



2023 CSA

NEWSLETTER

WEEK 10

At the farm

Week 10 box is here. Romano beans are back. New this week is sweet mini peppers. These peppers are perfect for snacking, stuffing, or adding vibrant colors to dishes. They have just the right amount of crunch, without the heat of traditional peppers. We had a really good harvest of melons this year. Happy to share them again in the box this week.

For a recipe, I am including a breakfast dish that uses Romano beans, tomatoes, potatoes, and peppers. This flavorful dish pairs well with a variety of sides such as eggs, toast, green salad, fruits, yogurt, and coleslaw. Hope you enjoy it!

-Ruby,

In the box

Romaine Lettuce	Head
Celery	Bunch
Parsley	Bunch
Red Gold Potatoes	1.5 lbs
Romano Beans	1 lbs
Snacking Cucumbers	5 each
Grape Mix Tomatoes	Pint
Sweet Mini Pepper	Pint
Melon	1 or 2

Vegetable and Sausage Hash

Ingredients

	2-3 sausages (adjust based on size and preference), sliced
6-8 Sweet mini peppers, sliced	3 tablespoons olive oil
2 stalks of celery, sliced	Salt & pepper to taste
2 medium potatoes, diced	½ teaspoon smoked paprika
1 cup Romano beans, trimmed and cut into bite sized pieces	2 tablespoons chopped fresh parsley



In a large skillet, heat some olive oil over medium heat. Add the diced potatoes to the skillet and cook until they start to brown and become crispy. This will take about 8-10 minutes. Remove the potatoes and set them aside.

In the same skillet, add the sliced sausages and cook until its browned and cooked through. Remove the sausage and set it aside with the potatoes.

In the same skillet, add a bit more olive oil if needed and sauté the sliced sweet mini peppers, celery, and Romano beans until they start to soften, about 3-4 minutes.

Add the cooked potatoes and sausages back to the skillet with the vegetables.

Season the mixture with salt and pepper, and paprika for extra flavor. Toss everything together to combine.

Continue cooking the hash for a few more minutes, allowing all the flavors to come together.

Once everything is heated through and well mixed, remove the skillet from heat. Serve the hash hot, garnished with chopped fresh herbs if desired.