



2023 CSA NEWSLETTER WEEK 9

At the farm

Welcome to week 9. This week we have another exciting harvest box filled with several different flavors, including corn, and shishito peppers.

Shishito peppers are new this week. They are gaining popularity as a snack that requires very little preparation work. They have mild, smoky flavor and thin skin, which makes them quick and easy to cook. Lightly pan-fry or grill until they blister, then sprinkle with little salt or other seasoning or even soy sauce.

I am sharing a recipe that corn, shishito peppers, and tomatoes to make a delicious frittata. It is a visually appealing dish and is full of flavors, just like this week's box. Hope you enjoy it.

-Ruby,

In the box

Curly Green Kale	bunch
Scallions	bunch
Corn	4 ears
Shishito Pepper	Pint
Italian Basil	bunch
Heirloom Tomato	2 or 3 each
Red Onion	2 each
Blackberry	½ pint

Corn, Shishito Peppers, and Tomato Frittata

Ingredients

	6 large eggs
1 cup fresh corn kernels (about 2 ears of corn)	¼ cup milk
6-8 shishito peppers, sliced	2 tablespoon olive oil
1 cup cherry tomatoes, halved	2 tablespoons fresh basil, chopped
½ cup crumbled feta cheese	Salt & pepper to taste



Preheat oven to 375 degree F. In a 10-inch skillet, heat the olive oil over medium heat. Add the shishito peppers and sauté for about 2-3 minutes until they start to soften.

Stir in the corn kernels and cherry tomatoes and cook for another 2-3 minutes until the vegetables are tender.

In a mixing bowl, whisk together the eggs, milk, salt, and pepper until well combined. Pour the egg mixture over the sauteed vegetables in the skillet.

Sprinkle the crumbled feta cheese evenly over the eggs and vegetables.

Transfer the skillet to the preheated oven and bake for 15-20 minutes or until the frittata is set in the center and lightly golden on top.

Remove from the oven, garnish with fresh chopped basil, and let it cool slightly before slicing and serving.