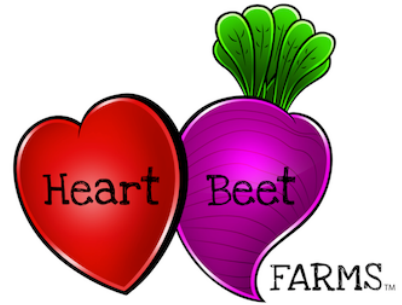


Week 8



We hope you enjoyed Week 7's CSA box & soup!

In Week 8, we are focused on banana peppers. So what are banana peppers? The banana pepper, also known as yellow wax pepper or banana chili pepper, is a medium-sized member of the chili pepper family that has a mild, tangy taste. While typically bright yellow, it is possible for them to change to green, red, or orange as they ripen. It is often pickled, stuffed or used as a raw ingredient in foods. Banana peppers are a good source of dietary fiber, vitamin A, potassium and a very good source of vitamin C. Banana peppers are great on pizza, pickled, stuffed, or fried. Also banana pepper poppers are a great alternative to jalapeno poppers if you prefer less heat!

Peace, Love & Banana Peppers,

Ann & Jen

Weekly Soup or Sauce: **Banana Pepper Salsa**

Ingredients

- Banana Peppers
- Tomatoes
- Onion
- Cilantro
- Spices



**Recipe by Healthy Living Networking*

What else is included in your box this week?

- Cabbage
- Swiss Chard
- Radishes
- String Beans
- Tomatoes
- Peppers
- Eggplant?
- Onion

Recipe Ideas

Cabbage Soup & Beet Greens Pie

Check out our blog for these 2 delicious recipes @ heartbeetfarms.com/blog



WHAT DOES ORGANICALLY GROWN REALLY MEAN?
Organically grown means that we grow our produce from organic seeds, in organic soil, and without the use of any chemical pesticides and fertilizers.

heartbeetfarms.com

Link to our [Pinterest](#) for recipes