



BROWN BAG LUNCH IN THE GARDEN

July 30, 2010—Banana Peppers

This Week's Recipe:

Chile Rellenos (Stuffed Peppers)

- 4-6 Banana Peppers
- 2 eggs
- 1 c. flour
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 2 c. cheddar cheese, grated
- Cooking spray
- Oil for frying

Toast whole peppers in the oven on an oiled cookie sheet until skins are blackened and splitting. Turn as needed. Takes about 20-30 minutes.

Place on a plate to cool. Then peel the peppers, especially the blackened areas.

Beat the eggs until smooth in one bowl. Mix flour with seasonings in another bowl.

Slit the peppers on one edge and fill with about 1/4 c. cheese. Dredge in egg, then in the flour mixture.

Fry in a small amount of oil until both sides are browned.

Harvesting & Storing Peppers

- Size, color, and “sheen”/firmness are determining factors in when to harvest..
- Best to clip off peppers with scissors or pruners.
- Can sit on the counter for 1-2 days, but refrigeration in a bag prevents water loss.

Other Points of Interest in the Garden This Week:

- Many more tomatoes are starting to ripen—after Tomato Day!
- Peppers are not producing much at the moment—we gave them some fertilizer.
- Both Concord & Sunbelt grapes are ripening, but we are seeing some Grape Berry Moth larvae in the grapes!

Coming Next Week—Lemon Verbena

