



Winter Green Community Farm

Week of July 31st

2007

This Week's Harvest

(Subject to variations)

Green Beans

Summer Squash

Cucumbers

Green Onions

Carrots

Tomatoes

Berries

Some Sites Only

Broccoli

Cauliflower

Eggplant

Peppers

Cherry Tomatoes

Green Beans

- ☞ Fresh **green beans** taste best when eaten soon after harvesting. They will stay fresh for up to one week refrigerated in a plastic bag.
- ☞ Remove stem end and cook whole; beans will retain more nutrients if uncut
- ☞ To cook beans, simmer in boiling water for 5-10 minutes. Watch for the beans to brighten in color and become tender but not soft. Cook less for chilled bean salads to maintain crispness.
- ☞ **Green beans** taste incredible when served with simple ingredients. Try them with a little lemon, butter, salt and pepper or with onion in a warm dill vinaigrette. For an unusual flavor, serve them with green onions, chopped cilantro and a squeeze of lime juice.
- ☞ Eggplant is best when it's fresh. Store un-refrigerated at a cool room temperature, or in a hydrator drawer of the fridge for up to 1 week. Eggplant can be peeled, but it's not essential. To remove any acrid flavors & excess moisture, lightly salt slices and allow them to sit in a colander for 10-15 min. Gently squeeze out any liquid. Eggplant should always be cooked to eliminate solanine, a naturally occurring toxic substance

Green Beans & Tomatoes

10 cloves garlic, smashed
 1 piece ginger (1" long) peeled, chopped
 1 1/2 C chicken or veggie stock, divided
 1 tsp ground cumin
 1/4 C vegetable oil
 2 tsp whole cumin seeds
 1 whole dried red chile pepper (opt)
 2-4 tomatoes, peeled, finely chopped
 1 1/2 lbs. green beans, cut in half
 1 1/4 tsp salt
 3 T fresh squeezed lemon juice
 fresh ground black pepper

Put garlic, ginger, & 1/2 C stock in blender of food processor; process until a smooth paste forms. Heat a wok or LG pot over Med heat. When hot, add cumin & toast til just fragrant. (just a few seconds). Immediately scrape cumin onto a small dish & set aside. Quickly wipe wok or pot w/damp cloth to remove spice. Return to heat & add oil, let it heat up for 20 seconds and add whole cumin seeds. After 5 sec., add dried chile pepper. After 25 sec., add ginger-garlic paste. Cook & stir for 2 min. Stir in tomatoes & coriander. Cook, stirring, for 3 min. Add green beans, salt, & remaining stock. Stir until they come to gentle boil. Reduce heat to low & cover. Simmer, stirring once or twice, until beans are tender, 6-8 min. Remove cover. Stir in lemon juice & toasted grd. Cumin. Increase heat & bring to boil. Boil, stir occasionally, until all liquid is cooked off. Remove from heat. Remove chile pepper. Season w/plenty of fresh black pepper to taste.

Serves 4

from "Real Dirt on Vegetables" cookbook

Salad Torcoloti

1 1/2 lbs. small white potatoes
 1 C plus 3 T olive oil
 1/4 to 1/3 C fresh parsley, minced
 1 lb. Summer squash
 1 lb. Green beans
 1 C carrot slices, paper thin
 2 LG heads lettuce
 3/4 C wine vinegar
 1/2 tsp. basil, crushed
 2 cloves garlic, minced
 salt and pepper to taste

Boil potatoes in their jackets in salted water until just tender. Drain and chill. When cold, peel and thickly slice. Put them in a bowl w/3 T olive oil, parsley, and some salt and pepper. Toss and put aside until ready to serve. Slice squash 1/4" thick, cutting on slant, and drop slices into boiling salted water. Cook for 5 min. exactly, drain, & run cold water over them. Chill. Trim & wash green beans & cut into 1" lengths. Boil in salted water until tender yet crunchy. Drain beans, run under cold water & chill. Boil carrot slices in a little salted water for just a few min. so they are still crunchy. Wash lettuce, and spin off excess water. Tear into manageable pieces. Combine remaining 1 C olive oil, vinegar, basil, garlic, & some salt & pepper, and beat together w/a whisk or blend in blender. Just before serving, combine all veggies in a bowl, pour the dressing over them, & toss lightly until everything is evenly coated. Add salt & pepper to taste.

Serves 6-8

from "Vegetarian Epicure Book Two" cookbook

Saucy Green Beans

1/2-3/4 lb Green Beans
 1 1/4 C salted water
 1 LG onion, thinly sliced
 1 T butter
 2 T flour
 1/4 C sour cream
 1 tsp fresh lemon juice
 1 T fresh dill (1 1/2 tsp dried)
 salt & pepper to taste

Rinse & trim green beans & cut in half. Bring water to rolling boil. Drop onion slices into boiling water. After a few min., add green beans. Cook til beans are tender. Drain, reserving liquid. In separate saucepan, make a roux. Melt butter on low heat. Whisk in flour & continue cooking for a min. or two, stirring constantly & taking care not to burn roux. Whisk in about 1 C of reserved liquid, sour cream, & lemon juice. Add 2 tsp of dill. Salt & pepper to taste. Place beans in serving dish & pour sauce over them. Serve sprinkled w/rest of dill.

