

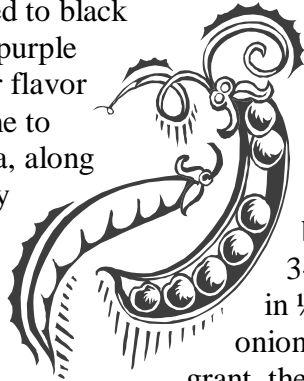
# What's for Dinner?

News & views from Earthwize Farms CSA ~ September 4, 2009

## Purple hull peas: a great crowd!

Crowder peas are so called because they're packed tightly (crowded) in the pods. Related to black eye and other southern peas, purple hull crowder peas have richer flavor and great nutrition. They came to America from Niger in Africa, along with the African captives they fed. Eventually the rest of southern society caught on and the tasty purple hull peas have been staples ever since.

Thoroughly dry fresh pea pods then refrigerate in well ventilated bags to prevent mold. Cover shelled beans or bag in plastic and refrigerate. Pods will keep several days but shelled peas should be stored no more than



one. Refrigerate cooked beans 1-2 days in their liquid. Like other peas and beans these have more than enough protein for a main dish but they're often made with a little meat for flavor.

Here's an easy recipe: Dice ½ cup sausage, ham or bacon, mince 1 onion, smash 3-4 cloves garlic. Saute meat in ½ tsp oil until brown. Add onions & garlic. Saute until fragrant, then add 1 pound shelled peas, water to cover, 2 bay leaves, pinch salt, black & red pepper, and 1 tsp dried thyme. Simmer until peas are tender, adjust seasoning to taste. Serve with cornbread, tomatoes, squash and okra.

## Where's the bag?

Please remember to **set the previous week's empty orange delivery bag outside your door on delivery day** so we can collect it and have one to deliver your food in next week!

## Keep food fresh

Your food's grown without chemicals or pesticides, and has no wax coating.

That's better for taste and safety but decreases storage time. To get the best result:

- Flatten paper bags; lay produce out to cool/dry
- Pack/store appropriately
- Process & use quickly!

## My little tin cup

### A watermelon memory

This week's memory comes from Farmer Debi herself. It seems that when she was a small child her Aunt Onie would sit her in the big rocking chair in front of the TV. To keep her safe Aunt Onie'd tie her apron snug around Debi and the chair. Then she'd cut one of Debi's grandparents' watermelons, seed it and cut it small. The pieces went in a tin measuring cup and as Debi writes, "I'd eat the watermelon, put "my tin bowl" between my legs and fall to sleep in a few minutes," her aunt's apron keeping her firmly in the rocker. Debi still has "my tin bowl" and the warm heart to go with it.

What're your favorite watermelon or summer memories? **Please email your stories and recipes- we'd love to hear from you!**

## Save the pepper

It's great to have summer flavors in the middle of winter, but how do you do it and get all the benefits of fresh, local food? The answer is to preserve your own. Peppers are one of the best fruits for saving and there're many ways to do it. Save then add to all your dishes for fresh flavors all year long!

- Separate peppers or create combos
- Small cayennes dry well between brown paper layers with lots of air circulation. Check often for decay!
- Roast larger peppers, remove seeds (cover hands and don't get near your face!), then chop for the freezer or can in brine.
- Puree peppers with water or oil, then can or freeze in ice cube trays.

## Your CSA share

This is delivery one of six in Summer cycle two. Egg shareholders get eggs; weekly and odd-week delivery shareholders get:

- Tomato mix
- Green peppers
- Spring onions
- Zucchini squash
- Pattypan squash
- Peaches
- Pickling cucumbers
- Purple hull crowder peas



PO Box 413 Aiken, SC 29802

V: 803.221.3664

info@earthwizefarms.com



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www.earthwizefarms.com