



June 5, 2008

Greetings CSAers,

Ann here. Thanks for signing up with Left Foot, and welcome! I'm happy to be here, but my personal involvement in our first CSA harvest day is not exactly as I planned. Sadly, instead of helping to bring you your veggies, greet you at your pick-up location and send out recipes and news *ahead* of delivery, I spent my day helping my quite elderly dad get home from hospital. So, apologies to all. I am playing catch up.

A typical week's newsletter will include photos to help you identify the contents of your share, and to give you a glimpse of what's happening in the field and all the wonderful growers who bring it to you. Next week!

What's in Your Box

Lettuce - Oaky Red Splash, Outredgeous, or Valmaine
Mizuna or Arugula - both great salad greens
Spinach!! - somewhat of a triumph, see below
Bunched Herbs - Oregano or Thyme or Mint
Fava Beans - Aquadulce "dwarf" (4' tall!) variety sown last October in the hoophouse,
or radishes - don't neglect the greens, great in salad, stir fry or steamed

Beth's Farm News: What's Growing On

It's another exciting year at Left Foot Organics! I'm amazed at the increased interest in our CSA program and thank you for choosing to support us and local food production. This is the first full year we have use of our own tractor -- fondly named Collette -- which has increased our efficiency. For the first time I'm able to offer spinach and lettuce our first week of CSA -- owed partly to better planning on my part and mostly to increased fertility in the north field. Every year offers new opportunities for improvement.

We are busy weeding, laying out irrigation, sifting compost, potting up herbs in the greenhouse and transplanting crops in the field. The baby chicks are growing quickly to provide more eggs later this year.

Whether you are a CSA "veteran" or trying a CSA for the first time, I hope you enjoy the local food journey we are taking for the next five months.





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Recipes

Mixed Herb Butter from *Farmer John's Cookbook, the Real Dirt on Vegetables*

Savory herb butter enlivens even the simplest dishes. Use as a spread, melted over vegetables or over meat or fish.

2 cups softened, salted butter
 $\frac{1}{4}$ cup finely chopped fresh herbs (oregano, sage, thyme, etc.)
1 T. minced garlic (optional)

Mix the herbs into the butter with a fork or electric mixer. Cover and refrigerate until just firm enough to shape into logs. Working quickly, use your hands to shape the butter into 4 logs, about 1 inch thick. Transfer to a butter dish or wrap in wax paper and store in the freezer for up to 6 months.

Fava Beans, from www.seasonalchef.com

Fresh fava beans are a fleeting seasonal treat. They're readily available for at most a few months each spring. They are also, without a doubt, a labor intensive treat since they must first be removed from their outer pod and then, unless they are very small and tender, slipped out of the tough skin that enwraps each bean. Or you can leave the shelled beans inside the skin, sauté them in some olive oil, garlic, salt and pepper, and let each diner perform the final extraction of bean from skin with fingers and teeth.

To prepare beans for the following recipes, blanch them in boiling water for a few minutes, then slit the skin with a knife or your thumb nail, and squeeze gently to slip the bean out.

Roasted Garlic-Fava Bean Sauce

8 cup home-made chicken stock
1 garlic head roasted, cloves squeezed into a bowl
2 tablespoons cold butter cut into tablespoons
1 tablespoons freshly-squeezed lemon juice
Salt to taste
Freshly-ground black pepper to taste
 $\frac{1}{2}$ cup cooked fava beans

1. Place stock and roasted garlic in a medium saucepan and reduce to 3 cups. Strain into a clean saucepan and bring to a simmer.
2. Whisk in the butter and lemon juice and season with salt and pepper to taste. Add the fava beans and cook for 1 minute.
3. Serve with roasted chicken or other meat, or over rice or polenta.

Source: [Food Down Under](#)



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Moroccan Fava Bean Stew

1 large onion, diced
1 red bell pepper, seeded and diced
1 tomato, cored and diced
3 or 4 cloves garlic, minced
2 cups water
2 cups diced pumpkin or butternut or acorn squash
1 cup cooked small fava or cranberry beans, drained
1 cup cooked or canned chick peas, drained
2 tablespoons minced fresh parsley
2 tablespoons harissa (Moroccan chile paste)
1 cup couscous

1. Saute onions and bell pepper in 2 tablespoons water for about 5 minutes. Add tomato and garlic and cook for 4 minutes more.

2. Stir in the remaining ingredients (except couscous) and cook for 30 minutes over medium heat until the squash is tender. Stir occasionally.

3. Stir in the couscous, cover and let sit for 10 minutes.

Source: [Lean Bean Cuisine](#), by Jay Solomon

Scafata (Umbrian Fava Bean Stew)

2 tablespoons olive oil
1/2 cup shelled fava beans
1/2 cup chopped onion
1/4 cup chopped fennel
1 1/2 cups chopped chard leaves
1 1/2 cups chopped, peeled tomatoes
salt, pepper

1. Cook oil, beans, onion, fennel, carrot and chard over low heat in medium saucepan.

2. When beans are quite tender, after about 45 minutes, add tomatoes and cook for another 25 minutes. Season to taste with salt and pepper.

Source: *La Cucina Delle Regioni D'Italia: Umbria*, by Antonella Santolini

Enjoy!