



## A BEAN ADDICTION

This week you are getting a farmer's market treat! Fresh cranberry beans. Please, we beg you, find a way to use these little beans fresh in a dish because they really are a short-season treat. Of course, they can be enjoyed all winter long as a dry bean if you insist. We've included storage and handling tips on the back of your newsletter.

Shelling beans are something that we have been experimenting with for the past four years. The story sounds like one you might hear from a real old-timer. A gardening friend gave us a handful of Iriquois skunk beans that she got from a gardener in New York who said they originated in Vermont where they were cultivated by native Americans. She insisted we grow some to help keep the variety alive. So we did! And we were amazed at the abundance of tiny, beautiful little beans (so poorly named) that we keep in jars proudly on display in our kitchen. Those same beans on display for several years, and eaten when the kettle calls, can be planted when it is time to replenish the supply. We've been growing shelling beans ever since.

The seeds for the Vermont cranberry beans you are getting in this week's share came from High Mowing Organic Seed Company. While this is an heirloom with origins dating in the 1800's, it did not come to our farm with an interesting backstory. With limited field space this season, this is the only variety of dry bean we cultivated for 2015. But there are six other varieties just hanging out on the counter top for their chance next year. Take a few minutes to shell them or get the little helpers to assist. This process forces us to slow down and consider where food comes from.

On the farm this week we planted out lettuce that will grow crisp and sweet in the pending cool, fall weather. We also took a sneak peak at the sweet potatoes and are excited about what we saw. Hopefully we don't jinx ourselves. There was some mice damage, but not too bad.

With fingers crossed,

*Eric & Rebecca*

## IN THE CRATE

Cranberry Beans

Carrots (*variety bunch*)

Broccoli Shoots

Choice of Tomatoes

Red/Yellow Onion

Zucchini/Patty Pan Squash

Red Norland/Russet Potatoes

Garlic

Eggplant

Pepper (*family*)

**A FARMER HAS  
TO BE AN OP-  
TIMIST OR HE  
WOULDN'T STILL  
BE FARMING.**

*- Will Rogers*

## NEXT SEASON

Current farm members will have first chance to sign-up for the 2016 growing season. You will receive information about how to do this in the coming weeks. The remaining memberships will be open to purchase by non-members on November 1st. We will have one early bird sign-up opportunity at our farm to table dinner coming up October 2nd.

**words from our  
youngest farmers**

**"You gotta get rid of that  
rooster Dad."**

*- Dene, following a recent attack by the  
"extra" rooster while doing his chores*

## FRESH CRANBERRY BEANS

Also known as borlotti, pink-flecked cranberry beans are available fresh in the late summer and fall. Creamy and flavorful, they're delicious in soups or stews or can be tossed with olive oil and herbs for a simple side dish (though they lose their gorgeous coloring once cooked).

Store fresh unshelled beans in the fridge in a sealed container or bag for up to a week. Or place them in a dry, well ventilated location and allow them to dry and harden for winter eats. Shell the fresh beans before eating or shell the beans and allow them to dry. Dried, shelled beans can be stored at room temperature.

The easiest way to cook them is to boil or simmer them in salted water, then drain and dress with a vinaigrette while they're warm. I have found that cooking them with garlic, herbs, and a little tomato gave them a ton of flavor, and covering the pot while they cooked keeps them from drying out.

If you're up for something more creative, a quick search online and you can find recipes for Cranberry Bean Gratin, Bean Mole with Roasted Squash, Fresh Cranberry Bean Soup, 8-Hour Baked Beans and many more.

Tips for this recipe below: cooking time on this recipe will depend on how dry your beans are. Fresh, full moisture beans will take less time to boil. Sample as you cook to find what suits your taste. As for ingredients, you could also consider a splash of red wine vinegar instead of lemon juice, and I'm sure no one would complain if you dusted the tender beans with a little Parmesan.

## RECIPE: Fresh Cranberry Bean Salad

### Ingredients

- 1 1/2 pounds fresh cranberry beans in pods
- 2 tablespoons salt
- 1/4 cup extra-virgin olive oil
- 2 cloves garlic
- 1 to 2 tablespoons fresh lemon juice, or to taste
- 2 tablespoons chopped fresh parsley or basil leaves
- ground black pepper

### Directions

Shell beans. In a large saucepan of boiling water cook beans with crushed garlic and salt until tender and no longer mealy, 20 to 25 minutes. Drain beans and transfer to a bowl. While beans are still warm, toss with remaining ingredients and season with salt. Serve salad warm.

## BROCCOLI SHOOTS

This week you are receiving another item you will only get if you buy straight from a farm, broccoli shoots.

They grow after you remove the center shoot of broccoli from the plant. The truth is, the stems are the sweetest part of the broccoli plant and the leaves are packed with as much nutrition as kale, only tastier. So don't cut the stems off on your broccoli shoots, steam the whole works and enjoy as you would a whole head.

## EGGPLANT

Just when you thought we weren't gonna do it, we did it. We're throwing you an eggplant. Some of you have been eating it and enjoying it for years, but some of you have never tried it. All we ask, is that you please try everything once. You don't have to love it.

This long Asian variety is called Ping Tung Long eggplant. The seeds came from High Mowing as well. Note that all of the eggplant is eaten including the skin and seeds.

We ate eggplant this weekend as part of our roasted vegetable medley. It was excellent! A quick internet search and you will see eggplant is most commonly used in stir-fry type dishes. We also had eggplant as an abstract topping on our pizza at Stoney Acres Friday night and it was good. Tis the season!

## RECIPE: Grilled Eggplant

### Ingredients

- 1 eggplant
- 4 tablespoons soy sauce
- 4 tablespoons oyster sauce
- 2 tablespoons fish sauce
- 2 tablespoons brown sugar + 1-2 more teaspoon
- 5-6 cloves garlic, minced
- 1 minced red chili, OR 1-2 tsp. chili sauce (*optional*)
- 2 tablespoons white wine or cooking wine (or sherry)
- squeeze of lime juice

### Directions

Mix together the soy sauce, oyster sauce, fish sauce, 2 Tbs. brown sugar, garlic, and chili (if using). Stir until the sugar dissolves.

Slice eggplant on diagonal 1/4" thick. Place in dish and marinate in sauce at least 10 minutes, up to 24 hours.

Place the eggplant slices on a hot grill, allowing 5-10 minutes each side, or until the eggplant has turned golden-brown and is soft when tested with a fork.

While the eggplant is cooking, pour the marinade into a sauce pan. Place over medium heat, adding a few Tbsp. wine plus a squeeze of lime juice and 1 tsp. brown sugar. Simmer to reduce and serve over grilled eggplant. Strong flavored sauce will complement mild eggplant.

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