

Four Friends' CSA News

The Bean Pole

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2008 Season

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Dear Shareholders and Friends,

Here's our lineup of harvested produce items for this week: Edamame, green beans, butternut squash, eggplant, sweet potatoes, and tomatoes. Bunches of cooking greens and small flower bouquets are available for the full shares only this week. Small bunches of basil are offered complements of Pak Express Farm for the single shares only.

When you get your edamame, (fresh soybean), plants home; pick the pods off the plants, and wash the pods. The easiest way to prepare and eat edamame, is by steaming or boiling the soybeans in the pods for about 12 minutes. After they cool off a little, it's easy to pop them out of the pods and eat them as a tasty snack, or as a nutritious addition to salad or cooked green vegetables. In case you want to be a little fancier, the following roasted edamame recipe is an idea.

Spicy Roast Edamame

$\frac{1}{4}$ cup to one cup of shelled edamame
A pinch of wasabi powder
1 Tbsp. of fresh chopped basil
1 Tbsp. of fresh, chopped ginger
Kosher salt and freshly ground black pepper to taste
A small amount of extra virgin olive oil

Pre-heat the oven to 375 degrees. Lightly oil a sheet pan or cast iron skillet. Pick and wash the soybean pods as described above. Blanch them in boiling water for 5 minutes, let them cool a little, and then shell them by popping them out of the pods. In a mixing bowl combine the basil and ginger in the olive oil. Add wasabi powder, salt, and pepper to taste. Toss in the shelled edamame. Lay the edamame on the oiled cast iron skillet or sheet pan, and bake for about 12 minutes, or till they are a light toasty brown color. Remove from the oven briefly to stir after about 9 minutes. When the soybeans are done roasting, remove them from the oven to cool for a few minutes, and serve.

VEGGIE OF THE WEEK: EDAMAME

Edamame, translated as “beans on branches,” is the Japanese name for green vegetable soybeans. (1) These are the immature, green form of edible soybeans. Edible or food-grade soybeans differ from field soybeans by being larger-seeded, milder-tasting, more tender, and more digestible. They also contain a lower percentage of gas-producing starches. Otherwise, the nutritional value of edible and field soybeans is comparable. Edamame is a traditional food popular in Asia. In Japan, it is served boiled in salt water as a snack or appetizer. In China and other areas, the shelled, raw edible soybeans are cooked with meat or mixed with other vegetables for various dishes. Edamame is becoming increasingly popular in the United States as consumers become more interested in Asian cuisine.

Edamame nutrition For 1/2 cup

125 calories

11 grams of protein

6 grams of fat

4 grams of fiber

130 milligrams of calcium

430 milligrams of potassium

Source of various other vitamins and minerals



Above: The five larger pods to the left are edamame soybeans. The two pods on the right are common field soybeans.
Photo courtesy OSU Extension

Every dollar that you spend on Rhode Island's farms this fall helps keep them in place and in business.

The agricultural seasons have many parts to them and not all of them generate income for RI's farmers. The growing seasons may extend from February to

Christmas, but obviously, some parts of the seasons generate more sales than others. Add to that the weather, and you begin to understand how important are those times when farmers can maximize sales right on-site. Fall is a big winner for them and for you and me - if everything goes right.

Between August 15th and October 15th (and later for some), farmers can earn as much as 60% of their total annual income from the food and greenery that arrives this time of year as well as from other activities that happen right there on the farm - hay rides, fruit picking and pumpkin patches, corn mazes and all sorts of fun things for you and your family to purchase and enjoy.

Any time of the year is important to our farmers, but this fall you have a chance to contribute as well - and to thank them for the bounty they provide all of us.

