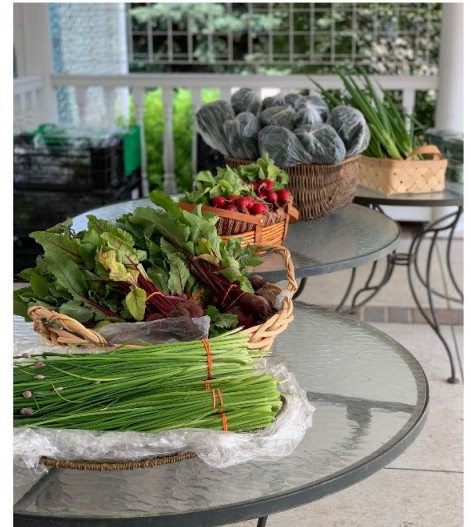




**RIVERVIEW
GARDENS®**
a place to grow



IN THE BAG...

- Living Lettuce
- Tomatoes
- Sweet Peppers
- Hot Peppers
- Cucumbers
- Zucchini
- Garlic
- Farmer's Choice

SOCIAL ENTERPRISES

In addition to our ServiceWorks® program, we have five social enterprises. These social enterprises form the muscle that sustains our mission with unlimited job-training opportunities for ServiceWorks® participants and sources of revenue. These enterprises include:

- Urban farm – farmland with passive solar greenhouses provide locally grown, healthy produce.
- Hydroponics greenhouses – two state-of-the-art facilities where we grow lettuce year-round.
- Community Center Event Venue – ideal for weddings, receptions, company meetings and other events.
- Maintenance contracts - general building maintenance, summer lawn care and winter snow removal for local businesses and organizations.
- C.A.R.E. Team (Clean Assess Refresh Enhance) – cleaning services within downtown Appleton.

JULY 29, 2020 - WEEK 7

Stuffed Pepper Soup

INGREDIENTS:

2 pounds ground beef
6 cups water
1 can (28 ounces) tomato sauce
1 can (28 ounces) diced tomatoes
2 cups chopped green peppers
1/4 cup packed brown sugar
2 teaspoons salt
2 teaspoons beef bouillon granules
1 teaspoon pepper
2 cups cooked long grain rice
Chopped fresh parsley, optional



“ This cozy soup recipe reminds me of growing up and being home. There’s so much goodness in just one bowl! ”

DIRECTIONS:

In a Dutch oven over medium heat, cook and stir beef until no longer pink; drain. Stir in next 8 ingredients; bring to a boil. Reduce heat; simmer, uncovered, until peppers are tender, about 30 minutes.

Add cooked rice; simmer, uncovered, 10 minutes longer. If desired, sprinkle with chopped fresh parsley.

NOTES: This recipe is easy to make your own! Go Italian – use garlic, oregano, Italian sausage, and top with parmesan and mozzarella . Low carb – use cauliflower rice. Make it hot – add chilis. Have fun with this one!

VEGGIE TALES:

A pepper’s heat comes from capsaicin— a colorless, pungent crystalline compound produced in the veins/ribs of a pepper..

The seeds may seem ‘hot’ but that’s because they are coated in capsaicin oil, not because they are hot themselves. The ribs are up to 16x as hot as the rest of the fruit.

The bell pepper/sweet pepper is the only member of the pepper family that does not produce capsaicin.

For vegetable storage tips and ideas, visit riverviewgardens.org/csnewsletter.

Riverview Gardens has donated over 7,000 pounds of food to Feeding America, local food pantries and shelters.

We are also serving as a local site for food pantry pickup each week!



what did the little pepper say to the big pepper?



i'm a little chili

Be sure to follow us!



Questions? Contact us at 920.378.8527 or csa@riverviewgardens.org.