



VALLEY DREAM FARM^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 6

Week of July 26, 2016

Available in farm stand for you:

- ❖ **Potatoes** - Baby Reds 1 quart
- ❖ **Beets w/ greens**- 1 mixed bunch
- ❖ **Cabbage**- Red or Green
- ❖ **Euro Cukes** - 1 each
- ❖ **Summer Squash & Zucchini**-pick 2
- ❖ **Baby Onions** - 1 bunch
- ❖ **Mixed Beans**- Yellow, green, purple wax beans (1 Large hand full)
- ❖ **Kale** - Lacinato "Dino" OR Green (frilly) 1 bunch
- ❖ **Red Chard**- 1 bunch
- ❖ **Rosemary**- 1 bunch

CSA PICK YOUR OWN PATCH

Flowers - 6 stems

Rosemary/Cilantro- 3 stems

Cilantro is used in today's green bean recipe (beyond the rosemary and has small white flowers.)

Located next to the parking lot.

MEMBERS ONLY SALE:

Farm to Table Dinners \$45.00/person tour + 7 course meal, just call us for a reservation

Hello Members,

How are you enjoying the bounty of vegetables?

This week Beans are new! Purple beans turn green when cooked so just lightly steam for the best color. It is amazing how fast they can disappear. You can even munch on raw peas, cukes, broccoli and even zucchini as snacks. It also helps keep those calories down. And it's a great way to get the kids to eat them too, especially with dip. And don't forget to make the "Kale Chips" as that's a great way to eat those healthy greens and still get some crunch. Anyway you eat your vegetables they are full of vitamins and nutrients.

Preparing Beets and Beet greens!

BEET GREENS: Remove greens (rinse well to remove all sand) and use the greens as you would fresh spinach (cook or use raw in salads or recipes). Set beets aside to cook separately.

BEETS: Scrub skins to remove soil and sand. They are ready to roast, boil, steam or pickle.

ROASTED: roasted with olive oil, garlic, salt and pepper. Add other root veggies too. Cook until fork tender, at least an hour.

BOILED: with skins on, cover with water, boil in a covered sauce pan until fork tender (45mins -1hr). Drain and let sit in cold water. Slip skins off by cutting of top under running cool water and slip skin from outside of beet. Serve warm with a pat of butter of slice or cube according to recipe. .

STORE: In plastic bag in fridge, the cooked beets will be ready for your salads, or you can pickle them. **RAW** beets store for weeks in the coolest part of your refrigerator.

PICKLED: Boil ¾ cup of beet juice (or water from original boil), 1 ¼ Cup Vinegar, and 1 Cup of sugar, 2 tsp allspice, and ¼ tsp. Cinnamon. Pour over beets in a Canning jar. They will keep in the frig. for 3 weeks.

Enjoy! your veggies!

Anne

Beet Chocolate cake

Ingredients

1 lb of beets
3 eggs
1 1/2 cups sugar
1/2 cup oil
1 teas vanilla
1/2 teas salt
1 1/2 Cups flour
3/4 cup cocoa
1 1/2 teas baking soda

Preparation

Preheat oven to 350°. Boil beets in a large pot until tender, about 1 hour. Remove 1 cup of liquid. Drain in colander let cool ten minutes. Under running cool water slip skins from beets. Remove tops and roots. Roughly chop and place beets in a blender or stick blend. Add liquid (only as much as needed, probably 1/4 cup) to make a puree.

Measure out 1 1/4 cups of puree. Sift together salt, flour, cocoa, and baking soda. Mix in the dry ingredients until mixed well. Place cake mixture into a well greased cake pan. Bake for 40-50 minutes and tooth pick comes out clean. Let cool garnish with your favorite chocolate icing recipe.

