JULY NEWSLETTER

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Did You Know?

Farm Fresh Community Growers offers fresh Caribbean produce like callaloo, Scotch bonnet peppers, and more—bringing culturally relevant foods to the heart of Poughkeepsie and supporting diverse, local food traditions.

Fourth of July

Let's celebrate this Fourth of July by reflecting on the ongoing pursuit of freedom, justice, and unity. Today, we honor the diverse voices that have shaped our nation's history and recommit to building a more inclusive and equitable future for all.

Swimming

For a fun and low-impact way to stay active, swimming is a great option for all ages and abilities. It's a full-body workout that builds strength, improves heart health, and reduces stress. Local programs like **Swimming Past Boundaries** offer inclusive swim instruction and promote water safety, making it easier for everyone to enjoy the benefits of swimming!

DUTCHESS OUTREACH

Food Farmacy

Orzo Salad With Peppers and Feta

Ingredients:

- 1pound orzo
- Kosher salt and pepper
- ¼cup extra-virgin olive oil
- 1medium yellow onion, thinly sliced (about 1½ cups)
- 3large or 4 medium red, yellow or orange bell peppers (about 1¼ pounds), cored, seeded and chopped into ½-inch pieces (about 4 cups)
- 1fresh thyme sprig
- 1tablespoon minced garlic
- 1medium tomato, diced into ½-inch pieces
- 1tablespoon fresh lemon juice
- ¼cup chopped fresh basil, plus more for garnish
- 4ounces feta cheese, thinly sliced or crumbled

Instructions

1. Cook orzo in a large pot of salted boiling water according to package directions until al dente. Reserve ¼ cup of the pasta cooking water, then drain the pasta, pressing out excess liquid. Spread out on a baking sheet to cool.
2. Meanwhile, in a large skillet, heat oil over medium. Add onion, bell peppers and thyme, and season with salt and pepper. Cook, stirring occasionally, until tender, about 10 minutes. Stir in garlic until fragrant, about 1 minute. Add tomato and cook, stirring occasionally, until broken down and juices release, about 8 minutes.
3. Add the reserved pasta water and stir to scrape up any browned bits at the bottom of the skillet. Transfer vegetable mixture to a large bowl to cool slightly to lukewarm, about 5 minutes, stirring occasionally to speed up the cooling process. Discard thyme sprig.
4. Add cooled orzo, lemon juice, basil and cheese. Season to taste with salt and pepper. Mix well, then transfer to a large serving bowl or platter. Garnish with more basil.