



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Beets	Yes	Plastic	Red w/tops
Cilantro	Yes	Plastic	
Cucumbers	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	
Kale	Yes	Plastic	Red Russian
Onions	No	No	Walla Walla
Sweet Corn	Yes	Plastic	
Zucchini	Yes	Plastic	

## Green Beans

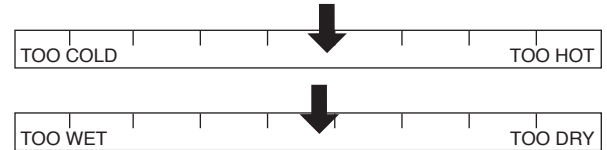
We've got another nice bag of green beans in the box this week. With the change in the weather they are in overdrive, we had to pick these on Tuesday instead of Wednesday so that they wouldn't get any bigger than they already were. The ones I was hoping to pick for next week look like they'll be ready in a couple days.

All of the green beans we grow are considered 'snap' beans, as opposed to shelling, dry or lima beans. When we say green beans we're actually referring to the immaturity of the pods, as opposed to the color. We grow several different varieties of them but they are all 'bush' type varieties, meaning that they don't send out a vine, but the plant gets about two feet tall, flowers, sets beans and is done. Pole beans are varieties which have to be allowed to climb up a pole or trellis. We have a couple of pole bean varieties growing for fun around the buildings here, but to grow them for production in a field is difficult, since it involves erecting structures for them to grow on.

Snap beans used to be referred to as 'string' beans since they used to have a fibrous string in them much the way that the peas do. Thankfully the strings have long been bred out of the bean varieties available now. This year we're actually experimenting with saving seed from a few bean varieties we grow. We successfully saved some from some dried beans we trialed last year so this year we're extending that to the snap beans. We should have some shell beans for the shares in a few weeks and the winter share may get a small amount of

## Farm Report 8/13/09

Rainfall . . . . . 4.13"  
 High Temperature . . . . . 83°  
 Low Temperature . . . . . 61°  
 Farmer Complaint Indicators™:



dry beans for the first time this year.

There are thousands of varieties of beans and they all are classified as the same plant, *Phaseolus vulgaris*. One more surprisingly large plant family that was unknown to the Greeks, Romans, Egyptians or Chinese. The only type of bean they would have known is the fava, which is a completely different genus, but present in the Old World.

Cilantro is always a tasty addition to the box. If you are bored with corn on the cob, or are missing your two front teeth, like our daughter, you could make some tasty black bean and corn tacos with lots of cilantro. We also like it pureed with a little garlic into a sauce that we can drizzle on things.

A nice bunch of beets this week, some of which were getting a little big for their britches. The tops are quite nice too if you're looking for another tasty green for your supper.

I think the cukes and zukes peaked last week as they finally got up to maximum production. You'll only find 7 cukes in your box this week and 4 zucchini. They'll steadily decline over the next few weeks until they're done for the year. The zukes will slide off faster since they are becoming quite infested with powdery mildew. This slows down they're production and eventually kills the vines. The cucumber varieties we have planted are resistant to PM so they should hold up a little better, although the later cukes get funkier shaped as they run out of steam.

My crew wouldn't let me mow down the red russian kale without harvesting it again, so you can thank (or curse) them for it's presence in the box this week.

The early sweet onions have cured up in the shed nicely and there's a few of them in the box this week along with a nice head of garlic. The basil is also still cranking in this heat. There was more out there that we just couldn't get to.

### Farm News

It's been a long time coming but we finally got our share of the moisture this last weekend. We started out Friday morning with a nice easy half-inch of rain followed by a heavy 3.5 inches during a storm late that night. Some of the rain came down a little hard, probably approaching a rate of 2 inches per hour during the storm. We had some minor erosion in some of the veggie crops which are still quite small, as well as some new seedlings that went in ahead of the rain. I'm pretty sure I'll have to re-plant that first fall planting of spinach. Other than that it was a very welcome change.

The rain was followed by some timely summer-like conditions. After struggling to get to 80° for most of July we've had a high in the 80's every day since. A bunch of moisture followed by sunny, hot days makes everything grow exponentially. Plantings that seemed relatively free of weeds a week ago now look overgrown as the weeds decide the conditions are finally right to set their seed. It was time this week to get back to the hoeing, cultivating and mowing to get them under control.

We also took time out to harvest the crop of shallots for the year while we wait another week for the rest of the onions to mature. The shallots are looking real nice this year, we'll start to see these in the box after they get cured up a bit.

It's also been time to get the fields for next year laid out and worked up. We rotate our vegetable fields around our hay fields so that it's easier on the soil and actually builds the soil up instead of tearing it down. I'm almost done laying them out and hope to get them plowed up in the next few days.

I have a special request from those of us here at the farm. When you pick up your vegetables please make an extra effort to get everything out of your box, including leaves. If you just leave a leaf or two in the bottom of your box it becomes permanently affixed to the box over the course of the next two weeks, until it's time for that box to get washed and packed again. We're spending an awful lot of time and water trying to get these cleaned up this year. Thanks.

Lastly we should see some big changes in the box next week as we start to get into the tomatoes and melons. All we needed was that little burst of heat.

**Coming next week:** Basil, beans, cukes, cantaloupe, corn, carrots, tomatoes, garlic, potatoes, zucchini.

### Balsamic Green beans

- 1/4 cup olive oil
- 1 pound fresh green beans
- 1 med red bell pepper, cut in fine julienne strips
- 1/2 c sliced shallots or sweet onion
- 2 tablespoons sliced garlic
- 1/2 tsp crushed chili pepper(opt)
- 1/4 cup balsamic vinegar
- 1/2 c bread crumbs

In a large sauté pan, over high heat add olive oil, add shallots and peppers. Cook 3-4 minutes until soft. Add green beans, cook until slightly browned, about 5 minutes. Add garlic, cook 2 minutes. Add balsamic vinegar, and crushed pepper, and cook until reduced by half. Toss in bread crumbs, season with salt, pepper and serve warm.

### Szechuan Green beans

- 3 Tbls canola or peanut oil
- 2-3 cups cleaned green beans
- 2 cloves garlic, chopped
- 1 tsp ginger, chopped
- 1 green onion, sliced thin
- Crushed red pepper flakes (however hot you want it)
- 1/2 tsp crushed Szechuan peppercorns (Asian market, but optional)
- 1/2 tsp sugar
- 2 Tbsp soy sauce

Steam beans until tender, about 2-3 minutes. In a wok, or large cast iron pan, heated very hot, add oil. Add beans, cook until skins blister. Add ginger, garlic, scallions, cook until slightly brown. Add pepper flakes, sesame seeds, sugar, and soy sauce

### Raw Beet Salad

- 1 pound beets
- 1 large shallot
- Salt and freshly ground black pepper
- 2 teaspoons Dijon mustard, or to taste
- 1 tablespoon extra virgin olive oil
- 2 tablespoons sherry vinegar or other good strong vinegar
- Minced parsley, dill, chervil, rosemary or tarragon

Peel the beets and the shallot. Combine them in the bowl of a food processor fitted with the metal blade, and pulse carefully until the beets are shredded; do not puree. (Or grate the beets by hand and mince the shallots; combine.) Scrape into a bowl.

Toss with the salt, pepper, mustard, oil and vinegar. Taste, and adjust seasoning. Toss in the herbs, serve.