

Dharma Ridge Farm

CSA newsletter week 7 July 23,2008

*peas*carrots*beets*walla walla sweet onions*cabbage*garlic*fava beans*cilantro*red tide lettuce

Greetings!

The farm has been a bustle of activity lately, many hands working together to grow this beautiful food. By this time of year, a strong momentum has been building and all we have to do is grab hold and keep runnin'! There are two major harvest days every week and three farmers markets, as well as our PRIMARY field work days, Monday, Wednesday and Thursday. THESE days are spent keeping the cycle going , seeding, transplanting, watering, weeding, thinning, loving, pruning, trellising, harvesting....The list goes on and on and back again. The final result is a well tended, much loved piece of earth and delicious food for all of us to enjoy! Yahooo!

This week you are getting Fava Beans. They take a bit of work to get ready but it is well worth it. There are three parts to a fava bean...the outer pod, the skin & the bright green inner bean. Most chefs remove the skin and just go for the tender inner bean. I usually eat the bean with the skin on. The skin can become a bit tough so the decision to skin your beans will depend on what you plan to use them for and your personal tastes. The most common way to prepare a fava bean is to blanch them, skin them and then toss them with olive oil, salt and pepper and serve them as a simple side dish or toss with pasta. It is also commn to make a puree' with roasted garlic and onion and spread this on crostini or homemade pizzas. Something to keep in mind: 2 # of fava beans podded & skinned will yield 1 ½ cups of inner beans.

Blanching & cooking Fava Beans: (adapted from Aaron Stark's farmers market hand out)

1. Remove individual beans from the pod.
2. .bring a pot of water to a boil.
3. With a strainer in hand place the beans into the boiling water and count out 30 seconds
4. Pull beans out of the waterand run under very cold water or plunge into ice water
5. The white outer skin will puff up a bit and you can now rip it open and remove the bright green inner bean.
 - If you would like to try the beans with the skin still in tact just blanch longer to soften the skin.

Cooking the beans:

Now that you have blanched and skinned your beans, lets cook them!

1. Saute' a small amount of diced onion in butter or oil till the onion turns clearish, add garlic if you like.
2. Add fava beans and sauté for 1 minute
3. Add a splash of white wine, lemon juice and /or vinegar. *continued on back
4. Cook all the wine , juice or vinegar out.
5. Add your flavor of fresh parsley, dill, basil, cilantro or mint. Remove from heat
6. Add salt and pepper to taste and finish with a bit of butter or olive oil. Serve!

Beet Slaw

1 cup shredded beet, 1 cup shredded carrots, 1 cup shredded cabbage, ½ cup sunflower seeds

½ cup walla wallasweet onion diced, ½ teaspoon caraway seed, ½ teaspoon dill

Dressing: ½ cup oil, 1/3 cup lemon juice, 1-2 teaspoons honey, ½-1 teaspoon bee pollen(optional)

A bit of chopped garlic and a few shakes of kelp or norii, whisk together and dress salad. You can also add chopped apple or raisins.

Beet Greens with Horseradish

(Recipe from one of our wonderful CSA members THANK YOU!!!!!!)

WASH AND CHOP YOUR BEET GREENS & STEMS,

READY A PAN WITH OIL FOR STIR FRYING, SAUTE' UP A BIT OF ONION

ADD YOUR STEMS FIRST AND SAUTE' THEN ADD YOUR GREENS SAUTE' TILL WILTED BUT STILL VIBRANT, STIR IN A SPOONFULL OF PREPARED CREAMED HORSERADISH, SALT AND PEPPER AND SERVE HOT!

Cabbage salad

2 cups Shredded cabbage

3 carrots finely grated

Handful of sprouts

Lettuce leaves

Place a few lettuce leaves in individual serving bowls, toss cabbage and carrot together and place a scoop in each bowl, dress with your favorite dressing and a sprinkling of sprouts.

* A simple oil, lemon juice and apple cider vinegar dressing is very good added to the cabbage and carrot mixture.