

# Butterbean Community Farm News

Vol. 1 No. 7 July 24th, 2013

## This week's share:

- |                             |                   |
|-----------------------------|-------------------|
| 1 – choice of herb          | 6 – cucumbers     |
| 2 – sunolds                 | 7 – summer squash |
| 3 – dragon tongue beans     | 8 – fresh onions  |
| 4 – green beans             | 9 – fresh garlic  |
| 5 – chard, kale or collards | 10 – carrots      |

Ranked from shortest to longest storage potential.

## Field Report

Sarah and I were able to get away for the weekend and go camping at Wyalusing State Park on the western edge of the state. Before we left for camping, we hustled to get the farm in good shape with weeding, irrigation and maintenance harvesting (those beans will not pick themselves!). At the park on Sunday evening, we watched the epic storm system from the bluffs over the Wisconsin and Mississippi Rivers, but we didn't get a drop!

That made for great camping, but we were hoping that the eastbound system was headed toward Dane County and ready to drop some much needed rain on the farm. And when we arrived back in town on Monday, we discovered that the sky did our irrigation chores for us while we were gone – we got a whole inch and a half. Usually Nature isn't so cooperative, so we feel pretty lucky right now. The farm looks great and lush, and even the sunflowers have started to bloom.

Kind of amusing how just when you plan for something, turns out you didn't need to. The lack of rain in the past few weeks forced us to finally order some spare irrigation parts. The rain arrived a day after the parts did. Now, we feel fully equipped with weeds at bay and lots of irrigating supplies... but you can never feel too secure when you're farming!

The bonus of getting away for a weekend was to think about the farm in the abstract. It's nice to take a step back and bounce ideas around while taking a hike or sitting by a fire. We spent a lot of time dreaming and scheming about the farm.

We are thrilled about the new crops we have in the share this week. Dragon tongue beans are a favorite of ours, you can treat them just like green beans, but their purple color fades while you cook them. Some folks prefer dragon tongue beans fresh over cooked, and overall it's better to not freeze them. Fresh onions and garlic really matured well with the past few weeks of heat; we're about to harvest all of the garlic and start curing it for long term storage. Eat well this week!

## Recipes

### Fresh Garden Super Salad

*adapted from Farm Fresh and Fast*

serves 4-6 // vegetarian // side dish

### Ingredients:

- 2 tablespoons oil of choice
- 1 tablespoon vinegar of choice
- 1 cup chopped green beans or dragon tongue beans (or a combination)
- 1 cup halved cherry tomatoes
- 1 cucumber, finely chopped
- ½ medium onion, finely chopped
- 1 cup chopped kale or Swiss chard
- 4 ounces feta, crumbled
- 4 tablespoons raw or roasted pumpkin seeds

Steam the green beans until tender and bright green, about 5 minutes (if using dragon tongue beans or if you prefer raw green beans, skip this step). Submerge them in cold water to stop the cooking process, drain, and cool. Combine the oil and vinegar and shake or whisk until combined. Add the remaining ingredients (tomatoes through pumpkin seeds) and the cooled beans to a large salad bowl. Toss with the oil and vinegar shortly before serving.





# Sour Cream Cucumber Salad

from *Farm Fresh and Fast*  
serves 6 // vegetarian // side dish

- Ingredients:
- 2 - 3 cucumbers, peeled (if desired) and thinly sliced
  - 1 small red or white onion, thinly sliced
  - 1 teaspoon coarse salt
  - 1 tablespoon white vinegar
  - ¼ cup sour cream
  - ½ - 1 tablespoon sugar
  - ground black or white pepper to taste

Place the cucumber and onion slices in a colander, sprinkle with salt, and toss to coat evenly. Let stand 20 – 30 minutes. Drain the liquid, pat the vegetables dry, and place in a bowl. Mix the vinegar, sour cream, and sugar and pour over the cucumbers and onions. Season with pepper. Mix well and let chill for at least 30 minutes.

## 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	•		•	•						•	
sungolds	room temperature				•			•	•	•		
fresh onions	wrapped, refrigerated	•		•	•				•	•	•	
fresh garlic	wrapped, refrigerated	•		•	•		•		•	•	•	
Chard, kale	Washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
beans	basket or loose paper bag, warm refrigeration (40° -45° )	•	•	•	•	•		•			•	
herbs	loosely wrapped, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)