



## BEANS, BEANS

Out with the old veggies and in with the new! Beans are a summer staple in our home and they are about to become a regular item in your share. We have planted several varieties (greens, golden wax, dragon's tongue, blue coco) to keep things changing for you. If you have an urge to get creative in the kitchen with your beans, a member shared several recipes that you can find at [wegrowfoods.com](http://wegrowfoods.com) in this week's "in your crate" post.

In the photo above you can see our beautiful bean patch. The pride of the garden thanks to the hard work of our garden crew getting the weeds under control early in the season. Just wish we had a little more space for feet! One of these varieties is a dry bean. We plan to share these dry cranberry beans with our members at the end of the season.

On the farm this week, we could use a shot of rain. We placed irrigation lines when we laid out the garden this spring, but have not hooked the system up to this point. If it doesn't rain by Sunday, we will begin watering with water from our well and water we collect from washing veggies.

Our first major hay making experience is complete. We celebrated on Wednesday as the last square bale was in the shed. We made close to 700 bales. Small numbers for a "real farm" this is a big deal to us because neither of us were raised on a farm or had experience. So we're learning from the advice of others as we go. I'm not sure we will ever make more than we did this week, but it is nice to change up the farm routine from time to time.

With real farmers' tans,

*Eric & Rebecca*

**advice from our youngest farmhands**

**"You've got to get out your fastest hands to catch 'em."**

*- Dene, luring Mom into catching leopard frogs in the garden*

## IN THE CRATE

Mizuna Mustard Greens

Red Velvet Lettuce

Green Beans

Slicing Cucumbers

Tomatoes

Yellow Onion

Garlic Bulb

Oregon Sugar Pod Peas

Sage or Mixed Basil

Zucchini (*family*)

## EVERY ASPECT OF OUR LIVES

is, in a sense, a vote for the kind of world we want to live in.

*-Frances Moore Lappé author*

## PORK SHARES

On your CSA forms, several of you indicated that you might be interested in purchasing a whole or half pig. By word of mouth, most of the pigs are spoken for, but there are two left. Our pigs are NOT raised on organic feed. However, it's worth mentioning that we do not use any growth hormones or antibiotics. Our pigs are fed a mixture of garden waste, hay and grain and kept outdoors with room to kick up their heels. If you're interested, we are asking for a deposit. Contact Eric or Rebecca for details.

## RIB LAKE MARKET

The Rib Lake market will be moving to the Senior Center which is at the intersection of Hwy 102 and Front Street. Let your friends know we're selling Thursdays from 2-6. More space, better parking and direct access off 102!!

## GREEN BEANS

The first week of beans is a variety called Provider, the standard fresh market variety for green beans. All farm-fresh foods taste better the sooner you eat it, but beans are a little more forgiving than peas. The sugars will hold longer. Wait too long and you will find beans, though still green and plump, become very tough and chewy.

Don't wash until preparing to eat, because extra water in the bag will cause molding (slime) as the sit in the fridge. Blanch for 3 minutes and put in the freezer for this winter if you won't have time to eat your beans this week.

## ONIONS

The Walla Walla sweet onion is named for Walla Walla county in Washington where it is grown. Its development began around 1900 when Peter Pieri, a French soldier who settled in the area, brought a sweet onion seed from the island of Corsica.

Walla Walla is famous for its large size and sweetness and firm-textured. When this variety is harvested early at about 4" diameter, the flavor is very mild. A short keeper, it is best used soon after harvest for fresh eating, cooking or freezing.

## RED VELVET LETTUCE

Dress your table in red velvet. The beautiful wine-red leaves are sweet and tender and will make any salad memorable. As with all lettuce, wash well and spin or blot to remove as much moisture as possible. Stores well in a plastic bag or in a salad spinner in the fridge.

## POD PEAS

After the deer ate off a whole row of Oregon Sugar Pod Peas to about six inches tall, we were devastated. Alas, it has worked out in our favor because those peas became very branchy and are extremely productive this week. The sugar in peas converts to starch very quickly. The sooner you eat peas, the better they will taste.

## MIZUNA MUSTARD

A delicious Japanese green; cook like spinach. Very mild and tasty compared to other mustard greens. We enjoy this green as a spicy addition to fresh salads or roast beef sandwiches. You can mellow out the flavor by chopping and blanching in boiling water for one minute. Drian well and toss with olive oil, salt and pepper as a side dish. Store as you would lettuce greens.

## GARLIC

This week we are sharing a different variety of which we don't actually know the official name. It was given to us

four years ago by Eric's aunt and we have been propagating it every year since. We just call it Aunt Jane's Big Garlic, because we had never grown garlic so big.

Garlic should NOT be kept in the fridge. The flavor of garlic become more concentrated as it dries. Store garlic at room temperature and allow it to have good circulation.

## SAGE

Fragrant blue-green leaves and delicate lavender flowers appearing in early summer. Called for in many meat and stuffing recipes. Sage also has a long list of historic medicinal uses ranging from fertility and hot-flashes to bleeding. It might be worth doing a little research on sage!

If you can't use your sage this week, hang it to dry for use later in the season. Dried herbs will last several months stored in a glass jar.

## RECIPE: Green Beans with Mushrooms and Sage

### Ingredients

- 1 lb fresh green beans, trimmed and cut into 2 inch pieces
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1/4 cup fresh sage leaf, chopped
- 4 ounces sliced fresh mushrooms
- 3 cloves garlic, minced
- 1/2 cup chicken broth
- 2 tablespoons white wine or sherry
- 1 teaspoon Worcestershire sauce
- salt and pepper

### Directions

In a large saucepan, cook beans in boiling salted water for 10-12 minutes or until crisp-tender; drain.

Plunge into ice water; drain and set aside.

In a skillet, over medium-high heat, melt butter and add olive oil.

Saute sage 1 minute or until crisp and dark green. Remove with a slotted spoon and set aside.

Add mushrooms and minced garlic to skillet; cook 2 minutes or until liquid evaporates.

Add green beans, tossing to mix.

Stir in broth, wine, Worcestershire sauce, salt, and pepper; cook for 5-10 minutes or until liquid is reduced by half.

Stir in sage just before serving.

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