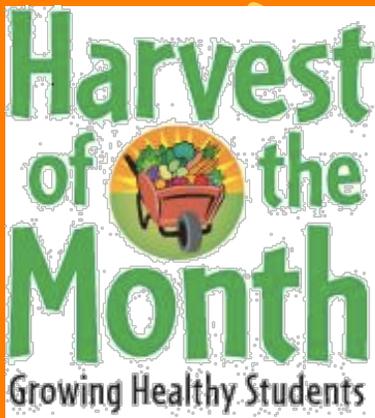


CHEQUAMEGON BAY



September



Did you know...?

## Peppers

- ✓ Since 5000 B.C., the people of Mexico and Central America have used hot and sweet peppers.
- ✓ The name “pepper” comes from Spanish explorers looking for peppercorns (black pepper), although sweet and hot peppers are not related to peppercorns.
- ✓ When left to ripen, green peppers mature into red, yellow (or orange), and purple peppers with various levels of sweetness.
- ✓ Sweet peppers were not widely grown until after World War II. Today, there are more than 200 varieties.

### How to Select and Store Peppers

Three common categories of peppers are bell, Mexi-Bell, and chili (such as jalapeños). Mexi-Bells are a cross between bell and chili peppers and as a result, have a bit of bite to them. When buying peppers, look for those that are firm, glossy and well shaped. Avoid peppers with wrinkled skins or sunken brown spots. Stems should be green and firm. For best results, store peppers in a plastic bag in the refrigerator for up to one week after purchase. Green peppers last longer than red peppers. Peppers can also be chopped and frozen for future use.

### How to Use Peppers

- ▶ Puree roasted bell peppers and combine with garlic as a pasta sauce.
- ▶ Cut off the tops, scoop out the seeds and stuff peppers with chili, pasta or rice.
- ▶ Add to soups, stews, casseroles, omelets, and quiches.
- ▶ Top toasted garlic bread with roasted peppers and olive oil.

### Nutritional Benefits of Peppers

By weight, green bell peppers have twice as much vitamin C as citrus fruit. Red bell peppers have three times as much. Hot peppers contain even more—357% more vitamin C than one orange. Peppers also contain good amounts of fiber and Vitamins A, B6, and E.



## \*\*BUY LOCAL\*\*

Fresh fruits and vegetables are in abundance during the month of September. Tomatoes, peppers, zucchini, corn, kale, broccoli, carrots, beets, green beans, cucumbers, berries, apples, and more. Farmer's markets are a great place to buy fresh local food direct from the farmers who grow it, as well pick up gardening tips, recipe ideas, and connect with neighbors. Stop by your local market before the harvest season is over!



**Ashland Farmers Market**  
200 Block of Chapple Avenue

mid-June – early October  
8am–Noon on Saturdays

Contact: Jan Karlen (715) 373-0639  
[www.ashlandareafarmersmarket.com](http://www.ashlandareafarmersmarket.com)

**Bayfield Farmers Market**

Maggie's parking lot (3<sup>rd</sup> Street & Mannypenny Ave)

Late June – mid-October  
9am–Noon on Saturdays

Contact: Tom Galazyn (715) 779-3254

**Washburn Farmers Market**

North Coast Coffee parking lot (509 W Bayfield St)

June – October

3–7pm on Wednesdays

Contact: Washburn Chamber (715) 373-5017

**Cornucopia Farmers Market**

Under the willows at the beach

Late June – September

3–6pm on Thursdays

Contact: Jennifer Sauter Sargent (715) 742-3551

## Cooking with Patti Holman

Washburn Food  
Service Director



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## Create Your Own Fresh Salsa!

### Staple Ingredients

- ¼ cup finely chopped onion (green, red, or white)
- 1 chopped jalapeno or other hot pepper (discard seeds for a milder salsa)
- a few minced garlic cloves (optional)
- juice from 1 lime
- salt and pepper to taste
- cilantro or parsley to taste

**Get creative!** Finish off your salsa with two cups of whatever strikes your fancy. Combine chopped tomatoes with black beans, sweet peppers, avocado or roasted corn. Or skip all of the traditional ingredients and try tossing in a couple cups of your favorite fruit, such as chopped watermelon, blueberries, peaches, mango, kiwis, or pineapple.

### Salsa isn't just for chips.

Top grilled fish or meat with salsa, or stir it into eggs to give breakfast an extra boost of flavor AND nutrition.

**If you like it hot...** add more jalapeno, or if you are really daring use a hotter pepper like a serrano, or the extra hot habanero.