

# Butterbean Community Farm News

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## This week's share:

- |                    |                     |
|--------------------|---------------------|
| 1 – choice of herb | 6 – radishes        |
| 2 – salad mix      | 7 – delicata squash |
| 3 – tomatoes       | 8 – leeks           |
| 4 – kale           | 9 – garlic          |
| 5 – sweet peppers  | 10 – potatoes       |

Ranked from shortest to longest storage potential.

## Field Report

Last weekend, I experienced the term farm-to-table in a very literal sense: I had the opportunity to help our friends at 4 & 20 Bakery and Café cater a vintage barn wedding for which many of the vegetables came from our farm.

The wedding guests didn't know it, but Butterbean Community Farm had contributed 21 pounds of summer squash, 21 pounds of red peppers, 30 pounds of cherry tomatoes, 40 pounds of potatoes, and a variety of herbs. Evan Dannells, former sous chef at L'Etoile and current owner of 4 & 20, masterfully transformed those vegetables into crudité (sliced raw vegetables for dipping), mini grilled pizzas, and roasted vegetables tossed with herbs.

The vegetables' farm-to-table voyage went as follows: Dan and I harvested them from the field, shuttled them to our walk-in cooler in Madison, and delivered them to 4 & 20 on Thursday. There, Evan and his team chopped, julienned, sliced, and diced, returning many of the prepped vegetables back to our cooler before cooking on Friday. Saturday, they went in Evan's truck and drove 20 miles straight north, finally arriving at the venue. Ultimately, I was the lucky one who got to place cut glass serving bowls filled with colorful roasted vegetables on the tables of eager wedding guests.

A rare kind of satisfaction comes from knowing that I had a hand in growing the vegetables served on tables at the wedding last weekend, but also on your tables every week. An often sung virtue of the CSA model is that consumers get to connect with the land and the people who grow their food, and that's true, but it's only half of the picture. Hearing your stories about making pea shoot risotto and turkey zucchini burgers completes the farm-to-table journey for us, the farmers, as well – and it's the best kind of journey.

-Sarah

## Recipes



*Sharon Neely, happy with the harvest*

## Leek and Potato Soup

*from simplyrecipes.com*

The Simply Recipes blog is a fitting place to find leek and potato soup because it doesn't get any simpler. I'm always amazed at how creamy, subtle, and delicious this soup is, especially considering its relatively short ingredient list.

### Ingredients:

- 3 leeks, cut lengthwise and chopped
- 2 tablespoons butter
- 2 cups water
- 2 cups chicken or vegetable broth
- 2 pounds potatoes, peeled, diced into ½ inch pieces
- oregano – dash
- ¼ cup chopped fresh parsley
- 2 teaspoons chopped fresh thyme, or ½ teaspoon dried thyme
- Tabasco, Sriracha sauce, or other red chili sauce
- salt and pepper

1. Cook leeks in butter with salt and pepper in a medium sized sauce pan. Cover pan, cook on low heat for 10 minutes. Check often, taking care not to brown the leeks.

2. Add water, broth, and potatoes. Bring to a low simmer and cook for 20 minutes. At this point, if you have an immersion blender,

give everything a quick blend OR transfer about half of the soup mixture into a blender, puree and return to pan. Add oregano, parsley, and thyme. Add a few dashes of chili sauce to taste. Add some freshly ground pepper, 1 – 2 teaspoons salt or more to taste.

## Roasted Red Pepper Potato Soup

from [simplyrecipes.com](http://simplyrecipes.com)

I couldn't resist including another tasty looking soup recipe from this food blog. I recommend perusing the full list of soups on the Simply Recipes blog – there's a good looking curried squash soup and also roasted vegetable soup, among others.

### Ingredients:

- 2 - 4 red peppers
- about 1 cup diced onion or leek
- about 1 ½ cups diced potato
- 3 cloves garlic
- 1 quart vegetable or chicken stock
- ¼ cup cream or milk
- 3 tablespoons butter
- cayenne, salt and pepper to taste

1. Roast the red bell peppers by placing them over or under an open flame until they blacken on all sides. (You can use a grill, cook-top gas burner, or oven broiler.) Place the blackened peppers in a bag, close the bag and let the peppers steam for 10-15 minutes, or until the skins feel like they can easily be slipped off. Remove the peppers from the bag, peel off the blackened skins, remove the seeds. Chop the peppers roughly. ALTERNATIVELY, simply toss in one half recipe of Sweet Pepper Confit from last week's newsletter.

2. Heat the butter in a large soup pot over medium-high heat. Add the chopped onion and sauté for 2-3 minutes, stirring occasionally. Add the potatoes and cook another 1-2 minutes, then add the garlic and roasted peppers. Stir well and cook for 2 minutes.

3. Add the stock, stir well and bring to a simmer. Cook over medium heat until potatoes are soft.

4. Purée the soup in a blender or food processor until very smooth. Fill the blender about halfway with the soup. Start the blender on low and keep your hand on the top, in case the lid wants to pop off from the rising steam. Once everything is well chopped, turn the blender to its highest setting and blend until smooth, about 1 minute. You might need to do this in batches.

5. Return to a clean pot set over low heat. Add the cream, stir well and taste. Add some cayenne, salt and pepper to taste.

### Other cooking ideas and tips:

- It might be a good time to invest in an immersion blender if you don't have one yet because it is officially Soup Season. Tomato white bean, curried squash, kale and sausage, the soup possibilities are endless!
- Accompany your soup with a side salad, topped with sliced radish and peppers.
- Did you know that you can eat the skin of any winter squash, but delicata squash is especially known for its edible skin? This makes preparation all the easier because all you have to go is cut it in half, seed it, and dice it before sautéing, roasting, or tossing into a soup pot.

## 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	•			•	•			•		•	
potatoes	cool and dry		•	•		•			•	•	•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
leek	wrapped, refrigerated	•		•						•	•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
salad mix	wrapped, refrigerated				•							
winter squash	room temperature	•	•	•		•	•	•	•	•	•	•
kale	washed, dried, loosely wrapped, refrigerated		•		•	•	•		•		•	
garlic	cool, dark, dry	•		•	•		•		•	•	•	
herbs	loose wrap, refrigerated			•	•			•	•	•	•	

(adapted from *Farm Fresh and Fast*)