



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	First of fall
Basil	No	Plastic	Maybe the last
Carrots	Yes	Plastic	Last for a while
Collards	Yes	Plastic	Last of the year
Dill	Yes	Plastic	Last of the year
Garlic	No	No	
Green Beans	Yes	Plastic	Last of the year
Leeks	Yes	Plastic	New!
Onions	No	No	Yellows
Peppers	Yes	Plastic	Sweet carmens and serranos
Shell Beans	Yes	Yes	Tongue of fire
Tomatoes	No	No	Reds and heirlooms

## Double Beans

Normally when we get into the first couple of weeks of September we see a significant transition away from the summer crops and into the late summer/fall crops. This year it's coming a week or two earlier. The weather has sped things up this year so we're seeing shell beans overlapping with green beans. Usually the shells are ready when the green beans are all done.

This is really not very desirable from our perspective, since it means picking two kinds of beans on one day, but they were both so nice that we couldn't just let one go by. Rarely do I like to harvest more than ten hours on Wednesdays, but with double beans we had a thirteen-hour harvest day yesterday. We've had some pretty civilized harvest days the past few weeks so we were overdue for a stinker.

The green beans this week are perfect young beans. Enjoy them any way you like.

The shell beans are a rare treat that you really can't get at the store, and almost as rare at the farmer's market. There are also probably very few CSAs that grow them. Shell beans are a bean that's on it's way to becoming a dried bean, but was harvested while still fresh on the vine. The beans are shelled out of the pods and can be boiled until just tender like you would a dry

## Farm Report 8/30/12

Rainfall . . . . .0.13"  
 High Temperature . . . . . 92°  
 Low Temperature . . . . . 59°  
 Farmer Complaint Indicators™:



bean, although they will cook much quicker. We like to cook them until still fairly firm and then finish them in a skillet with some herbs, onion and garlic. I find that they are some of the most satisfying and nutritious things that we grow.

Leeks would also go nicely with the shell beans. These are the first leeks of the year and they're looking quite nice. Sautéed and finished with some cream is about our favorite way of preparing them.

The first of the fall arugula is in the box this week. It's looking lovely but I haven't had a chance to eat any yet.

Holy buckets we picked a lot of tomatoes this week. I think it's the first time we've picked over 3,000 in one day. Consequently you all should have a pile of them in your box, roughly 18 per share! There will also be at least one of every variety. The plants are showing more and more bacterial speck, so this will be the peak of them this week. They'll taper off from here on out.

More carmen peppers and serranos this week. The serranos are smaller and are hot. They may be red or green. The carmens are large, red and sweeeeeet.

This may be the last of the basil for the year, it's getting beat up by the bugs pretty badly.

The collards this week are of the cooking-type. They've gone through some pretty intense weather so they won't be super tender, but plenty good when cooked up with some bacon.

The first of the yellow storage onions are in the box this week, straight from their time curing in the greenhouse after being harvested.

This will be it for a while on carrots. Some of these bunches are pretty 'iffy', but we'll have some much nicer ones in about a month when the fall ones are ready.

Garlic and dill round out the box this week. Couldn't resist picking this lovely dill one more time.

### Farm News

It seems like all we do is pick around the farm right now. We're starting to get some things cleaned up from the spring and summer so that we're not too overwhelmed when fall transitions into winter.

The family and I took the day off last Friday to head to the State Fair for the day. It's even more of an ordeal when you live 90 minutes away. We hadn't gone in 3 or 4 years so it was time. Iris was excited to ride the Mighty Mouse in the Midway but afterwards decided she really didn't like roller coasters. Baker lost at pretty much every game on the Midway and decided he didn't like the giant slide. We all agreed that the bumper cars were the best ride for our non-thrill-seeking family.

The weekend was spent recovering from the fair and canning some salsa for the winter. Last year was the first year I put up any salsa and the kids went nuts for it. I think we were out of it by February, so I'm trying to get more of it done for this year.

Monday is currently the one day of the week that we can get other things done besides harvesting. I had a long Monday list this week of weeding, seeding and irrigating, and we made a pretty good dent in it. We're going to finish up August with less than 2 inches of precipitation so irrigation has once again become a major project.

**Coming next week:** Tomatoes, parsley, peppers, leeks, potatoes, arugula, spinach, and other stuff that I'm too tired to think of.

And also since it's late, here's a couple of great recipes for this week from the recipe archive on the website. Don't forget to check there if you find yourself scratching your head about what to do with on of the veggies.

### Tuscan Farro And Bean Soup

- 1 cup fresh borlotti or cranberry beans
- 3 tablespoons extra-virgin olive oil plus some for drizzling
- 1 large onion, coarsely chopped
- 2 carrots, coarsely chopped
- 1 celery rib, coarsely chopped
- 2 garlic cloves, smashed and peeled

- 8 cups water
- 1 large tomato (1/2 lb), coarsely chopped
- 1/4 cup loosely packed fresh flat-leaf parsley leaves
- 10 fresh sage leaves
- 3 sprigs fresh thyme
- 1 cup whole-grain farro, or spelt
- 2 1/2 teaspoons salt
- 1/2 teaspoon black pepper

Shell beans and pick over. Heat oil in a 5- to 6-quart heavy pot over moderate heat until hot but not smoking, then cook onion, carrots, celery, and garlic, stirring occasionally, until onion is softened, about 10 minutes. Stir in water, beans, tomato, parsley, sage, and thyme and bring to a boil, then reduce heat and cook at a bare simmer, partially covered, stirring occasionally until beans are tender, about 1/2 hour.

Discard thyme sprigs, then blend mixture in batches in a blender until smooth (use caution when blending hot liquids), transferring to a large bowl. Return soup to pot and bring to a boil. Add farro and salt, then reduce heat and simmer, stirring frequently, until farro is tender (it will be chewy like barley), about 30 minutes. Stir in pepper and serve drizzled with additional oil.

### Linguine with Spicy Leek and Tomato Sauce

- 1/4 cup extra-virgin olive oil
- 2 garlic cloves, chopped
- 1/2 teaspoon dried crushed red pepper
- 1/2 teaspoon fennel seeds
- 2 medium leeks (white and pale green parts only), split lengthwise, sliced crosswise
- 1 1/4 pounds tomatoes, diced
- 1/2 cup dry white wine
- 1 tablespoon white wine vinegar
- 12 ounces linguine
- 1 3/4 cups freshly grated Parmesan cheese, divided

Heat oil in large skillet over medium-high heat. Add next 3 ingredients; sauté 1 minute. Add leeks; sauté until beginning to soften, about 4 minutes. Add diced tomatoes; stir 1 minute. Add wine and vinegar; bring to boil. Cover and cook until tomatoes break down, stirring often, about 5 minutes.

Meanwhile, cook pasta in large pot of boiling salted water until tender but still firm to bite. Drain, reserving 1 1/4 cups pasta cooking liquid.

Add pasta, 1/2 cup reserved pasta liquid, and 3/4 cup cheese to sauce in skillet. Toss over medium-high heat until sauce coats pasta, adding more liquid by 1/4 cupfuls if dry. Season with salt and pepper. Serve, passing 1 cup cheese separately.