

Fair Fields News

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On the Farm

Finally some heat! We seem to have bounced back to summer temperatures and the hot crops are happy about it. Tomatoes and melons are in and we are noticing more colour on our peppers and winter squash. We hope to have another hot spell this week, that will give these crops some momentum into September.

In addition to melons and tomatoes, we are starting to enjoy my mother Jennifer's first honey harvest. It was a stunning success, with about 110-120 lbs. harvested, 2-3 times the expected yield. Some luck and a lot of hard work on the part of Jennifer and the bees has paid off. We were ex-

pecting the honey to have a buckwheat character to it, as we had a small field of buckwheat flowering for about a month. However, the honey is surprisingly light in colour and flavour with more of a wild flower taste. We are looking into pricing and deciding how much we want for our use, but will likely offer it for sale to the CSA starting next week.

Last newsletter we gave some tips on preserving zucchini. The zucchini train is ending, please try to contain your tears... but coming to the rescue is a glut of beans. The plants in our second planting are looking beautiful and producing prodigiously.

In addition to fresh eating beans are also very good pickled and frozen. I like to do dill beans, basically like dill pickles, just substituting the beans for pickling cucumbers. For those who like a bite, pickled beans are great with a little hot pepper. We add a small red or green, fresh or frozen chili to each jar, which gives a little flavour and kick without dominating.

Freezing beans is very easy. We don't bother washing them, just cut off the ends, blanch for about 1-2 minutes in boiling water and immediately chill in a bowl of ice water, then lightly drip dry, bag and freeze.

This Week's Harvest

- ◆ **Beans**
- ◆ **Beets**
- ◆ **Cantaloupe**
- ◆ **Cucumber**
- ◆ **Eggplant**
- ◆ **Garlic**
- ◆ **Herbs**
- ◆ **Lettuce**
- ◆ **Watermelon**
- ◆ **Mesclun**
- ◆ **Summer squash**
- ◆ **Sweet peppers**
- ◆ **Tomatoes**

Feature Produce – Bush Beans

The name "bush beans" simply refers to beans that grow on a bush (as opposed to the more old-fashioned pole beans that grow on vines). Bush beans are also known as string beans (though the string has mostly been bred out), snap beans or wax beans, depending on variety, colour, or region they're grown in.

Hundreds of varieties of bush beans are available. We grow green, yellow and purple beans. The different coloured beans mature at slightly different rates but taste similar. The cook can select the colour that most enhances a meal, or use them together in a colourful medley.

Beans have high levels of Vitamins C, K and A. They also contain a variety of necessary minerals and are a great source of fibre. Bush beans have very few calories.



Notes on Preparing and Cooking Bush Beans

Beans are prepared in many ways. We remove the stem ends, but usually leave the pointed ends on. For easier eating, you can simply cut in bite-size pieces wither across the bean, diagonally, or lengthwise in the French style.

Frequently we steam them whole for 5-7 minutes until they are tender, then add a little olive oil or butter and salt and serve. Steaming is a better

option than boiling, because the beans retain more of their nutrients.

However, beans are also good sautéed with a little garlic, roasted or baked in a casserole. They can also be cooked Japanese style with a light batter for a crispy green bean dish. Delicious!

*We're Looking for Your
RECIPES!*

We would like to do a newsletter that features recipes from CSA members that can use produce from Fair Fields.

If you have a favourite recipe that we could use, please send it to us at:

devanpenney@gmail.com

Mixed Bean Salad

1/2 lb fresh or frozen shelling beans such as edamame or fava
2 lb bush beans trimmed & cut in 2-inch lengths (we use a combination of yellow, green and purple)
1/4 C fresh lemon juice
1/3 C safflower, grapeseed or light olive oil
2 shallots or a small mild onion, minced
1 tsp grated lemon zest
1 tsp ground coriander, toasted
Salt & pepper to taste

Steam the shelling beans for 2-3 minutes until tender.

Steam the bush beans 5-7 minutes until tender. Plunge cooked beans into ice-cold water to stop cooking and then drain. Place in a bowl.

Whisk together the lemon juice, oil and minced shallots or onion. Stir in lemon zest and coriander and season with salt and pepper. Pour over beans. Let stand at room temperature for an hour, or refrigerate for up to 3 hours, stirring occasionally.

Serve cold or at room temperature.

**Adapted from *Cooking from the Farmers' Market*
Makes 6-8 servings**

Beans with Cherry Tomatoes, Garlic & Lemon Zest

1/2 lb fresh beans, trimmed
1/4 tsp salt
2 tbs olive oil or butter
1-2 cloves garlic, minced
1 C small cherry tomatoes
1 tsp finely grated lemon zest
Black pepper to taste
1/4 C roughly chopped fresh parsley or basil

Steam the beans until tender, about 5 minutes.

Heat a frying pan and add oil or butter, beans and garlic. Let garlic sizzle a few seconds, then add the tomatoes. Toss everything together (tongs make this easier). Cook, tossing occasionally, until tomatoes collapse and their juices begin to thicken and coat the beans. Fold in the lemon zest and season with pepper (and salt, if desired). Toss in the parsley or basil and serve.

**From *FOODday (online)*
Serves 4**