Serves 4

from "Sundays at the Moosewood Restaurant" cookbook

News from the Field

Greetings Winter Green Farm Members!

We could not have dreamed of a more beautiful day here on the farm. One of the benefits of arising early (5 am!) this morning was the sight of the full moon slowly sinking into the west. Out in the fields, the sun climbed over the opposite hill to take the chill off, but the morning remained cool and breezy, while the sun warmed our backs.

Combined with the brilliant blue sky and the lush, green crops surrounding us, the words paradise and blessed crossed my mind more than once.

We were very short handed today, as many of our crew were either off on a holiday or not feeling well, so I was able to spend quite a bit more time in the field than usual. I had a grand time harvesting the cherry tomatoes, green onions, and finally, the green beans. One of the benefits of harvesting is that we get to munch on the veggies that aren't quite good enough to send to you. I never thought I would be the type to enjoy eating a tomato or green bean so early in the day, but I have developed a taste for these delicacies.

The Garlic Braiding Potluck was not very well attended this year, but those of us that were there sure enjoyed ourselves. It was a gorgeous day, and we sat under the oaks and honed our braiding skills. The cows were grazing in a field close to the hayride route, so we were able to get a bird's eye view, and the calves were happy to entertain us. We will be spend time this week processing the rest of the garlic, and will most likely send your share to your sites next week.

I finally have enough orders for the Farmer John "Real Dirt on Vegetables" cookbook, and would like to put the order in early next week. If you have been enjoying the recipes, and would like to have your own copy of the book, let me know and I will order one for you. The book retails for \$29.95, and we can offer it to you for \$24.

The blueberries are beginning to wind down now, and this will be the last week we will be able to offer bulk flats for you. I might even be able to get them to you on our Friday delivery, if you would be able to pick up at one of our Friday delivery sites, which are all listed on the website. If you don't have computer access, just give me a call at the office. Once we have finished harvesting for bulk orders, we will be able to open up the patch for member gleaning. I will announce the date of the gleaning in the box note, as well as post an announcement on the clipboard at your site. Be sure to keep an eye out for it!

Today is one of the cross quarter days honored in ancient traditions, the first festival of the waning year. Typically known as the first day of autumn, this is a celebrated time in many ancient cultures.

Celebrated as Lammas in the Christian traditions, it was

a time when loaves of bread were made from the first grain harvest. They were left on the Church steps, to give thanks for a bountiful season (Lammas - Loaf Mass).

In Celtic traditions, Lughnasadh was the celebration. Harvest fires were lit midday, to honor the powerful Gods of the grain harvest, while the Hopi held the Snake-Antelope dance every other year.

In mythology, the Persephone/Demeter cycle was honored, where the descent into dark has just begun, the lushness of summer still evident, and the fields are full of summer greens and late summer crops of squashes, zucchini, and corn.

Almost all cultures had a "corn mother" representation, her spirit believed to be embodied in the sheaves of corn. Some traditions would make a cornhusk doll out of the last sheaths of corn, honor it through out the winter months, and then plough it into the earth in the spring to ensure a bountiful harvest.

Our feature veggie this week is the Green Bean. Green beans and other beans, such are kidney beans, navy beans and black beans are all known scientifically as *Phaseolus vulgaris*. They are all referred to as "common beans," probably owing to the fact that they all derived from a common bean ancestor that originated in Peru. From there, they were spread throughout South and Central America by migrating Indian tribes. They were introduced into Europe around the 16th century by Spanish explorers returning from their voyages to the New World, and subsequently were spread through many other parts of the world by Spanish and Portuguese traders. Today, the largest commercial producers of fresh green beans include the United States, China, Japan, Spain, Italy and France. The green bean is actually the unripe fruit of the plant. We are growing a French variety (Haricot vert means "green bean" in French) called Maxibel. They are a longer, thinner type of bean and we are quite pleased with the crop so far. The plants are lush and healthy, and we certainly found ample beans on them this morning.

Green beans, while low in calories, are loaded with nutrients. They are an excellent source of vitamins C, K, and manganese. They are also a very good source of vitamin A, dietary fiber, Potassium, Folate, and iron. Also, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorous, protein, omega-3 fatty acids, and niacin!

Green beans may also help prevent colon cancer. The vitamin C and beta-carotene in green beans help to protect the colon cells from the damaging effects of free radicals. Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers!