

Four Friends' CSA News

The Bean Pole

July 22, 2008

2008 Season

Issue No. 26

Dear Shareholders and Friends,

Today's harvest includes: Heads of lettuce, cucumbers, zucchini, onions, cooking greens, green beans, basil, and eggplant. This week garlic is available for the full shares only.

Here's a good recipe that doesn't require turning on the stove:

Green Bean Refrigerator Pickles

Enough green beans to fill your tall canning jar standing up.

1 tbsp. each of finely chopped onion and garlic, (You may like to adjust these amounts to suit your taste, or add a chopped herb of your choice!)

3 cups of water

2 cups of apple cider vinegar, (or other vinegar if you prefer)

4 tbsp. of salt, (Try using less salt or omitting salt if it is a health concern.)

*Remove the stem ends from the beans, and wash them.

*Chop the onion and the garlic.

*Dissolve the salt in the water, and then add the vinegar to make your pickling solution.

*Fill jars with green beans, chopped onions, garlic and herbs.

*Pour in the pickling solution to fill the jars and immerse all the vegetable contents.

*Cover the jars and place them in the refrigerator for about two weeks.

FARM NEWS:

Chang & Ger Xiong

Pak Express

Katie Miller & Johanna Bloch

Scratch Farm

Mis Zill & John Kenny

Big Train Farm

Liz Cantrell

Pie Garden

Christina Dedora

Blue Skys Flower Farm

Michele Kozloski

Zephyr Farm

We are all plugging away... harvesting, weeding, seeding, planting, taking care of the chickens and waiting for the rain...(hopefully this week!!)

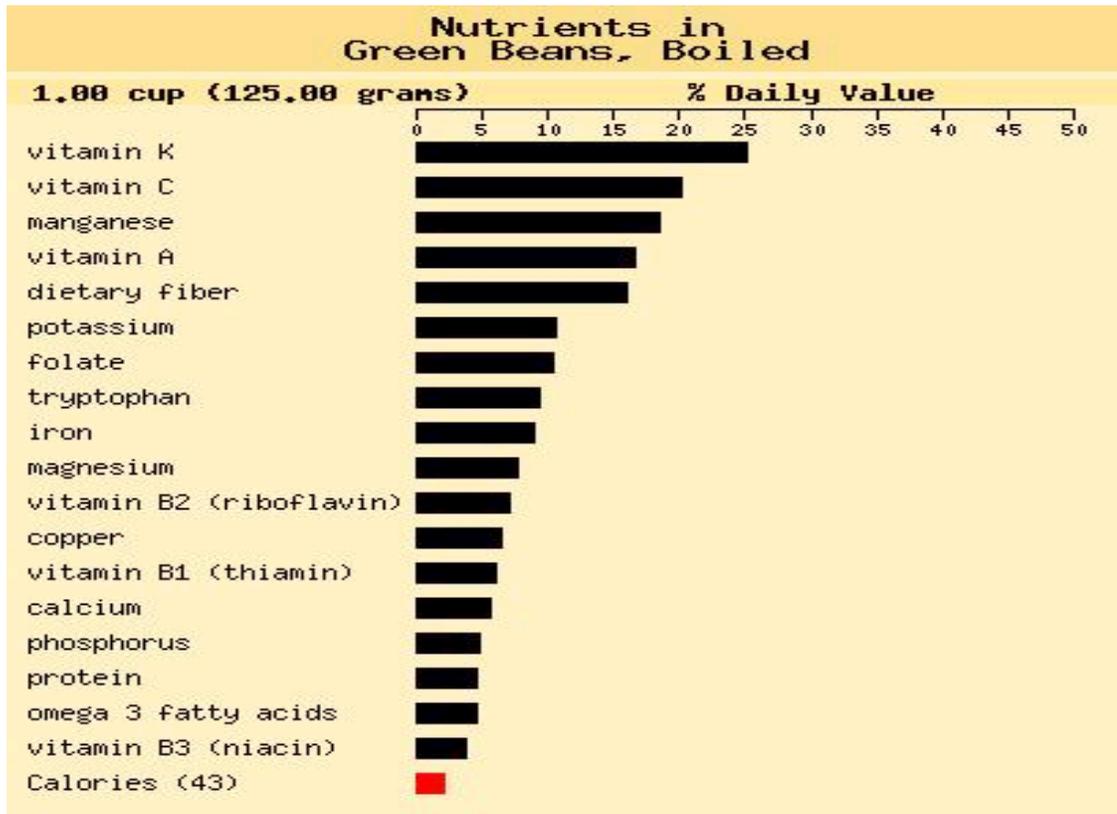
We want to say **thank you** to each and every one of our 103 members for your support and hope you are happy with our products.

Special thanks also to Liz and Christina for doing the newsletter every week; to Michele for plowing our fields; to Chang for cleaning around the greenhouse and keeping us in line! Congratulations to Chang and Ger's daughter who getting married this weekend...Blue Skys Flower Farm is providing the flowers!

VEGETABLE OF THE WEEK: GREEN BEANS

Health Benefits

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with enough nutrients to not only power up the Jolly Green Giant, but to put a big smile on his face. Green beans are an excellent source of vitamin C, vitamin K and manganese. Plus green beans are very good source of vitamin A (notably through their concentration of carotenoids including beta-carotene), dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.



Southside Community Land Trust

As mentioned previously, Southside Community Land Trust, located in South Providence, has been managing and investing in Urban Edge Farm for the past six years. Southside Community Land Trust provides access to land, education and other resources so people in Greater Providence can grow food in environmentally sustainable ways and create community food systems where locally produced, affordable, and healthy food is available to all.

Its purpose is:

1. Teaching people how to grow food;
2. Locating, securing in trust, and managing land;
3. Increasing access to resources, skills, and markets;
4. Creating communities of support where people share tools, skills and inspiration;
5. Modeling replicable and financially viable programs and practices.

Southside Community Land Trust also manages a $\frac{3}{4}$ acre urban farm and has 10 Community Gardens feeding 200 families in South Providence. In addition, our education program works in schools via Garden Clubs and after school programs to teach young people about gardening and how to grow food.

The farmers of Four Friends CSA are grateful for the education and resources provided by SCLT at Urban Edge Farm.

For more information, volunteer and donation opportunities, please visit www.southsideclt.org.