

Butterbean Community Farm News

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This week's share:

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| 1 – choice of herb | 6 – summer squash |
| 2 – tomatoes | 7 – cucumbers |
| 3 – choice of kale/chard/collards | 8 – garlic |
| 4 – sweet Italian frying peppers | 9 – salsa verde basket |
| 5 – eggplant | 10 – beets with greens |

Ranked from shortest to longest storage potential.

Field Report

Week Ten is here, marking the halfway point of our season. We are really glad that you all are a part of the adventure with us! Hard to imagine that even though we're still harvesting summer crops on the tenth week, we have lows in the upper forties.

The spring brings leaves and shoots, the summer bears fruit, and roots come with the fall. That means from here on out, those shares just get heavier. We've been thinking fall not just because it feels like it, but we've been working on fall crops recently. This week we'll be harvesting our storage onions (see photo below), and those will cure in the barn – just like the garlic right now. Curing allows the crop to create a dried outer layer, which allows us to store them long-term into the fall and early winter.

And our winter squash field is growing rapidly, too. Fun fact about winter squash: they are a good "cleaner crop". Notice how expansive the planting looks? Winter squash plants shade out weeds, and it's helpful to have them precede more weed sensitive crops in a crop rotation, such as carrots or onions.

Hope you all enjoy the sweet Italian frying peppers this week. Our first experience with them was just a few years ago, and it's been on our must-grow list since. Eat well... and stay warm!



a sea of winter squash continues to expand

Recipe

'Naan Better' Eggplant Curry Salad
adapted from the New Pi Eats blog, newpi eats.newpi.coop/

Celebrate eggplant with sautéed greens of your choice, flat bread, and curry dressing for a gorgeous salad. Feel free to substitute the naan with pita bread, or any grain for that matter such as quinoa, rice, or bulgar.

Naan:

- 1 cup water
- 1 package (2 ¼ teaspoons) active dry yeast
- ¼ cup plus one pinch sugar
- 4 ½ cup flour
- 3 tablespoons milk
- 1 egg
- 4 tablespoons oil, plus additional for the griddle
- 1 garlic clove, smashed and finely chopped

Mix together water, yeast, and pinch of sugar. Let sit 10 min. Mix remaining ingredients – except oil and garlic – with yeast mixture. Cover bowl with a damp cloth and let rise 1 hour. Punch down and let rise for another 30 min. Combine oil with garlic in a small dish. Heat skillet and spray or drizzle with oil. Stretch a baseball-sized piece of dough to make an irregular flat bread, approximately 8 inches in diameter. Cook on hot griddle for 5 minutes per side, or to desired color, brushing with garlic oil mixture before flipping. Repeat.



Broiled Eggplant:

- 1 small eggplant, cut into bite-sized pieces with skin on
- 2 tablespoons oil
- 1 teaspoon coarse salt

Toss eggplant in oil and salt. Broil on center rack until brown, approximately 10 minutes.

Sautéed Greens:

- any and all greens from your CSA share this week (beet greens, kale, chard, collards)
- minced garlic and/or diced onion
- 2 tablespoons oil
- salt to taste

Heat oil in a large sauté pan over medium heat. Sauté garlic and/or onion for a couple minutes, then add chopped stems (if using) and sauté for a few minutes more. Then add chopped greens (ideally with water still on them from rinsing) and cover the sauté pan. Stir periodically, adding splashes of water if needed to continue steaming, until tender (this will take about 30 minutes for collards, 10 – 15 minutes for kale, 5 – 10 minutes for chard and beet greens).

Curry Dressing:

- 4 tablespoons peanut oil
- 2 tablespoons Champagne vinegar
- 2 tablespoons mayo
- 1 tablespoon curry powder
- 1 green onion, finely chopped
- ½ teaspoon chili powder
- ½ teaspoon honey

Whisk together dressing ingredients. Serve eggplant over sautéed greens with warm flat bread and curry dressing. Garnish with chopped hot or mild peppers, if desired.

Other cooking ideas for this week's share:

- make a salad with some combination of black beans, tomatoes, peppers, cucumber, quinoa, corn, onion, and cilantro with a dressing made of canola oil, lime juice, a pinch of cayenne and salt. Simple and delicious!
- salsa verde freezes really well! Try freezing this week's batch to jazz up your tacos in the winter.
- steam or roast beets and toss with pesto for a simple side dish. Also, beet greens are arguably the tastiest vegetable green that you may have not known you could eat. Cook them along with your other greens, or steam or sauté them alone and serve them with your beets.

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
salsa basket	wrapped, refrigerated				•					•		
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
cucumber	loose paper bag, warm refrigeration	•		•	•						•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
sungolds	room temperature			•	•		•		•	•	•	
garlic	cool, dark, dry	•		•	•		•		•	•	•	
eggplant	loose paper bag, warm refrigeration	•				•	•		•	•	•	•
Chard, kale	Washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
beets	1-inch stem and taproot intact, refrigerated	•	•	•	•	•		•	•	•	•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)