernels	1 cup shredded melting chesse (Mozzarella or Monterey Jack)
½ large onion, sliced thinly	½ tsp black pepper	
	4 oz cream cheese	

1. In a medium saucepan or skillet, add the butter and onions over medum-high heat. Sauté until onion starts to soften. Add the garlic and roasted poblano strips. Cook for two minutes, stirring often.
2. Add the corn and pepper, mix well.
3. Lower the heat to medium, add the cream cheese and Mexican crema or sour cream. Mix well.
4. Cook for about 5 minutes or until the cream starts to bubble.
5. Finally, add the shredded cheese, cover the pot and turn off the heat. Let it set covered until the cheese has melted. Serve warm with tortillas, grilled steak, chicken or shrimp. Alternatively, serve this dish as a side along with rice and beans.

Recipe adapted slightly from *muydelish.com*.