



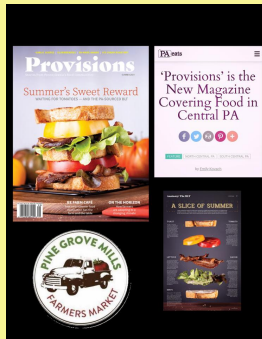
View Our Vendor List &
Calendar



Peppers

Good Afternoon Friends!

September 17th, 2019



Provisions Food Magazine will be joining this week.

Meet the editors, subscribe, or even just stop by the table to check it out! Provisions has a great scoop on the local food scene.

Restless Roots Farm has wreaths !!

Prices depend on size and typically range from \$25-\$50. They have some upcoming fall festivals they are vending and these are popular item. If you would like one please message Restless Roots Farm ASAP on Facebook. Many designs have been freshly made and will need to spend some time in our drying room. We will hold them for you until they are finished.

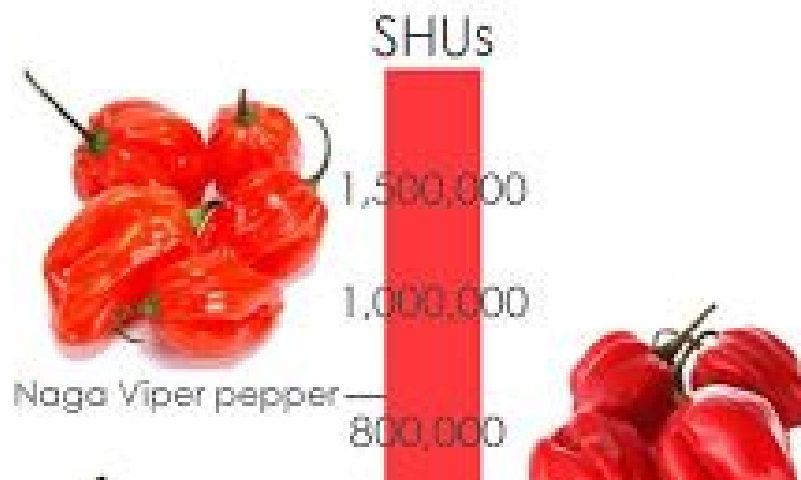


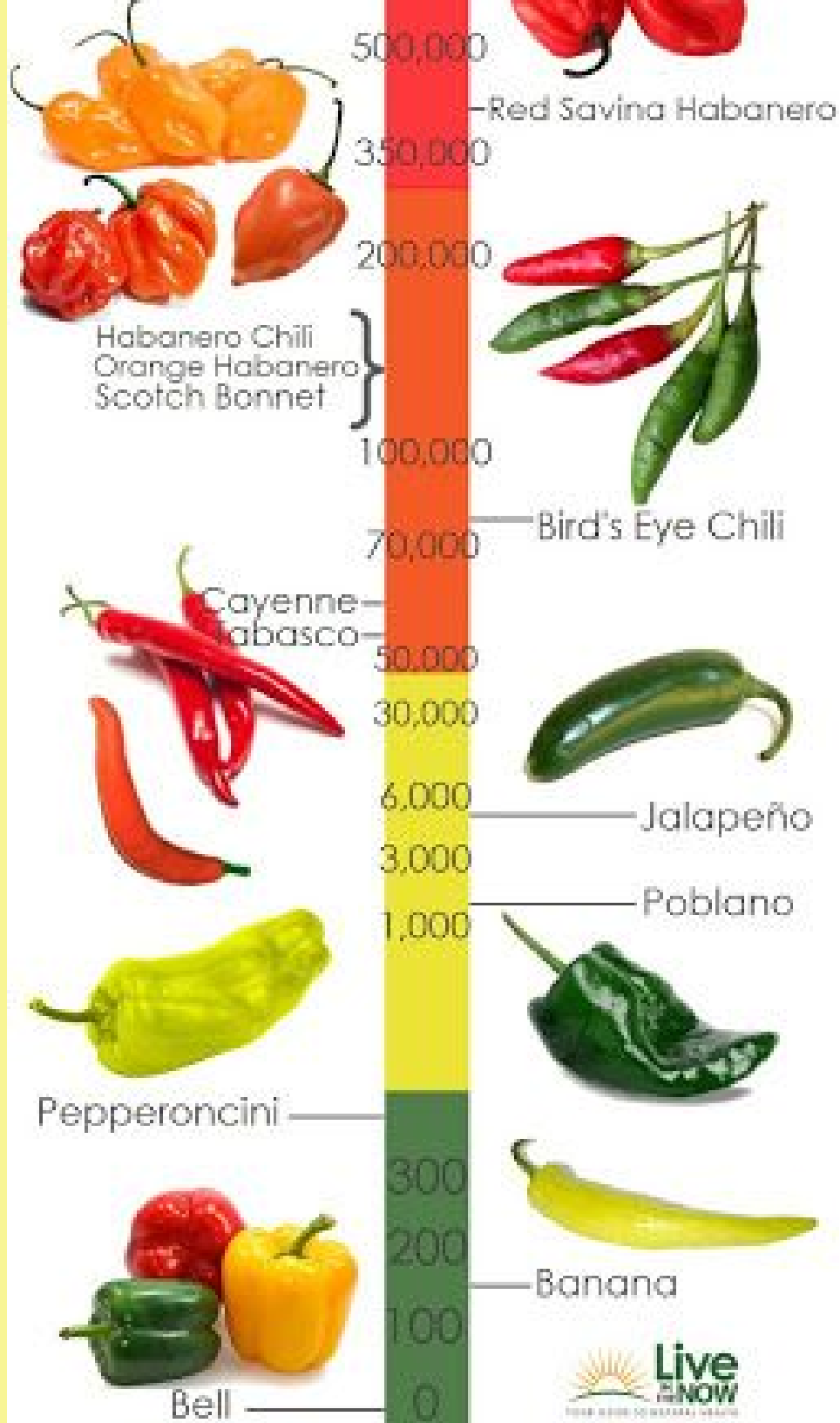
"From Mild to Hot Pennsylvania Peppers are in season



