

# Butterbean Community Farm News

Vol. 1 No. 9 August 7th, 2013

## This week's share:

- |                     |                  |
|---------------------|------------------|
| 1 – choice of herb  | 6 – celery       |
| 2 – sungolds        | 7 – new potatoes |
| 3 – slicer tomatoes | 8 – kohlrabi     |
| 4 – bell pepper     | 9 – cabbage      |
| 5 – scallions       | 10 – carrots     |

Ranked from shortest to longest storage potential (7 - 10 will keep very well).

## Field Report

It's difficult to be truly scientific in on-farm research. Whereas it'd be great to have some sound variables, establish a control and collect thorough data, the farm tends to get in the way of the research. Plus, somewhere in there, weather, sleep and a pest or two can mess things up right quick.

So, it's helpful to rely on all different kinds of resources. One thing we've learned about farming is that it's great to talk with other growers. Last weekend, we went to a farmer potluck – you can always count on good eating at those – and caught up with some old pals, and met some new great folk. We swapped ideas, compared notes, and had a few laughs about what did and did not work on the farm. Cool weather, cucumber beetles, late blight, new rules and regulations, soil types and drainage, different seed varieties, and melon harvesting tips: exciting stuff, to say the least. So much fun, I'm headed to another farmer potluck this weekend.

Back on our farm, we've been enjoying watching the new produce come in. This week, we'll be eating peppers, celery, and some new potatoes, as well as continuing the tomato harvest. Be careful, this is not “ants on a log” celery. It's incredibly potent and an excellent herb for Jim's gumbo. Don't forget to use the leaves for soup stock or as an herb – they have great flavor. And I recommend trying out the hummus recipe; it's super smooth! Happy eating.



## Recipes

### Chicken and Smoked Sausage Gumbo *from The Garde-Manger*

This is the gumbo recipe my dad, Jim, passed along to me. It is delicious! Great for making on a low key Sunday around the house, it tastes even better the next day. (If you don't have time to make it now, think about freezing some veggies from this week in these quantities for making gumbo later!)

## Ingredients:

- 1 cup vegetable oil
- 1 cup flour
- 2 cups chopped onions
- 1 cup chopped celery
- 1 cup chopped bell pepper
- 1 pound smoked sausage, such as andouille or kielbasa, cut crosswise into ½ inch slices
- 1 ½ teaspoons salt
- ¼ teaspoon cayenne
- 3 bay leaves
- 6 cups water
- 1 pound boneless chicken meat, cut into 1-inch chunks
- 1 teaspoon Cajun seasoning (or some combination of paprika, cayenne, black pepper, garlic or onion powder, salt, oregano, thyme)
- 2 tablespoons chopped parsley
- ½ cup chopped green onions
- 1 tablespoon filé powder (optional)

1. Combine the oil and flour in a large cast-iron or enameled cast iron Dutch oven over medium heat. Stirring slowly and constantly for 20 to 25 minutes, make a dark brown roux, the color of chocolate (careful – it gets very hot!).

2. Add the onions, celery, and bell peppers and continue to stir for 4 to 5 minutes, or until wilted. Add the sausage, salt, cayenne, and bay leaves. Continue to stir for 3 to 4 minutes. Add the water. Stir until the roux mixture and water are well combined. Bring to a boil, then reduce heat to medium-low. Cook, uncovered, stirring occasionally, for 1 hour.

3. Season the chicken with the rub and add to the pot. Simmer for 2 hours.

4. Skim off any fat that rises to the surface. Remove from the heat. Stir in the parsley, green onions, and filé powder.

5. Remove the bay leaves and serve with rice in deep bowls.

## Basic Hummus

*from Jerusalem – a cookbook on loan to us from CSA member Corey!*

We love making homemade hummus. It isn't hard, and we feel like it always tastes better than store bought. This week seemed like a good time to share a recipe because your sungolds, kohlrabi, carrots, and bell peppers would all be great with hummus.

### Ingredients:

- 1 ¼ cups dried chickpeas
- 1 teaspoon baking soda
- 6 ½ cups water
- 1 cup tahini paste
- 4 tablespoons freshly squeezed lemon juice
- 4 cloves garlic, crushed
- 6 ½ tablespoons ice cold water
- salt

The night before, put the chickpeas in a large bowl and cover them with cold water at least twice their volume. Leave to soak overnight.

The next day, drain the chickpeas. Place a medium saucepan over high heat and add the drained chickpeas and baking soda. Cook for about 3 minutes, stirring constantly. Add the water and bring to a boil. Cook, skimming off any foam and any skins that float to the surface. The chickpeas will need to cook between 20 and 40 minutes, depending on the type and freshness, sometimes even

longer. Once done, they should be very tender, breaking up easily when pressed between your thumb and forefinger, almost but not quite mushy.

Drain the chickpeas. You should have roughly 3 2/3 cups now. Place the chickpeas in a food processor and process until you get a stiff paste. Then, with the machine still running, add the tahini paste, lemon juice, garlic, and 1 ½ teaspoons salt. Finally, slowly drizzle in the iced water and allow it to mix for about 5 minutes, until you get a very smooth and creamy paste.

Transfer the hummus to a bowl, cover the surface with plastic wrap, and let it rest for at least 30 minutes. If not using straightaway, refrigerate until needed. Make sure to take it out of the fridge at least 30 minutes before serving.

### A few other cooking ideas:

I've been making tasty Asian-inspired slaw with grated cabbage, carrots, and cilantro with a dressing made with sesame oil, lime juice, rice vinegar, soy sauce, crushed red pepper, and a bit of honey or sugar. Last time I also included some peanut butter. And kohlrabi would work well grated into the slaw mix, too.

This cooler weather might make a hearty summer soup a welcome sight at the dinner table – you could use a combination of onion, carrot, and celery as the base.

Potato salad! Scallions, sungolds, parsley, and minced celery could go along for the ride.

## 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	•	•	•	•	•	•		•	•	•	
celery	wrapped, refrigerated	•	•	•	•		•			•	•	
bell pepper	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
scallions	wrapped, refrigerated	•	•	•	•					•	•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
sungolds	room temperature			•	•		•		•	•	•	
fresh onions	wrapped, refrigerated	•		•	•				•	•	•	
potatoes	cool and dry		•	•		•			•	•	•	
kohlrabi	refrigerated	•	•	•	•	•			•	•	•	
cabbage	loosely wrap, refrigerated		•		•	•	•				•	
herbs	loosely wrap, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)