

Butterbean Community Farm News

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This week's share:

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|-------------------|---------------------|
| 1 - basil | 6 - scallions |
| 2 - peas | 7 - radishes |
| 3 - lettuce | 8 - garlic scapes |
| 4 - chard | 9 - hakurei turnips |
| 5 - summer squash | |

Ranked from "use-me-first" to longest storage potential. Turnips will store longer (weeks! months!) if the tops are removed.

Field Report

We often talk about cooking while working at the farm, and this happened at every farm we've worked on. Whether we're planting green beans or weeding the cilantro, food talk is often inspired by whatever we're working on. This is a risky gamble of a conversation topic before lunchtime. At a quarter after ten, it's not so bad swapping recipes as time slips by. But half past eleven, there's a lot of stomach growling and minutes seem like hours! That great conversation about the cream sauce with extra swiss chard turns on you, until you give up and head in for lunch.

So, we've been up to a lot of good cooking this week and decided to dedicate a majority of this newsletter to recipes and cooking tips. Some of these ideas were brainstormed in the field, perhaps before getting smoked out by hunger and heading home for a meal.



A few farmers, ready to eat after some weeding on Sunday. Thanks for coming out, Tim and Chris!

Recipes

Roasted Chicken and Scallions

recommended by CSA Member Mike, adapted from Epicurious.com

Ingredients:

- 3 lb chicken parts (such as thighs, drumsticks, and/or breast halves)
- 3 bunches scallions (one good sized bunch will work!)
- 3 tablespoons olive oil
- 1/4 cup dry white wine

Put a flameproof shallow baking pan or iron skillet on rack in upper third of oven and preheat oven to 500°F. Pat chicken dry. Cut scallions into 2-inch-long pieces, then toss with chicken, oil, 1 teaspoon salt, and 1/2 teaspoon pepper in a bowl. Roast, without crowding, in hot pan until chicken is browned in spots and just cooked through, about 25 minutes. Transfer chicken and scallions to a serving dish, then straddle pan over 1 or 2 burners, depending on your pan's size. De-glaze the drippings by adding wine and cook over medium heat, scraping up brown bits for 1 minute. Pour sauce over chicken. Serve with rice, pasta, or your grain of choice. This recipe would pair well with sautéed chard or a salad.

Vegetarian Lettuce Wraps

adapted from ThePioneerWoman.com

Ingredients:

- 2 teaspoons peanut or sesame oil
- 1 package (about 12-14 Oz. Size) firm tofu
- 1 1/2 - 2 cups peas, stems and stringed removed, cut into 1/4-inch slices
- 1/4 teaspoon chili powder (more to taste)
- 1/4 cup soy sauce
- large lettuce leaves
- 2 whole avocados, sliced
- 1 teaspoon balsamic vinegar (optional)

Heat oil in a nonstick skillet over medium-high heat. Throw in the tofu, then break it up into very small pieces. Cook tofu for several minutes, until much of the liquid cooks off and tofu starts to turn golden. Throw the peas in with the tofu. Cook for a couple minutes (peas can remain crunchy). Add chili powder and soy sauce, then cook until most of the liquid has been absorbed. Turn off heat and stir in balsamic if using. Pile mixture onto lettuce, then add slices of avocado. Fold up and chow down!

Purple Basil Lemonade

learned from the great farmers of Blue Moon Community Farm

- 1 handful of purple basil
- 1 batch of lemonade

(You may have seen this recipe on our website, as it is literally the only recipe there...) Take a handful of purple basil and blend it with a cup or so of your favorite lemonade -- we use a stick blender in a mason jar for this, but a blender or a food processor would also do the trick. Strain the basil pulp out of the puree and combine the now pulp-free liquid with your batch of lemonade. Enjoy with a sprig of basil, and perhaps a little gin!

Other Cooking Ideas

While looking at the ripening vegetables in the field this week, we were dreaming of some other cooking ideas for this week's CSA vegetables:

Make a summertime pasta dish with a combination of sautéed summer squash, peas, chard, scallions and/or scapes topped with a basil cream sauce (substitute another grain to make gluten free)

Toss summer squash and garlic scapes with some salt, pepper, and olive oil and grill them! The grilled scapes have an asparagus-esque texture and great mild garlicky flavor. Also, pickled scapes are pretty tasty.

Feeling salad-ed out? Check out this link that lists a some good non-salad lettuce recipe ideas (the lettuce soup sounds particularly good):

<http://eatdrinkbetter.com/2012/03/28/lettuce-recipes-not-salad/>

Use and Storage Tips

Hakurei turnips are new this week. These sweet and tender salad turnips can be enjoyed raw, but they're also delicious sautéed (if you go with the latter, toss the greens in toward the end – they're edible and tasty). If you don't get to the turnips right away, just separate them from their greens and they could keep in the fridge for months!

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
lettuce	washed, dried, loosely wrapped, refrigerated				•	•					•	
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
peas	wrapped, refrigerated		•		•	•		•			•	
basil	<i>bunches</i> : in water, room temperature <i>leaves</i> : dry, wrapped, warm refrigeration		•	•	•							
scallions	wrapped, refrigerated	•	•	•	•					•	•	
hakurei turnips	wrapped, refrigerated	•	•	•	•	•			•	•	•	
chard	washed, dried, loosely wrapped, refrigerated		•		•	•	•				•	
scapes	wrapped, refrigerated	•	•	•	•				•		•	
radishes	refrigerated	•			•	•			•		•	