



**VALLEY DREAM
FARM**^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 7

Week of August 2nd, 2016

Available in farm stand for you:

- ❖ **Red Potatoes** - Baby Reds 1 quart
- ❖ **Beets w/ greens**- 1 mixed bunch
- ❖ **Cukes** - 1 each
- ❖ **Summer Squash & Zucchini**
- ❖ **Baby Onions** - 1 bunch
- ❖ **Fennel**- 1 Head- Knee Deep Farm
- ❖ **Corn** - 2 Single, 4 Regular (Non-organic grown in Essex)
- ❖ **Kale** - Green Kale
- ❖ **Lettuce**- Choice of small red romaine or Green Romaine
- ❖ **Fruit**- 1 Pint of **Blueberries** (local-grown organically)
OR 3 **Peaches** (Amish-non-organic)

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:

\$\$ Dollar Sale all 4" pots are \$1.00

Hello Members,

This week your new vegetable is Fennel. It has a taste similar to black licorice. Italians slice it raw into salads. All the parts are edible and the ferns are often used as garnish. Fennel becomes a bit milder tasting after cooking. We have included recipes for both methods.

Green, Purple and Yellow Beans are here. When shopping look for firm green or colored beans and stay away from rusty, spotted or old leathery beans. A fresh bean will snap crisply and is velvety to the touch. Skip the beans that you can feel a large bean seed bulging inside as they are past their prime.

Have you ever noticed that your green beans developed a rusting or browning spots. What could be causing this problem? Green beans will get rusty looking if they have been picked in the early morning, when the dew is still on the bushes, or if they are picked too soon after a rainstorm. This is a fungus that will appear after the picked beans get wet (doesn't happen when they are still on the plant. Store them in your refrigerator in a plastic bag but do not wash them until just before you are ready to use.

There are many kinds of beans available. Green or String (referring to older varieties that required you to pull a "string" down the length of the bean before eating), yellow is referred to as wax beans since they are the color of bees wax. Purple beans are easy to find on the plants and but turn green when cooked.

Let the kids play a game to guess what color beans they are tasting while blindfolded. Whatever you name your beans, I hope you enjoy them frequently in the summer when they're at their peak.

Enjoy your vegetables! Annie

How to Steam Beans - keep it simple!

1. Using largest stock pot fill bottom with 2 inches of water
2. Bring to a boil
3. Add beans that have stem end removed and steam for 8 minutes
4. Place in a large serving bowl or deep platter and serve with a pat butter, salt and pepper

Quinoa and Green Bean Tabbouleh

by Rebecca Wood

Quinoa, rather than bulgur, tabbouleh affords more flavor nutrition and vitality because it's a whole—rather than a refined—grain. Pecans heighten quinoa's nutty flavor and their crunch nicely complements the juicy beans. Light and refreshing—yet substantial—tabbouleh is an ideal summer salad.

- 1 ½ cups green beans, trimmed and chopped into ¼" pieces
- 2 cups quinoa
- ½ cup chopped toasted pecans
- ½ cup chopped parsley
- 2 scallions, chopped
- 2 tablespoons fresh mint, chopped
- 3 tablespoons extra virgin olive oil
- 1 ½ tablespoons lemon juice
- 1 clove garlic, minced
- Sea salt and freshly ground black pepper to taste
- 4 red lettuce leaves

Add green beans to a quart of rapidly boiling, salted water and boil for 2 minutes or just until they're tender but still crunchy and their color is still bright. Rinse under cold water, drain and pat dry. Combine the beans, quinoa, pecans, parsley, scallions and mint. Whisk together the oil, lemon juice, garlic, salt and pepper. Pour over the salad and toss to blend. Let stand for 10 minutes. Serve on individual salad plates on a lettuce leaf at room temperature. Serves 2 to 3 as a main dish.

Fennel, avocado, and orange salad

- Fennel
- Avocado
- Oranges

Thinly slice the bulb fennel. Section the oranges. Combine in bowl and add slices of avocado. Squeeze a little orange juice over all, to prevent browning. Refrigerate for 1 hour before serving.

Roasted Fennel with Parmesan

Recipe courtesy of Giada De Laurentiis

Total Time: 55 min
Prep: 10 min
Cook: 45 min

Yield: 4 to 6 servings
Level: Easy

Ingredients

4 tablespoons olive oil
4 fennel bulbs, cut horizontally into 1/3-inch thick slices, fronds reserved
Salt and freshly ground black pepper
1/3 cup freshly shredded Parmesan

Directions

Preheat the oven to 375 degrees F.

Lightly oil the bottom of a 13 by 9 by 2-inch glass baking dish. Arrange the fennel in the dish. Sprinkle with salt and pepper, then with the Parmesan. Drizzle with the oil. Bake until the fennel is fork-tender and the top is golden brown, about 45 minutes. Chop enough fennel fronds to equal 2 teaspoons, then sprinkle over the roasted fennel and serve.