



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

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VEGETABLE FEATURE: Poblano Peppers

By Andrea Yoder

Poblano peppers have come to be one of my favorite peppers over the past few years. Why? Flavor. 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 takes the flavor of a poblano and brings it to its full potential. Poblanos do have some heat which is on the mild side, but in some years moves up to a medium heat level.

Because of their size and shape, poblano peppers are excellent for stuffing with meat, grain and cheese mixtures. Chiles Rellenos is a classic dish based on roasted poblano peppers that are filled with cheese, coated in a batter, and fried. We have a few recipes in our archives that have become some of my favorite summer recipes to make when poblano peppers are available. These include **Roasted Poblano, Onion & Jack Quesadilla** (<http://www.harmonyvalleyfarm.com/NLTR/MAD/csamad160820.pdf>); **Caramelized Poblano Chile & Onion Dip** (<http://www.harmonyvalleyfarm.com/NLTR/MAD/csamad150905.pdf>); **Vegetable Enchiladas with Tomatillo Cream Sauce** (<http://www.harmonyvalleyfarm.com/NLTR/MAD/csamad180825.pdf>).

While poblano peppers may be used raw, I mentioned their flavor is enhanced with cooking and more specifically, by roasting. Roasting peppers is very easy and can be done over a direct, open flame or in the oven. If you have a gas stovetop, you can 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. If you don't have a broiler, you can roast them in a very hot oven, they likely won't blacken as much. You want to

What's In The Box?

YELLOW SPANISH ONIONS: This week's onions are not meant for long storage, but they are a great onion to use for caramelizing! Check out this week's recipe for **Creamy Chicken and Greens with Roasted Poblano and Caramelized Onion**.

ITALIAN GARLIC: Mix minced garlic with diced fresh tomatoes and fresh basil to make a little tomato salad. Melt mozzarella cheese on a piece of toast or a bagel and top with the tomato salad.

GREEN AND/OR ITALIAN ZUCCHINI: This week's **Cooking With the Box** article includes links to recipes for **savory Zucchini & Cornmeal Pancakes & Blueberry Zucchini Muffins**.

EDAMAME: This was our featured vegetable last week. Read more about edamame and find two recipes utilizing this sweet bean on **last week's blog post**.

POBLANO PEPPERS: This is the dark green pepper with a pointy base. It is a hot pepper with a mild to medium heat level and it is also this week's featured vegetable!

SWEET PEPPERS: You will receive either Orange Italian Frying Peppers or Orange Ukraine Peppers. Both are excellent options for roasting which enhances their sweetness.

SUNORANGE, RED GRAPE OR CHOCOLATE SPRINKLES TOMATOES: This week's **Cooking with the Box** article includes a link to a collection of 47 recipes that call for a pint of small tomatoes. Recipe options range from salads to skewers to baked goods such as focaccia and a tasty galette.

VARIETY OF LARGE TOMATOES: The period of excess heat & high humidity earlier this summer negatively impacted both of our tomato plantings. Fruit that had already set on suffered sunscald. In other cases where blossoms were forming during that time, we noticed a poor set on plants meaning the blossoms just didn't form. Despite our best efforts to support the plants during this time and the days that followed, some of the issues we've seen may be irreversible. All this to say, we're not sure what the outcome may be for this year's tomato crop.

SUGAR CUBE MELON: This is a small personal-sized cantaloupe that is round with tan, netted rind and smooth, orange flesh. This melon has a nice clean cantaloupe flavor and, as is indicated by its name, is sweet!

SUN JEWEL MELON: This is a Korean melon that's oblong shaped with bright yellow skin that has white stripes. The flesh is crisp and white. This is also a sweet melon, although not as sweet as some of our cantaloupe varieties. The flesh has more of a tropical flavor and is actually good in savory salads with a light vinaigrette and a little chili pepper, or use it to make a fresh melon salsa for grilled fish, chicken or tacos.

RED OR RAINBOW CHARD: This is a versatile summer cooking green that continues to produce well over a long season. Use it raw in a salad or turn it into a savory Swiss chard pie or gratin. It's rich in nutrients, so eat your greens!

SWEET CORN: This week and next week look like they're going to be our peak sweet corn weeks. Some of the ears this week are on the small side, but the flavor is great! It's important to keep your sweet corn cold to preserve its sweetness and we recommend eating it within a day or two for the maximum flavor and sweetness.

CHOICE ITEM:

EGGPLANT—For those of you who enjoy eggplant during the summer, take advantage of this week's choice box offering! We've sent enough eggplant to each site to provide a portion for most vegetable shares.

