

CSA Newsletter



**Week 14:
9/1/15 & 9/3/15**

Box contents

Small share:

½ lb. edamame (green soy beans)
Tomato medley
¾ lb. green beans
½ lb. Dragon tongue beans
1 shallot
2 onions
1 cantaloupe or muskmelon
1 head broccoli (Hilldale)
1 bunch carrots
1 bunch basil
1 red/orange/yellow bell pepper
(Next up...tomatoes, potatoes, melons)

Regular share additional items:

1 Rocky Ford muskmelon
1 eggplant
1 head broccoli
1 head garlic

Farm News

We have been seeing lots of animals out at the farm, especially under the cover of the thick morning fog. Looking out the kitchen window one morning we saw three coyotes walking on the path to the field. We've also spotted lots of pheasants, rabbits, chipmunks, a groundhog, and deer. In particular, we have been trying to keep the deer out of the garden. We set up a game camera which snapped a photo of a cute but audacious spotted deer inside the hoophouse. We're hoping improved fencing helps, but it's tough to do at this scale. As much as we believe in the "Prairie" part of our farm name, it's frustrating when we're providing good habitat for critters that help themselves to many free meals in the "Plowshares" part. We've had several crickets find their way into the house, which isn't a big deal, but it is a bit distracting when there's one on either side of my desk chirping as I type. Life on the farm... We got another couple inches of rain last Friday, and with the hot weather this week the summer crops should be happy. Speaking of which, we're excited to finally have some melons to eat! We grow a few types of cantaloupe (Pride of Wisconsin, Sarah's Choice, and Gurney's Giant), as well as a delightful heirloom muskmelon called Rocky Ford. Watermelons continue to ripen and will hopefully be ready soon!

Recipes & Storage Tips

Edamame

Edamame pods *Salt, to taste*
Wash pods. Put in a boiling pot of water and cook until just tender (approximately 8 minutes). Drain and sprinkle with coarse salt. Serve whole. To eat, open one edge of the pod, and squeeze to pop beans out into mouth, making sure to get a taste of salt with the bean.

Green & Dragon Beans w/ Caramelized Shallots

1 lb. mixed green & dragon tongue beans, trimmed
1 T. butter
2 tsp. brown sugar
1 T. olive oil
1 shallot, peeled and roughly chopped
1 T. balsamic vinegar
Salt & pepper, to taste

Cook beans in boiling, salted water for ~4 min. until crisp-tender. Transfer to an ice bath to stop cooking; drain and set aside. Combine butter, sugar, and olive oil in a skillet over medium heat. Add shallots and sauté for 2 minutes; reduce heat to med.-low, add balsamic and sauté for another 5 minutes until shallots become golden brown and tender. Increase heat to medium-high; add beans and sauté 5 min. or until heated through. Season with salt and pepper, to taste.

Tips: *Edamame:* Green soy beans are grown with the intention of being eaten fresh. Try the recipe above to make the common appetizer served in Japanese restaurants. The blanched beans can also be shelled and added to salads or other dishes. You can also blanch and freeze them to be enjoyed later. *Melons:* Store ripe melons in refrigerator. To eat, cut in half and remove seeds. Either scoop out with a spoon, or cut into chunks and serve. Melon chunks can be frozen for longer-term storage (we enjoy making melon yogurt smoothies). *Dragon beans:* Refrigerate in a plastic bag and eat within a week. Great raw, but can also be steamed or lightly sautéed – but note the beans lose their variegated colors when cooked. *Carrots:* Refrigerate in a plastic bag to store for 2-4 weeks. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes.