

Butterbean Community Farm News

Vol. 1 No. 13 September 4th, 2013

This week's share:

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|----------------------------------|---------------|
| 1 – fresh coriander & lemongrass | 7 – radishes |
| 2 – lettuce | 8 – beans |
| 3 – tomatoes | 9 – edamame |
| 4 – kale or chard | 10 – cucumber |
| 5 – peppers | 11 – potatoes |
| 6 – scallions | 12 – beets |

Ranked from shortest to longest storage potential.

Field Report

“How's the harvest?”

This is the time of year when that age old question comes up. The kind of crops that have historically dominated our Midwestern landscape have prepared us for that question: corn, wheat, soybeans, dry beans and tobacco. But hey, we have been harvesting! Diversified vegetable farming is a little different, since we've been reaping what we've sowed since early June and you can testify to that.

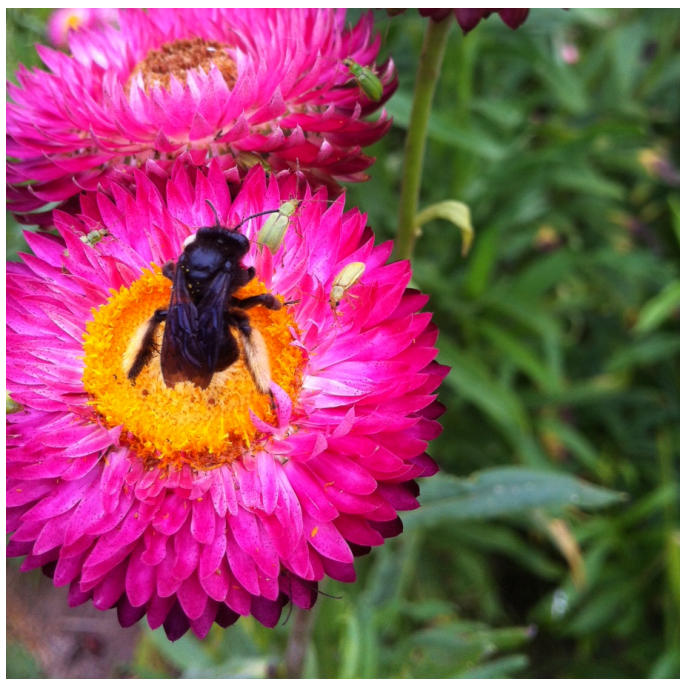
On the other hand, August and September are usually big months for a CSA farm in Wisconsin. As you know, the tomatoes are full on, as well as their cousins: eggplants, peppers, tomatillos and potatoes. These big hitters take the entire summer to mature up here in the Midwest, so it's kind of a big deal once they arrive. Like we anticipate the arrival of summer, we Wisconsinites love our surplus of the hot crops. This kind of magical bounty is something to cherish, and it almost feels like one's earned it after waiting for so long. And there's also the other late summer greats, like green beans, cucurbits, and soon-to-come brassicas, that grow well this time of year.

With the bounty of late August and early September, we're also forced to think about a bad word: winter! Now's the time (to find the time...) to start blanching, freezing, drying and canning those extras, making sure that we still get some late summer harvest in the winter. Makes me think of Greg Brown's song “Canned Goods”:

*“Well let the wild winter wind bellow and blow,
I'm as warm as a July tomato.”*

Welcome to September, eat and preserve well,

— Dan



Recipes

Summer Vegetable Curry

adapted from 101cookbooks.com

Ingredients:

- 2 14-ounce can coconut milk (or 12 cans of coconut milk and 14 ounces vegetable stock)
- 1 bunch scallions, chopped
- 3 tablespoons green curry paste, or more to taste (you can use store-bought or make your own, recipe included)
- 1 lemongrass stalk (lower part)
- 1 teaspoon sea salt
- 1 pound potatoes, washed and sliced 1/2-inch thick
- 1/2 pound dragon tongue or green beans
- 1 red pepper, chopped
- 8 - 16 ounces extra firm tofu, cut into 1/4 inch cubes
- 2 limes, halved or quartered
- fresh coriander seeds

Spoon a few tablespoons of thick coconut cream from the top of the coconut milk, place it in a large pot over medium-high heat and bring to a simmer.

Add 2/3 of the scallions (white and light green parts included) and sauté until they soften a bit, about 2 minutes. Stir in the curry paste and salt, and cook for another minute or two. Have a taste, and decide if you want to adjust the flavor - adding more curry paste or salt if needed.

Squeeze some lime juice over remaining scallions and set aside.

Add the rest of the coconut milk and stock if using to the pot along with the potatoes and lemongrass. Cover, and simmer until potatoes are just starting to get tender throughout - about 10-15 minutes. At this point add the beans, red pepper, and tofu. Let simmer for about 5 minutes – the potatoes should be completely tender by this point.

Serve each bowl topped with a sprinkling of the remaining scallions, fresh coriander seeds and feathery sprigs, and more lime juice, to taste.

Thai Green Curry Paste:

- 2 green hot chilies (Thai chilies)
- 1 tablespoon chopped garlic
- 1 tablespoon chopped onion
- 1 teaspoon chopped galangal
- 1/2 teaspoon chopped lime rind
- 1 tablespoon chopped lemongrass
- 1 tablespoon chopped krachai
- 1/4 teaspoon toasted cumin seeds
- 1/4 teaspoon toasted coriander seeds
- 1/2 teaspoon salt

If you have a good-sized mortar and pestle, put the green chilies in the mortar and pound, add the garlic and pound. Now add the onion and pound - continue down the ingredient list pounding away. Alternately, give it all a whirl in a food processor.

Other cooking (and preserving) ideas:

- try using your fresh coriander, smashed and minced, in salsa or in combination with cumin, chili powder, and oregano for a dynamite seasoning combination to use on a pork shoulder or to throw in with a pot of black beans.
- make fresh lemongrass tea (with or without fresh ginger)
- make pickled beans, beets, peppers, or radishes!
- make a simple chopped salad with cucumbers, radishes, and lemon tahini dressing
- toss diced potatoes, chopped scallion or onion, and peppers with olive oil and roast (see thepioneerwoman.com for a good recipe).
- make tomato soup (hot or cold), tomato sauce, bloody mary mix and consume fresh or freeze for later
- make borscht
- blanch and freeze green beans
- simply freeze tomatoes by coring and cutting off any blemishes, and freezing them on a cookie sheet, then transfer into a gallon bag when they're frozen so in the winter you can easily grab a couple tomatoes.

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
radishes	refrigerated	•			•	•			•		•	
beans	basket or loose paper bag, warm refrigeration (40°-45°)	•	•	•	•	•		•			•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
cucumber	loose paper bag, warm refrigeration	•		•	•						•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
sungolds	room temperature			•	•		•		•	•	•	
beets	1-inch stem and taproot intact, refrigerated	•	•	•	•	•		•	•	•	•	
edamame	Loosely wrapped, refrigerated		•					•				
lettuce	washed, dried, loosely wrapped, refrigerated				•	•					•	
chard, kale	Washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	
potatoes	cool and dry		•	•		•			•	•	•	
scallions	wrapped, refrigerated	•	•	•	•					•	•	

(adapted from *Farm Fresh and Fast*)