



"The farmer has to be an optimist or (s)he wouldn't still be a farmer."

~Will Rogers~

## Sweet Nardello Peppers

The sweet nardello pepper, which happens to be one of our favorite peppers, was introduced to America by the Nardello family. The family had been cultivating this pepper in Naples, Italy since the 1800's.

In 1887, with the pepper seeds in hand, Giuseppe and Angela Nardello came to America and settled in Naugatuck, Connecticut. They continued to cultivate their pepper and teach their children how to as well. Jimmy Nardello, one of their 11 children, built terraces for his family garden just like they had in Italy for the growing of their pepper.

Before he passed away in 1983, Jimmy donated some of his family's heirloom pepper seeds to Seed Savers Exchange in Iowa. This company specializes in protecting heirloom seeds. This pepper today is becoming very popular among chefs and farmers for its sweet flavor in an easy to fry pepper shape.



## This week's CSA share contains:

- Wyatt Green Beans
- Assorted Eggplant
- Assorted Cucumbers
- Assorted Summer Squash
- Beaver Dam Peppers
- Sweet Nardello Peppers
- Cantaloupe
- Beefsteak Tomatoes
- Assorted Onions
- Rainbow Swiss Chard



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Here is a recipe that incorporates, sweet nardello peppers, eggplant, onion, swiss chard, and tomatoes from this week's CSA share!

## Rigatoni with Swiss Chard and Bell Peppers

Total Time: 30 Mins.

Servings: 2



### Ingredients

6 ounces rigatoni pasta	1 Tbsp. olive oil
3 Sweet Nardello peppers, chopped	½ cup chopped onion
2 cloves garlic, minced	½ cup chicken broth
1-2 cups chopped Swiss chard	½ Tbsp. butter
Black Pepper and salt to taste	1 Tbsp balsamic vinegar
¼ cup Parmesan cheese	1 beefsteak tomato, diced
1 eggplant, diced	

### Preparation

1. Boil rigatoni until al dente.
2. While rigatoni is cooking, heat oil in a large non-stick pan over medium-high heat.
3. Add bell pepper, onion, garlic, eggplant and tomatoes; cook, stirring occasionally until the pepper is crisp-tender – about 5 minutes.
4. Reduce heat to medium; stir in chicken broth, chard, butter, and black pepper. Cover and cook until chard is tender – about 5 minutes.
5. Remove the pan from heat; stir in balsamic vinegar and salt.
6. Drain rigatoni when it is done and toss with the chard mixture. Add Parmesan cheese and toss again.

\* Feel free to add some cooked chicken breasts to this meal!!!!