

# Butterbean Community Farm News

Vol. 1 No. 8 July 31st, 2013

## This week's share:

- |                     |                             |
|---------------------|-----------------------------|
| 1 – choice of herb  | 6 – cucumbers               |
| 2 – sungolds        | 7 – summer squash           |
| 3 – slicer tomatoes | 8 – salsa verde basket      |
| 4 – beans           | 9 – fresh garlic and onions |
| 5 – eggplant        | 10 – beets                  |

Ranked from shortest to longest storage potential.

## Field Report

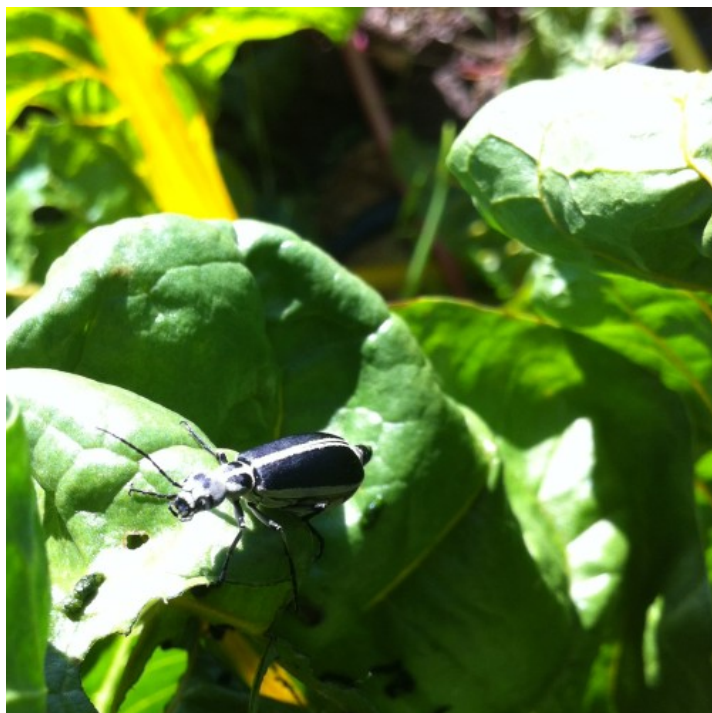
While harvesting swiss chard last Wednesday, I noticed some heavy damage on the rainbow chard, particularly on the yellow varieties. As I was almost halfway done, I found the evil culprit! I snapped a photo of a plump beetle munching away on my plants for future research.

Turns out, it was a blister beetle, and a lot of hungry friends came along for the party. Outrageous, I thought. A pox on you and your kin! How can I eliminate this fiend? Just like the flea beetles on our Brassicas in May, I was scheming and dreaming about some magic bullet that would unleash some farmer fury upon the pestilence. As delusional visions of mushroom clouds flashed before my eyes, I almost stepped on an innocent toad in the aisle path.

That's when the toad, the beetle, and the farm offered up another lesson: you can't have it all. Without the bugs, there would be no toads. Pesticides, even organic pesticides, often act in a broad spectrum manner, meaning that they not only eliminate the blister beetles but the parasitic wasps, lady bugs, and sometimes the toads that would prey on the pests we don't want. To top it off, blister beetles are sometimes even indexed as a beneficial insect. The beetle larva feed on grasshopper eggs, and they emerge in localized populations, so our other planting of chard is untouched.

In the grand scheme of things, it seems like we can be friends with the blister beetle. Plus, their name comes from the sores that fingers develop after squishing them, so best to let them eat our yellow chard.

Despite the dip in the mercury, the Solanaceous Season has arrived at the farm. This week, we'll be harvesting sungolds, slicing tomatoes, the first hot peppers, eggplants and tomatillos. That means it's time for making salsa verde and caprese salads. I love the smell of roasting tomatillo, garlic, pepper and onion in the oven. And nothing says summer like a basil, tomato and fresh mozzarella.



## Recipes

### Salsa Basket Salsa Verde

We love salsa verde on tacos, chips, pizza, any vessel we can find really. Here are two recipes to try.

#### Roasted (our preferred method)

Preheat oven to 400 degrees. Remove husks from tomatillos, peel the garlic clove, cut your hot pepper in half and de-seed it, then put tomatillos, garlic, pepper, and onion on a cookie tray or in a roasting pan and roast for 15 – 25 minutes, or until the tomatillos have some nice charring on them and everything looks somewhat softened. Pour everything plus cilantro into a blender or food processor and puree, adding lime juice and salt to taste.

#### Fresh (also good)

Remove husks from tomatillos, peel the garlic clove, cut your hot pepper in half and de-seed it, then toss everything, including cilantro, in a blender or food processor. Add lime juice and salt to taste if desired.

## Bunky's-style Green Beans

with Olive Oil, Tomato, and Garlic

We went out to dinner at Bunky's last weekend and had some delicious garlicky steamed green beans as an appetizer. And the result of our attempt to recreate them was a success! This would be a great dish to bring for passing at a potluck.

### Ingredients:

- up to 1 lb green or dragon tongue beans
- up to 3 garlic cloves, minced
- up to 1 whole tomato, diced
- 1/3 cup chopped herbs (Bunky's dish probably had a combination of cilantro and parsley, but we just used parsley)
- olive oil
- salt and pepper
- splash of vinegar (we used red wine vinegar)

Steam beans 3 – 5 minutes, depending on how al dente you want them to be. Meanwhile, sautee garlic in some olive oil, about 5 minutes. Add diced tomato and herbs and sautee 1 minute more. Combine steamed beans with the garlic, tomato, and herbs. Splash with vinegar and season with salt and pepper to taste.

A few other cooking ideas:

Make ratatouille with your eggplant, summer squash, and tomatoes.

Make a CSA pizza! Some topping ideas: roasted beets, grilled eggplant, garlic, onion, sungolds

Use cucumber, tomato, garlic, and parsley in a tabouleh salad.

Make some caprese salad, try it with green or purple basil.

## Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
beets	1-inch stem and taproot intact, refrigerated	•	•	•	•	•		•	•	•	•	
salsa basket	wrapped, 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	•		•	•		•		•	•	•	
eggplant	loose paper bag, warm refrigeration	•				•	•		•	•	•	•
beans	basket or loose paper bag, warm refrigeration (40° -45° )	•	•	•	•	•		•			•	
herbs	loosely wrapped, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)