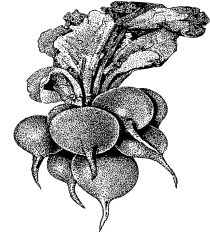




Lettuce Connect

East Farms CSA Newsletter

July 2, 2003



Care and Storage

Green beans - Refrigerate beans in a plastic bag.

Beans will maintain their integrity quite well for one week to ten days.

Beans are easily frozen for long term storage. Blanch in boiling water for two minutes, rinse in cold water to stop the cooking process, drain, and pack into an airtight container such as a zip-lock freezer bag.

Green onions - Wrap in a damp towel or plastic bag in hydrator drawer of refrigerator for 2-3 days.

Vegetable History

Green beans are indigenous to Central America and the Andean regions of South America. Bean seeds from archaeological sites in Peru and Mexico have been radiocarbon dated to 3000 B.C. and 5000 B.C., respectively. Long before the arrival of the Europeans to North America, the bean had established itself as a staple in the native American diet, along with corn and squash. After having already spread to Asia and Africa through various trade routes, the bean came to Europe for cultivation in the 16th century.

Food For Thought

Growing food is the most basic use of the natural resources of the Earth, and through food production, we make our own working landscapes. How each society or nation produces and distributes food in large measure determines its identity. Sharing the Harvest, Elizabeth Henderson with Robyn Van En.

Everyone likes to be touched with affection – even Mother Earth.

Don't Throw In the Trowel Tips and Quips on Gardening, by Texas Bix Bender

Kid Stuff

Why did the corn stalk get mad at the farmer? He kept pulling its ears.

Cooking Tips

Remove side strings and stem from the end of the bean before cooking.

Beans will retain more nutrients if cooked uncut.

Steam or simmer in boiling water for 5-10

minutes. Watch carefully for beans to brighten in color and become tender, but not soft or mushy.

Featured Recipes

Dilly Beans

1 ½ cups water
2 cups green beans
2 tbsp. fresh dill, chopped
2 large garlic cloves, pressed
1/4 tsp. red pepper flakes
1/3 cup cider vinegar
½ tsp. sugar or honey
1 tsp. vegetable oil (optional)

Bring water to boil in small pot. Add beans; cook 3-5 minutes. Drain when beans are still bright green and just tender. Stir dill into warm beans. Combine garlic, red pepper flakes, vinegar, and sugar or honey in a saucepan and quickly bring to a boil. Simmer 2 minutes. Pour dressing over green beans and mix well. Add oil if desired. Serve hot or chilled 20 minutes. Makes 4-6 servings.

Moosewood Restaurant Cooks At Home,
Molly Katzen

Dry-fried Green Beans with Minced Pork

Sauce:

1 tbsp. soy sauce
½ tsp. sugar
½ tsp. sesame oil

1 pound green beans, cut diagonally into

3-inch pieces
1 tsp. garlic, minced
1 tsp. fresh ginger, minced
4 whole dried red chili peppers
½ tsp. crushed red pepper
½ pound lean ground pork
Vegetable oil for deep-frying

Heat wok over high heat and add oil to a depth of about 2 inches and bring to 360 degrees. Add green beans, half at a time, and cook for 2 minutes or until beans become wrinkled. Lift out and drain on paper towels; set aside.

Remove all but 2 tbsp. oil from wok. Place wok over high heat. Add garlic, ginger, chili pepper, and crushed red pepper and cook, stirring, until fragrant, about 5 seconds. Add pork and stir-fry for 1 ½ minutes or until meat is browned and crumbly. Return green beans to wok. Stir in sauce and cook for 1 minute.

Adapted from A Wok for All Seasons,
Martin Yan

Making Contact

If you have any questions, concerns or comments, please contact Jeff Williams at (801) 263-3204 ext. 104.

Parley's Way Pick-up

Any produce not picked up on Thursday evening will be donated to the neighbors. If you are on vacation, let us know or have a friend pick up your share. Thanks.