Beet Gnocchi

by Tbraymen at csaforthree.com (This recipe takes a little bit of time)

2 medium potatoes, peeled and cut into 1" cubes
3 medium beets (about 8 oz), peeled and cut into 1/2" cubes
2 whole eggs
1 t kosher salt
pepper
1 1/2 to 2 1/2 c AP flour

Browned butter and grated cheese for serving

Boil the potatoes in salted water until they are tender and easily mashed. Set aside. Separately, steam the beets until they are also fork tender – about 20-30 minutes.

Bring a large pot of salted water to a rolling boil. Meanwhile build the pasta dough.

Combine the cooked beets and potatoes in the bowl of a food processor. Pulse, scraping frequently, until they are very smooth. Add the two eggs and continue to pulse and scrape until very smooth. Add salt and pepper. Add 1 c of flour a quarter cup at a time, pulsing for about 10 seconds after each addition. At this point, the dough should be starting to form and stick. Turn the dough out onto a floured counter and knead in another 1/2 c of flour. The dough should be the consistency of very soft bread dough. It should hold its shape just barely enough to be rolled into ropes. Add additional flour, 1/4 c at a time, until the dough is this consistency. It should not be too firm, or you will not be able to pipe it.

Fit a very large (1/2" to 1") star or round tip onto a 16" or larger piping bag. If you don't have a star tip or piping bag, you can cut the corner off a gallon sized plastic zip-top bag for the same effect. Spoon the dough into the piping bag. Hold the piping bag with one hand and a small paring knife with another. Working over the pot of boiling water, squeeze about 1" of dough out and cut it off with the paring knife. Continue working until you've cut about 20-30 pieces into the water. The gnocchi are done when they are all floating – about 2-3 minutes. Scoop the gnocchi out with a slotted spoon into a serving bowl. Continue working in batches until all the gnocchi are prepared.

Serve warm drizzled with browned butter and grated cheese.

Serves 4.

Green Bean Salad with quinoa

http://www.nytimes.com/2014/06/26/health/green-bean-salad-with-lime-vinaigrette-and-red-quinoa.html?_r=0



Serves 4 **Total time:** 20 minutes

This is a green bean salad with quinoa as opposed to a quinoa salad with green beans. Red quinoa is secondary to the green beans here. The two ingredients provide a colorful contrast. The salad is alive with texture, the crisp-tender green beans with the crunchy almonds and the chewy, comforting quinoa. The flavors here are Mexican: lime juice, chile, cilantro, white or red onion. It's simple to put together but the sum is complex.

Ingredients

3/4 pound green beans, trimmed
2 to 4 tablespoons chopped red or white onion
1/4 cup chopped toasted almonds (30 grams)
1 green or red serrano or Thai chile pepper, minced (more to taste)
1/4 cup chopped cilantro
1 tablespoon minced chives

Dressing:

2 tablespoons fresh lime juice
Salt to taste
1/4 cup extra-virgin olive oil
1 cup cooked red quinoa

1 hard-boiled egg, finely chopped

Preparation

Fill a medium saucepan with water and bring to a boil. Add salt to taste and green beans. Boil 4 to 5 minutes, until crisp-tender. Transfer to a bowl of cold water, then drain and drain again on a kitchen towel. Cut in 2-inch lengths. Meanwhile, soak onion in cold water for 5 minutes. Drain, rinse, and drain again on paper towels. In a salad bowl, combine green beans, onion, almonds, chile, cilantro, and chives.

Dressing: Combine lime juice, salt, and olive oil in a small bowl or measuring cup and whisk together.

Toss with beans. Add quinoa and toss again. Sprinkle chopped egg on top, and serve.

Advance preparation: You can prepare everything a day ahead except the dressing and the assembly. The tossed salad will taste great the next day, though the beans won't be as bright.

Nutritional information per serving: 257 calories; 19 grams fat; 3 grams saturated fat; 4 grams polyunsaturated fat; 12 grams monounsaturated 27; 47 milligrams cholesterol; 18 grams carbohydrates; 5 grams dietary fiber; 139 milligrams sodium (does not include salt to taste); 7 grams protein

Martha Rose Shulman is the author of [“The Very Best of Recipes for Health.”](#)