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Box #8
Even Box
16 August 2023

Contents
Parsley: Flat Leaf
Apples: Paula Red
Beets: Chioggia or Orange
Beans: Green and Yellow
Kale
Lettuce: Green Romaine
Sweet Corn
Zucchini and/or Patty Pan Squash

New Stuff: green and yellow beans
Choice Box: apples

Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: fresh beans are not as high in protein as dried beans.
Along with the green beans, Chuck planted a bed of yellow beans. That bed produced almost as many beans as the 2 beds of green did. We've mixed the two together so you can taste them both.
Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Another method is to roast them. Use the Roasted Beets recipe in newsletter #2 as a guide and check them after 10 minutes (or sooner).
Store your beans in the plastic bag they come in in your refrigerator, and use them soon.

Roasted Green Bean Salad
Turn your oven on to 425 degrees.
Using a half-sheet or jellyroll pan lined with aluminum foil (something with sides), roast: **1 cup walnuts**
-just until they're a little browner, about 5 minutes.
Set them on a rack to cool a bit. While the walnuts are browning, rinse **a pound of green beans (or whatever you have),** snap off the stem end and spread them out on a dishcloth to dry.
In a large bowl put: **1 Tbsp. olive oil**
Put green beans into bowl and toss with oil until all beans are thinly coated. Transfer the walnuts to a plate to cool and spread the beans out on the half-sheet or jellyroll pan in a single layer. Roast on the top shelf about 15-20 minutes, stirring once or twice, but check them after 10 minutes.
While the beans are roasting, whisk together in a large bowl:

3 Tbsp. Extra-Virgin olive oil
1 Tbsp. balsamic or sherry vinegar
1 tsp. minced garlic (more if you like)
½ tsp. dried thyme
salt & freshly ground pepper to taste

When the beans are done, put them in the bowl and toss: while hot, they'll absorb more of the flavor of the dressing. Allow green bean mixture to cool some.
To the cooler green beans, add:

1 cup tomatoes, cut into ½" dice
2 Tbsp. chives, chopped
½ cup Parmesan cheese, coarsely grated (or shaved with a vegetable peeler)
2 Tbsp. fresh basil, thinly sliced (or ½ tsp. dried)

Toss together, add toasted walnuts and toss again.

These will be the last of the Paula Red apples.

We've been clearing a few beds of beets to make way for another round of crops. This gave us a large quantity of Chioggia beets, the pink and white Italian heirloom, and orange beets. We've generally sized the bunches similarly, but some beets are quite large. They will not be woody, they will be very tasty, especially roasted or sautéed. Sharpen your knives.

Chuck and I are very pleased to report that the increased voltage on our electric fence stopped all raccoon incursions. The harvest from those 5 rows of sweet corn was pretty amazing, enough to give everyone a decent amount. Enjoy!
This curry uses sweet corn, so I'm tucking it in here:
Gujarati Corn Curry ***Gujarati makai subji***
The original recipe for this dish by Meera Sodha, used corn on the cob. That made it kind of a mess to eat because you had to let it cool so folks could use their hands, but it was delicious. So, I adapted it using frozen corn. The dish is still great, even cold, and you can't say that about too many things, can you? It contains no onions or garlic, but the ground peanuts, chickpea flour, and yogurt add nuttiness and depth of flavor.
Do not substitute another flour for the chickpea—it has a unique flavor when toasted.
You will need a food processor or spice grinder for the peanuts.
Grind to a fine consistency in a spice grinder or food processor:

1 cup unsalted peanuts, preferably red-skinned

Put into a large lidded frying pan over medium heat:
4 Tbsp. oil
Add: **¾ cup chickpea flour**
Stir continuously to smooth out any lumps and prevent sticking. After 4 minutes, it starts to turn a pinkish brown. When it does, add most of the ground peanuts (reserving some for sprinkling on top when serving), turn the heat down, and cook for 5 minutes, stirring frequently to prevent sticking.
Add: **1 cup plain whole milk or Greek yogurt**
1 ½ tsp. salt
½ tsp. ground turmeric
1 ½ tsp. ground red chili
1 tsp. sugar
Stir to mix, then increase the heat to medium. Slowly add **2 ½ cups** of water, stirring until you have a smooth consistency.
Add: **1 ½ lbs. frozen corn**
Stir, cover, and leave to cook through for around 10 minutes, until the corn is cooked and the sauce is the consistency of heavy cream. Transfer to a serving dish or individual bowls and scatter over some crushed peanuts. Serve with rice.

Field Notes
The rain from Sunday and Monday resulted in 2.25". The ground is a bit muddy, but the plants are all a lot happier—and so is Chuck.
We scouted thru the pepper field Tuesday, and were surprised to see some FlavorBurst peppers turning color from light green to yellow. This particular pepper tastes much better when you wait for it to turn yellow. The green, bell peppers are getting larger by the day, so we hope to put those in your boxes soon.
Our field of winter squash has lots of blossoms, many have small fruits, so we're hoping for a good crop.
In late July, we held a Work Day so we could harvest the last of the garlic we planted last November. Here's a picture of some of the folks who volunteered:



And that's it for this week. We've put together quite a box of produce for you. Enjoy!

Terry & Chuck