



WHAT'S IN YOUR BASKET?

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July 2011

Peppers

Varieties

The familiar block-shaped peppers include: green-to-red - **Merlin, Lady Bell, Northstar, Superset, King Arthur** and **Bell Captain, Ranger, Mayata, Bell Star** and **Bell King**; yellow - **Klondike** and **Marengo**.

Some elongated banana types are also grown here. Examples are the yellow **Sweet Elongate** and **Sweet Hungarian**, and the hot **Inferno, Hungarian Wax, Crimson Hot, Diablo Grande** and **Surefire**.

Nutrition

One raw medium sweet green pepper contains 19 calories and provides an excellent source of Vitamin C and a source of folacin.

History

Peppers, both sweet and hot, were first cultivated in Central and South America some 2,000 years ago.

Columbus introduced them to Europe after his first voyage to the New World (1493). Portuguese traders eventually brought them to India and south-east Asia.

Today the sweet pepper is a mainstay of many European and Middle Eastern cuisines.



NEXT FOOD BASKET DATES:

Bracebridge

Pay by: August 9th
Pick up: August 18th

Gravenhurst/Bala

Pay by: August 9th
Pick up: August 18th

Huntsville

Pay by: August 9th
Pick up: August 16th

Baysville/Dwight

Pay by: August 9th
Pick up: August 16th

Georgian Bay

Pay by: August 9th
Pick up: August 16th

Look for **Fresh Food Basket**



**Gravenhurst
Bracebridge
Huntsville**

What's in season in July?

As per the Foodland Ontario website, the following produce should be readily available throughout Muskoka:

Apples
Apricots
Beans—green & yellow
Beets
Blueberries
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cherries
Cucumber

Corn
Currants—Black & Red
Garlic
Gooseberries
Lettuce
Mushrooms
Onions—Green & Cooking
Peaches
Peas
Peppers
Plums
Potatoes
Radicchio
Radishes
Rapini
Raspberries

Rutabaga
Spinach
Sprouts
Strawberries
Sweet Potatoes
Tomatoes



Remember to check out your local Fruit and Vegetable Markets, Grocery Stores, Farms, Farmers Markets or maybe your own gardens to try all the wonderful produce that is available in Muskoka.



WHAT'S IN YOUR BASKET?

Vegetable Tortellini Salad with Roasted Red Pepper Vinaigrette

Roasted red pepper vinaigrette creates an unusual and flavourful vegetable pasta salad - a new twist on primavera salad.

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 6



INGREDIENTS:

DRESSING:

- 4 cloves Ontario Garlic, minced
- 2 Ontario Red Peppers, roasted and peeled
- 6 tbsp (90 mL) red wine vinegar
- 2 tsp (10 mL) Dijon mustard
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) cracked black pepper
- 1/2 tsp (2 mL) hot pepper sauce
- 1 cup (250 mL) olive oil

SALAD:

- 2 lb (1 kg) cheese tortellini, fresh or frozen
- 1 Ontario Green Pepper, halved and thinly sliced
- 1-1/2 cups (375 mL) Ontario Broccoli florets
- 1-1/2 cups (375 mL) Sliced Ontario Cauliflower florets
- 1-1/2 cups (375 mL) Sliced Ontario Carrots
- 3/4 cup (175 mL) Chopped Ontario Red Onion
- 5 oz (150 g) Ontario Mushrooms, halved

Garnish: Fresh Ontario Spinach leaves

PREPARATION:

DRESSING:

Purée garlic and roasted peppers in food processor. Add vinegar, mustard, salt, cracked pepper and hot pepper sauce. With food processor running, slowly add oil. Set dressing aside or, if making ahead, cover and chill.

SALAD:

Cook tortellini according to package directions. Drain and let cool. Combine tortellini, green pepper, broccoli, cauliflower, carrots, red onion and mushrooms. Add dressing; toss. At serving time arrange a bed of spinach in salad bowl; spoon in prepared salad.

HOW TO ROAST PEPPERS:

1. There are many ways to roast peppers. This simple method can be done with any broiler and with any pepper, be it red or green, sweet or spicy.
2. Look for peppers with tight, smooth skins. If you have a choice, peppers with fewer ridges and gulfs will be easier to peel. Use a sharp knife to cut around the top, or stem end, of the pepper. Pull out and discard pepper core, including as much white membrane and seeds as possible. Lay pepper cut-side (removed stem-end) down and cut in half lengthwise.
3. Flatten pepper halves by squashing them with the palm of your hand onto a flat surface. Particularly bumpy or deeply ridged peppers may require that you cut off and remove the pointed (non stem) end. Lay peppers skin-side-up on a foiled-lined baking sheet and broil, 4 to 6 inches away from the heat source, until blackened all over, 5 to 10 minutes. Watch carefully and rotate pan as needed to blacken as evenly as possible.
4. Pull up edges of foil and envelop broiled peppers. Seal and let sit at least 15 minutes and up to 1 hour. (This step softens the peppers and is optional.) Unwrap foil around peppers. Pull off and discard skins. The skins should slip right off in whole (or practically whole) pieces. This step can be done under running water, if you like.
5. Roasted peppers can be used in recipes or frozen in air-tight containers or re-sealable plastic bags for future use. Roasted sweet bell peppers can be served as-is, or sprinkled with olive oil and salt for a simple appetizer or side dish.