



BROWN BAG LUNCH IN THE GARDEN

August 5, 2011—Peppers

This Week's Recipe:

Hot Red Pepper Relish

- 2 lbs. red bell peppers, chopped fine (about 4 cups)
- 2 onions, chopped (about 2 cups)
- 2 cups cider vinegar
- 3/4 c. sugar
- 2 tsp. mustard seeds
- 2 tsp. salt
- 1 tsp. hot red pepper flakes

In a heavy saucepan, stir together ingredients and simmer, stirring occasionally, about 1 hour, or until reduced to about 3 cups. Serve warm or chilled.

Harvesting & Storing

- In general, harvested peppers should be stored in the refrigerator, otherwise they lose a lot of water and get withered.
- Peppers can be harvested either green or when colored—research to know what each variety will do!
- It can be a challenge to grow colored bell peppers when it is this hot and sunny, because they become more susceptible to sunscald.
- Leaving peppers on the plant to encourage them to turn colors will reduce the number of new peppers the plant sets for the time being.

Other Points of Interest in the Garden:

- We're seeing some fruitworm feeding damage on peppers, but not tomatoes (yet).
- We harvested about 3 1/2 lbs of tomatoes this week!
- Melons are still growing, but not ripening yet.
- To check if your tomatoes are setting during the hot weather, examine your plants closely to see if there are tomatoes set that are golf ball size or smaller.
- The currant bushes are looking pretty rough at this point, after a great year last year. Not sure if they will make it or not, but suspect not.

Thanks for coming this summer!

<http://thedemogarden.org>

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Linguine with Chipotle and Red Pepper Sauce

3 tablespoons olive oil
1 1/2 large red onions, thinly sliced
2 red bell peppers, thinly sliced
1/3 cup dry Sherry
1 12-ounce jar roasted red peppers, drained, thinly sliced
2 garlic cloves, minced
2 teaspoons minced canned chipotle chilies

1 pound linguine
1/4 cup chopped fresh parsley
2 tablespoons balsamic vinegar
1 cup freshly grated cheese

Heat olive oil in large nonstick skillet over high heat. Add red onions and red bell peppers; sauté until onions are brown, about 15 minutes. Stir in Sherry, roasted red peppers, garlic, and chipotles. Simmer until liquid evaporates, about 6 minutes.

Cook linguine in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain linguine, reserving 1/4 cup cooking liquid. Return linguine to pot. Add pepper mixture, parsley, vinegar, and reserved 1/4 cup cooking liquid; toss well. Season to taste with salt and pepper. Divide among bowls. Top with cheese.

Chili Pepper Dressing

1 large red bell pepper
1 fresh green chili such as Anaheim or poblano
1 fresh jalapeño chili
1 large garlic clove
3/4 teaspoon freshly grated lime zest
2 tablespoons finely chopped fresh coriander
1 tablespoon finely chopped fresh oregano leaves
2 tablespoons fresh lemon juice
2 tablespoons fresh lime juice
1/2 cup olive oil

Roast and peel bell pepper and Anaheim or poblano chili. Finely chop roasted pepper and chili. Wearing rubber gloves, seed and mince jalapeño chili. Mince garlic.

In a bowl whisk together all ingredients with salt and pepper to taste. Makes about 1 1/4 cups.

Cheddar and Green Pepper Spread

1/4 pound extra-sharp yellow Cheddar, grated coarse
1/4 pound extra-sharp white Cheddar, grated coarse
1 green bell pepper, cut into very thin 1-inch-long strips
1/2 cup thinly sliced scallion
1/2 cup bottled mayonnaise
1 1/2 teaspoons Dijon-style mustard
Saltine crackers as an accompaniment

In a bowl toss together the Cheddars, the bell pepper, and the scallion, add the mayonnaise, the mustard, and black pepper to taste, and combine the mixture well. The spread keeps, covered and chilled, for 1 week. Serve the spread with crackers.