

# Butterbean Community Farm News

Vol. 1 No. 6 July 17th, 2013

## This week's share:

- |                    |                   |
|--------------------|-------------------|
| 1 – choice of herb | 6 – summer squash |
| 2 – chard          | 7 – cabbage       |
| 3 – scallions      | 8 – carrots       |
| 4 – green beans    | 9 – beets         |
| 5 – cucumber       |                   |

Ranked from “use-me-first” to longest storage potential.

## Field Report

“There's no sense in nonsense, especially when the heat gets hot.”

That's right folks, Sarah and I are getting up earlier these days. One reason is obvious: the farmers need to beat the heat. But, it's also a good idea to irrigate crops in the morning or evening, in order to avoid the high sun and excess evaporation.

Heat can be double edged sword, but we're feeling pretty happy – and a little sweaty – with these 90 degree days. Certain nasty fungal diseases don't do so well when the mercury rises. And that means that the late blight that we were concerned about last week is less of a threat now due to the heat and no rain. We use drip irrigation on our fields, and not only does that save a lot of water, but it waters the ground, thus the roots, and not the tender and fussy leaves of tomato plants. Fingers crossed, we might have dodged that bullet!

Another bonus is that the crops we want to get going love the heat: basil, cucumbers, melons (always a gamble in Wisconsin), tomatoes, peppers, and eggplant say bring it on! Plus, the crops we could take a break from are done for a while. Salad mix, for example, doesn't do well with the heat and becomes spit-it-out bitter.

This week marks the first week of carrots, beets and green beans. We are a week away from cherry tomatoes, and right around the corner from peppers and garlic. Salsa verde, here we come. The season long greens are becoming bountiful, and fresh onions are coming soon.

And today's my wonderful mom's birthday! And because of that, Sarah and I are including tasty recipes that we grew up with. Plus, when life gives you summer squash, you make a lot of World Famous Zucchini Bakes and Pancakes. If you have some favorite recipes from growing up, pass them along!

## Recipes

Momma Neely's

### World Famous Tomato Zucchini Cheese Bake

*a Neely family classic*

The main ingredients are all in the name, so it's hard to mess up if you forget the recipe. The fun thing about the dish is that it's easy to experiment with different ingredients and quantities.

serves 4-6 // vegetarian, gluten free // main or side dish

## Ingredients:

- 4 to 6 cups sliced summer squash
- 3 pounds of tomatoes (or two 28 ounce cans)
- 1 or 2 onions (or a bunch of scallions)
- 1 or 2 cloves garlic (or garlic scapes if you still got 'em)
- ½ pound cheese (sharp cheddar, pepper jack)
- a tablespoon of dried herbs (oregano or basil, or use fresh)
- salt and pepper to taste

Preheat the oven to 350 degrees. Start to sauté your onions, then add some garlic, leave on low. Slice up summer squash and tomatoes. Add all of the ingredients into a 9 by 13 baking dish. I like to save a little cheese and put it on top, so it gets crispy and chewy in the oven. Leave it in the oven for at least an hour, but it can stay in there for a two, no problem. Some fun variations are to put in some different vegetables, like peppers, kale, chard, spinach, or eggplant. I've been enjoying sautéed/caramelized scallions, which goes well in place of onions. You can also add extra cheese, a Poppa Neely preference. Also, I just made this over the weekend, and put in a few cups of cooked white beans, and it was delish. The experimenting and tweaking is a part of what makes it World Famous.

Poppa Luetzow's

### World Famous Zucchini Pancakes

*a Luetzow Family classic*

~12 4" pancakes // vegetarian // main or side dish

## Ingredients:

- 4 eggs
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 teaspoons Italian seasoning
- ½ teaspoon black pepper
- ¼ cup olive oil
- 4 cups peeled grated zucchini
- 1/3 cup Parmesan or cheddar cheese

- 1 ¼ cup oats
- ¾ cup flour

Whisk together eggs, baking powder, salt, Italian seasoning, pepper, then add the rest of the ingredients. Let batter sit for 30 min (so the oats can absorb some of the liquid) – it should be thicker than pancake batter. Add flour and oats to thicken if needed. Preheat pan “until a few drops of water skidaddle across it,” lightly oil the pan, cook on medium-low heat. Brown sides well, and because of their thickness (1/2”) they tend to take about 6 minutes per side.

Other cooking ideas for this week’s CSA share:

- CSA member Corey recommends making a “zucchini burger” with grated zucchini mixed with some ground meat of your choice. Yum!
- Try sautéing julienned summer squash with taco spices (chili powder, oregano, cumin, etc) and toss with lime juice before topping rice and beans or adding to a burrito
- Make a slaw of grated cabbage and carrots (grate a beet in there too for some stunning color!) with a dressing of your choice
- Chop cabbage and carrots and sauté until softened, seasoning with salt, pepper and a pinch of caraway seeds

## Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
carrots	refrigerated	•	•	•	•	•	•		•	•	•	
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
cucumber	loose paper bag, warm refrigeration	•		•	•						•	
scallions	wrapped, refrigerated	•	•	•	•					•	•	
beets	1-inch stem and taproot intact, refrigerated	•	•	•	•	•		•	•	•	•	
cabbage	loosely wrapped, refrigerated		•		•	•	•				•	
green beans	basket or loose paper bag, warm refrigeration (40° -45° )	•	•	•	•	•		•			•	
chard	Washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
herbs	loosely wrapped, refrigerated (except basil bunches, which like to be in water on the counter)			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)