According to pepperhead.com eating hot peppers could have great health benefits for those willing to face the heat. [Have you experienced any of these benefits? Click here to see.](#)

Pssst... Capsaicin benefits heart health! So,
HOW SPICY IS THAT PEPPER?





Recipes from Oliver's Path LLC



CLASSIC STUFFED PEPPERS

Ingredients

- 4 large colorful bell peppers
- 15 ounces of tomato sauce
- 1/2 pound ground beef, turkey, chicken or pork
- 1/3 cup chopped onion
- 1 cup cooked rice (white or brown)
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder

PREPARATION TIME: 15 MIN

COOK TIME: 25 MIN

READY IN: 10 MIN



@oliverspathllc



@OliversPathFarm

Directions

1. Cut the tops off the peppers and remove the seeds. Place peppers in a large saucepan and cover with water. Bring to a simmer and cook 3 minutes, just until the peppers are slightly soft. Drain, rinse with cool water & set aside on towel to drain.
2. In a skillet, heat the ground meat & onion. Cook until no pink remains. Drain.
3. Add the rice, salt, pepper & garlic powder & half the tomato sauce.
4. Stir well and spoon into the peppers.
5. Top with the other half of the tomato sauce.
6. Bake in an ungreased dish at 350 for 25-30 minutes & serve warm.

QUICK PICKLED JALAPENOS

Ingredients

- 1 cup white vinegar
- 1 cup water
- 2 cloves garlic
- 2-3 tablespoons sugar (depending on your spice preference)
- 1 tablespoon salt
- 7-8 jalapenos, thinly sliced

PREPARATION: 10 MIN

READY IN: 10 MIN



@oliverspathllc



@OliversPathFarm

Directions

1. **Combine the vinegar, water, garlic, sugar and salt in a medium pot and bring to a boil.**
2. **Add jalapeno slices, stir and remove from heat.**
3. **Let sit for at least 10 minutes then transfer the liquid mixture and jalapenos into a jar.**
4. **Enjoy!**

***May be stored in the fridge for up to two months.**

Have a recipe you would like to share?

Please send the recipe with a picture in a private message to pgm farmers market on Facebook or Instagram. Recipes can also be sent to pgmfarmersmarket@gmail.com

About the Market



Sponsors



Pine Grove Mills Farmers Market
277 W Pine Grove Rd, Pine Grove Mills, Pa
(814) 237-2081

Contact Us

