



Two Good Farms CSA ~ October 23-24, 2018

This week: Full, small, and Every-other-week Group A

Check out the calendar to confirm locations, days, and times:
<https://www.badgerorganics.farm/2018-csa-calendar/>

News from the Farm:

It continues to be a chilly October! This is our second to last week for this CSA season, and next week will be our last share.

Peppers: Hot and Sweet!

Over the season, we have had a variety of different peppers in the shares. Some have been hot, such as jalapenos, but most have not been spicy at all, such as the bell pepper.

All these peppers come from the same plant family: nightshade or solanaceae, which contains an immense variety of plants. Peppers (which are actually a fruit!) are classified more specifically as *Capsicums*, and, again, there are a large number of *capsicum* varieties.



Peppers get their heat from a chemical they create called capsaicin. Peppers have a wide range of capsaicin levels depending on the variety, and their heat is measured in Scoville heat units—named after Wilbur Scoville, a pharmacist who devised a method to measure pepper heat in 1912 (which was actually just a taste test!).

Bell peppers actually do not produce any capsaicin, and this is why they are sweet and not hot at all. They are capsaicin-less capsicums! Jalapenos, on the other hand, are capable of producing quite a bit of capsaicin. However, it varies quite a bit based on the variety and growing conditions.

If you enjoy some heat but not all the jalapeno has to offer, you can remove the seeds, which have picked up some of the capsaicin. But it's most important to remove the inner white pith or rib, where the capsaicin is actually concentrated!

We hope you enjoy this week's produce!

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920-948-8216 (Tim)
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In this week's share:

- Onion
- Potatoes
- Garlic
- Kale (eow)
- Leeks (eow, small)
- Celeriac
- Radish (full, eow)
- Squash
- Carrots
- Napa Cabbage (full, small)
- Jalapeno (full)
- Fennel (small)
- Kohlrabi (full, eow)
- Beets (eow, small)
- Brussels sprouts (full, small)
- Sage

Each item is included in all shares unless noted.
full = full share
eow = every other week
small = small share



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updates!**

#twogoodfarmscsa