

NEWSLETTER

2024 CSA

WEEK 10



Sweet mini peppers

Welcome to week 10. This week's box contains sweet mini peppers. Sweet mini peppers originated from center and south America. These little peppers are crispy, sweet, and full of juicy flavor. These peppers are very versatile; they can be used for snacking raw, roasting, and stuffing.

I am sharing a recipe that uses broccoli, celery, and carrots from this week's harvest box. You can add chopped zucchini to the soup as well. Add finely chopped jalapenos to spice up the soup. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

Broccoli/Carrots/Celery Soup

Ingredients:	6 tablespoons all-purpose flour
2 cups water	3 cups vegetable broth
4 cups chopped broccoli	2 cups whole milk (can substitute for non-dairy milk)
1 cup chopped celery	1 tablespoon chopped fresh parsley
1 cup chopped carrots	1 teaspoon onion salt
½ cup chopped onion	½ teaspoon garlic powder
6 tablespoons butter	add salt to your taste



Source: tasteofhome.com

1. In a pot, bring water to boil. Add carrots, celery, and broccoli. Boil for 2-3 minutes or until veggies are crisp-tender. Drain water and set veggies aside.
2. In the pot, sauté onions in butter until lightly brown. Add flour and stir to form smooth paste. Gradually stir in broth and milk until smooth. Bring to boil, cook and stir another minute until thickens.
3. Stir in vegetables and other remaining ingredients. Reduce heat to simmer, cook, stirring occasionally for about 15 minutes or until vegetables are tender.

in the box

Basil – Italian	bunch
Sweet yellow corn	5 each
Carrots	bunch
Celery	bunch
Broccoli	head
Zucchini	4 each
Peppers – Sweet Mini	Pint
Peppers – Jalapeno	4 each
Melon	each