

# Butterbean Community Farm News

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## This week's share:

- |                    |                   |
|--------------------|-------------------|
| 1 – choice of herb | 7 – edamame       |
| 2 – lettuce        | 8 – summer squash |
| 3 – melon          | 9 – cucumber      |
| 4 – tomatoes       | 10 – scallions    |
| 5 – peppers        | 11 – eggplant     |
| 6 – green beans    | 12 – garlic       |

Ranked from shortest to longest storage potential.

## Field Report

Last Thursday was one of the best days of farming we've had in a while.

Now I thought I paid more attention to the weather while working on other folks' farms, but the thing is that I was still working on other folks' farms. As much as I still cared, everything becomes a little more real, a little more urgent, when those crops are your crops in the field. We haven't been getting a lot of rain, so last week Sarah and I were anticipating that we'd spend some time over the weekend setting up irrigation around the farm.

But last Thursday was a fabulous day! We got a nice gentle rain that thoroughly soaked the ground with over an inch and a quarter of water. Our farm was really lucky since the rain wasn't evenly distributed over our region and other farms nearby only got a third of an inch. And last weekend was spent doing other things, because the sky gave us a break on those irrigating chores.

Now we have a pair of happy farmers, a good looking farm, and lots of tomatoes. Because of that rain, we've able to catch up on some other important duties: preserving that bounty. Remember that tomatoes and peppers freeze well for soups and sauces if you have extra, and if you're interested, we have additional canning boxes for tomatoes and tomatillos.

It was great to see everyone come out to the farm last weekend at our potluck. If you missed out, no sweat, there will be another potluck soon and we'll keep you in the loop.

– Dan



## Recipes

### Rainbow Vegetable Brown Rice Salad

*adapted from Cooks Illustrated, July & August 2013*

This dish was my go-to for potlucks last weekend. It comes together quickly, doesn't heat up the kitchen much, and looks like the rainbow! Try throwing in some black beans for some extra protein.

### The Rice:

- 1 ½ cups long-grain rice
- 2 teaspoons salt
- 2 teaspoons lime juice

Bring 3 quarts water to boil in a large pot. Add rice and salt; cook, stirring occasionally, until rice is tender, 22 to 25 minutes. Drain rice, transfer to parchment paper-lined rimmed baking sheet, and spread into an even layer. Drizzle rice with lime juice and let cool completely, about 15 minutes.

### The Rest:

- 2 ½ tablespoons extra-virgin olive oil
- 2 teaspoons honey
- 2 garlic cloves, minced
- 1 teaspoon grated lime zest plus 2 tablespoons juice
- ½ teaspoon ground cumin
- salt and pepper
- up to 3 red peppers, diced
- sungold tomatoes, halved
- up to 2 slicer or heirloom tomatoes, diced
- 5 scallions, sliced thin
- 1 jalapeno, seeded and minced (optional)
- ¼ cup fresh cilantro (optional)

1. Whisk olive oil, honey, garlic, lime zest and juice, cumin, ½ teaspoon salt, and ½ teaspoon pepper together in a bowl. Transfer cooled rice to large bowl. Add tomatoes, red peppers, jalapeno, and dressing; toss to combine. Let stand for 10 minutes.

2. Add ¼ cup scallions and cilantro (if using); toss to combine. Season with salt and pepper to taste. Sprinkle with remaining scallions and serve.

## Other cooking ideas:

- Edamame is a delicious appetizer. To prepare it, boil the whole pods in salted boiling water until just tender, drain, and sprinkle with salt. Serve them whole, and eat them by popping the beans out one at a time, either with fingers or teeth.

- make melon sorbet.

- make a chilled cucumber soup! I made one with a few cucumbers, a couple small garlic cloves, two tablespoons of lemon juice, a handful of fresh herbs, about a teaspoon of salt, half of a seeded jalapeno, a drizzle of olive oil, a bit of water, and  $\frac{3}{4}$  cup sour cream. Blend all ingredients in the blender and chill before serving. Garnish with diced sungold tomatoes and/or fresh herbs.

- BLT, 'nuff said.



*found a friend in our sink!*

## 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°)	•	•		•	•	•	•	•		•	•
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			•	•		•		•	•	•	
garlic	cool, dark, dry	•		•	•		•		•	•	•	
edamame	Loosely wrapped, refrigerated		•					•				
lettuce	washed, dried, loosely wrapped, refrigerated				•	•					•	
melon	refrigerated		•	•	•							
herbs	loose wrap, refrigerated			•	•			•	•	•	•	
eggplant	loose paper bag, warm refrigeration	•				•	•		•	•	•	•
scallions	wrapped, refrigerated	•	•	•	•					•	•	

(adapted from *Farm Fresh and Fast*)