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!

Cheeseburger Pie with Roasted Poblanos and Corn

Yield: 4-6 servings

2-3 poblano peppers	2 tsp ground cumin	4 oz cream cheese
1-2 sweet peppers	2 tsp dried oregano	2 Tbsp butter
1 pound ground beef	1 ½ tsp salt, plus more to taste	4 eggs
2-3 tsp vegetable oil (if needed)	Freshly ground black pepper, to taste	½ cup half & half or cream
1 medium onion, diced	1 ½ cups corn kernels (from about 2 ears corn)	4 oz Monterey Jack cheese, shredded
2 cloves garlic, minced		

1. Preheat oven to 350°F. Roast the poblano peppers and sweet peppers either under the broiler in the oven or over direct flame if you have gas burners. Once the exterior of the peppers is blackened, place them in a bowl and cover it so they can steam for about 10 minutes. After 10 minutes, remove the cover and scrape the blackened skin off the pepper. Cut in half and remove the seeds and stem. Dice the peppers and set aside.
2. Meanwhile, heat a 10 inch non-stick or cast iron skillet that is oven proof over medium-high heat. Add the ground beef and brown until nearly cooked through, adding vegetable oil if needed.
3. Add onion, garlic, cumin, oregano and 1 tsp salt. Stir to combine and sauté for 3-5 minutes. Add the corn kernels and roasted peppers. Stir to combine and reduce the heat to low.
4. Cut the cream cheese into smaller pieces and add to the pan. As the cream cheese softens, stir to incorporate it into the ground beef mixture. Taste a little bite to see if it is adequately seasoned. If not, add salt and black pepper to your liking.
5. Cut 2 Tbsp of butter into thin pieces and put them around the edge of the pan so the butter melts and runs down the side of the pan to the bottom. Whisk 4 eggs in a bowl along with ½ tsp salt and the half & half or cream. Once the butter has melted in the pan, add the egg mixture. Top with shredded Monterey Jack cheese.
6. Place the pan in the oven and bake for 25-30 minutes or until the center is set and the top is bubbly and golden brown.
7. Remove from the oven and let set for 10 minutes before serving. Refrigerate any leftovers, which reheat well in just 10-15 minutes in an oven or toaster oven at 350°F.

Recipe developed by Chef Andrea Yoder at Harmony Valley Farm. Approved and endorsed by Farmer Richard and Captain Jack, The Dog.

Creamy Chicken and Greens with Roasted Poblano and Caramelized Onion

Yield: 4 servings

2 fresh poblano peppers	Salt, to taste	5 cups stemmed and coarsely chopped Swiss chard
3 Tbsp olive oil	1 medium yellow onion, sliced 1/4 inch	1 cup chicken broth
2-3 medium boneless, skinless, chicken breast halves (about 1 ¼ pounds total)	3 garlic cloves, minced	1 cup Mexican crema, crème fraiche or sour cream

1. Char the poblanos over an open flame on the stovetop or 4 inches underneath the broiler, flipping occasionally until blackened all over (about 5 minutes for the burner, 10 minutes for the broiler). Transfer to a bag or covered bowl and let steam until cool. Peel off the blackened skin, and then remove the stems and seeds. Cut the poblanos into ¼ inch thick slices.
2. Season the chicken breasts with salt on both sides. Pour the oil into a large cast-iron skillet set over medium-high heat. When oil starts to shimmer, add the chicken breasts. Cook until browned on the bottom, about four minutes, and then flip. Reduce the heat to medium, and cook until browned on the other side, five to six minutes. Set aside on a plate. (**Note:** The chicken might not be completely cooked inside, but you are going to cook it more).
3. With the skillet still over medium heat, add the sliced onions. Cook, stirring occasionally, until the onions are softened, but not browning, about nine minutes. Add the garlic and sliced poblanos. Stir well, and continue to cook until very fragrant, about 8-10 more minutes.
4. Turn the heat up to medium-high, add the greens and broth. Stir occasionally, and cook until the liquid has almost evaporated and the greens are wilted, about five minutes. Reduce heat to medium, stir in the crema, and cook until it has reduced down to a rich sauce, about five minutes. Continue to stir occasionally.
5. Cut the chicken breasts into ½-inch cubes, and add them in. Stir well, and cook until all the chicken is completely done, one to two minutes. Season the mixture with salt to taste. Serve with warm corn tortillas, rice, or just eat it straight from the bowl!

Recipe adapted from Rick Bayless' *Fiesta at Rick's*.