

September 18, 2008



# The

# PolyHarvester

Volume 5, Cycle 4

[www.polycsa.org](http://www.polycsa.org)

CSA Week 5 of 12

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Recipes for:  
*-Bell Peppers-*

## Veggie of the Week

*-Bell Peppers-*

## *This Week's Harvest:*

- Pears (double share of two varieties)
- Roasted Anaheim Chiles
- Mustard Mix
- Okra
- Melon
- Squash
- Bell Peppers

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## Event Ideas Welcome!

Hello PolyHarvesters! We're looking to hold a CSA event in the near future. If you have an idea of what you'd like to see from your CSA (a documentary movie showing, an invited speaker, or a cooking demo, for example), let me know. I'll do my best to provide you with some fun events along the way.



## Questions?

Contact your CSA  
coordinator,  
Dr. Chris Wharton:  
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# The PolyHarvester Recipiece



## Bell Peppers

Bell peppers are quite a versatile veggie. They can be eaten fresh in salads, diced and incorporated into chutneys, salsas, and other dips and sauces, or they can be roasted and eaten alone or roasted and included in mixed dishes (see the recipes to the right).

Did you also know that paprika is derived from red bell peppers? In fact, in many European countries, the term 'paprika' refers to the bell pepper itself. While many major supermarkets carry paprika (the powder), they often are of the mildest variety. Try shopping ethnic markets for a greater variety in paprika flavors!

## Sweet Potato and Red Pepper Pasta

*From Eating Well Magazine, September/October 2008*

### Ingredients

8 ounces whole-wheat angel hair pasta  
2 tablespoons extra-virgin olive oil, divided  
4 cloves garlic, minced  
3 cups shredded, peeled sweet potato (about 1 medium)  
1 large red bell pepper, thinly sliced  
1 cup diced plum tomatoes  
1/2 cup water  
2 tablespoons chopped fresh parsley  
1 tablespoon chopped fresh tarragon  
1 tablespoon white-wine vinegar or lemon juice  
3/4 teaspoon salt  
1/2 cup crumbled goat cheese

### Preparation

Bring a large pot of water to a boil. Cook pasta until just tender, 4 to 5 minutes or according to package directions. Meanwhile, place 1 tablespoon oil and garlic in a large skillet. Cook over medium heat, stirring occasionally, until the garlic is sizzling and fragrant, 2 to 5 minutes. Add sweet potato, bell pepper, tomatoes and water and cook, stirring occasionally, until the bell pepper is tender-crisp, 5 to 7 minutes. Remove from the heat; cover and keep warm. Drain the pasta, reserving 1/2 cup of the cooking water. Return the pasta to the pot. Add the vegetable mixture, the remaining 1 tablespoon oil, parsley, tarragon, vinegar (or lemon juice), salt and cheese; toss to combine. Add the reserved pasta water, 2 tablespoons at a time, to achieve the desired consistency.

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## Roasted Bell Peppers

*From [www.eatingwell.com](http://www.eatingwell.com)*

### Ingredients

1 large red bell pepper  
1 large green bell pepper  
1 large yellow bell pepper

### Preparation

Prepare a grill. Wash peppers and pat dry. Cut each in quarters lengthwise. Remove seeds and pithy membrane. Grill for 5 minutes, placing them at the outer edge of the barbecue, then turn them over and grill until barely browned and tender-crisp, about 5 more minutes. Slice each piece into three strips. Serve hot or at room temperature.