



# From Field to Fork

CSA Member Newsletter

July 22 & 23, 2014: Week 6



## This week's box:

- Beans (green, purple, or romano) or snow peas
- Broccoli
- Carrots
- Escarole or frisee
- Garlic
- Potatoes
- Summer squash
- Tomatoes (globe)

## Large box also includes:

- Artichoke
- Lettuce
- Herbs
- Snow peas



## Romano Bean *Phaseolus vulgaris*

Also known as Italian green beans, Italian string beans, Italian flat beans, Romano beans are a flat snap bean which originated in – you guessed it – Italy. Like other snap beans, Romano beans should be eaten whole. They have a very mild flavor and a tender texture. These beans are often braised with other summer vegetables, and they can also be added to soups, stews, and stir fries. To use Romano beans, simply trim off the ends and rinse the pods. They can substitute green beans in any recipe. Cook them lightly to retain their crunch, or a little longer and they will become extremely tender.

## Cleaning and Storage Tips

**Artichokes** – Wash them under cold running water just before cooking. Stores well in the refrigerator for up to one week.

**Beans (Green, Purple, Dragon)** - they like humidity, but not wetness. A damp cloth draped over an open or loosely closed container.

**Summer squash** – Can be left on a cool counter for a few days or refrigerate wrapped in a damp towel for up to a week.

**Tomatoes** - Never refrigerate. Depending on ripeness, tomatoes can stay for up to two weeks on the counter. Green tomatoes will not ripen into red tomatoes.

## Farm Dinner on August 9th

Skylight Farms is partnering with chef Paul Osher from Porkchop & Co. to host a dinner at the farm. Join us for a fun evening featuring a roasted goat and produce picked straight from our fields along with desserts by Parchment Pop Up Bakery and beer by Reuben's Brews.

We'll start with a farm tour at 5pm with dinner at 6:30. Tickets are \$50 for dinner or \$75 for dinner and drinks. Purchase tickets at [www.brownpapertickets.com/event/770074](http://www.brownpapertickets.com/event/770074)

## What's your favorite way to eat...?

Last week we asked for your favorite ways to eat beans. Here were some of the responses:

- I like to saute green beans in a little olive oil and garlic.
- My best easy recipe starts with a smoky hot wok with a couple of tablespoons of peanut oil. Fry those suckers until they have some brown spots on both sides. Add a dash of fish sauce and fry for another minute. Voila! Absolutely amazing with rice, or without.

For more tips and recipes, visit the recipes section on our website.

This week: [What's your favorite way to eat tomatoes?](#)

Send your responses to [Petrina@skylightfarms.com](mailto:Petrina@skylightfarms.com), or post on our Facebook page.

**Upcoming member days: July 26 & Aug 16, 10am–noon.** Come tour the farm, pick some herbs, meet the chickens, and take home some flowers. RSVP appreciated but not required.



### Broccoli and Potato Curry

1 tbsp oil  
2 medium onions, chopped  
1 tbsp fresh ginger  
1 -2 tsp curry powder  
2 lbs potatoes, peeled & cut into 1-inch pieces  
1 cup broccoli florets  
1 cup green, purple, or romano beans, cut into 1-inch pieces  
1 1/4 cups chicken or vegetable stock  
1/2 lemon (juice)

1. Heat oil on medium. Sauté the onions, fresh ginger and curry powder for 5 minutes. Add the potatoes and cook for 2 minutes.
2. Add the stock. Cover and steam for 8-10 minutes, until potatoes are almost cooked through.
3. Add the broccoli (or cauliflower) and green beans, and continue cooking for another 5 minutes.
4. Add the lemon juice and continue cooking until most of the stock has evaporated.

### Beans & Greens

(Courtesy of CSA member Amy Kneller)

Olive oil  
Dried red chile flakes  
1 large yellow onion, diced  
1 head escarole, roughly chopped  
2 cloves fresh garlic, finely chopped or sliced  
3 cups cannellini beans, cooked (if from a can, rinse and drain)  
1-2 cups vegetable or chicken broth  
1 lb. dried penne pasta (or another shape you like)  
About a 1/2 c. basil pesto  
Parmesan cheese, finely grated

1. Cook the pasta to al dente in a large pot of boiling water.
2. While the pasta is cooking, using a large skillet or sauté pan, sauté the onion and pepper flakes in olive oil until just getting soft. Add the greens and let them just wilt. Add the garlic and stir everything around until the garlic is nicely fragrant but not browned. Add the beans and about 1 cup of the broth, cover the dish but leave some space so steam can easily escape and simmer for about 3-5 minutes, until the greens are tender, beans are heated through, and the broth is reduced or gone. Add the remaining broth and stir everything together. Taste for salt and add some if needed. Remove mixture from the heat.
3. Drain the pasta, but don't rinse. Toss the hot pasta with the pesto in a bowl. The pasta should be generously coated with pesto. You may need a bit more pesto or depending on pasta size/pesto texture.
4. To assemble: Place about 1/2 cup of the pesto-covered pasta in a shallow serving bowl. Ladle a generous helping of the greens/beans/broth mixture over the pasta. Top with the cheese.

### Carrot Salad

Use what's in your pantry to make this simple salad.

Shredded/Grated carrots, 1 cup per serving  
Dried fruit (cranberries, raisins, or chopped dates)  
Toasted nuts (Sunflower seeds, pumpkin seeds, pecans, pine nuts, or walnuts)  
1 tbsp vinegar or lemon juice (Rice wine, red wine, cider, or champagne)  
3 tbsp oil (Olive or vegetable)  
1 tsp prepared Dijon or brown mustard (optional)  
Pinch of sugar or 1 tsp honey  
Salt & Pepper

1. Grate carrots into a large bowl. Add dried fruit and nuts of choice. For every cup of carrots, add ¼ cup of fruit and nuts.
2. Whisk together vinegar, oil, sugar/honey, and mustard. Season with salt and pepper.
3. Toss carrot mixture with vinaigrette.

Try any of these additions:

- Grated cucumber and/or onion
- A dash of hot sauce
- A drizzle of sesame oil and sprinkle white and/or black sesame seeds on top

### Marinated Summer Squash and Chickpea Salad

Make this a day ahead of time so that the lemon and vinegar have time to "cook" the zucchini. While regular white wine or white balsamic vinegars can be used, for best flavor, use a vinegar with some sweetness to it, such as fig, raspberry, walnut or pecan.

1 pound small zucchini or yellow squash or a combination, halved and thinly sliced  
1 1/2 cups cooked chickpeas (or 1 can, rinsed and drained)  
1/2 cup chopped red onion  
1/2 large red bell pepper, cut into 1-inch long slices  
2 cloves garlic, minced  
2 tbsp lemon juice, freshly squeezed  
2 tbsp white balsamic or white wine vinegar  
Generous grating black pepper  
salt, to taste  
fresh herbs (such as mint, basil, or oregano) to taste

1. Combine all ingredients in a non-metal container. Cover tightly and refrigerate for at least 6 hours (24 hours is optimal), stirring occasionally. Check the seasonings and add more salt and lemon juice or vinegar if needed. Serve sprinkled with additional fresh herbs.

Try any of these additions:

- A teaspoon of sesame oil and some toasted sesame seeds.
- Spice it up: skip the herbs and add cayenne pepper or your favorite hot sauce.