

Four Friends' CSA News

The Bean Pole

July 14, 2009

2009 Season

Issue No. 45

Dear Shareholders and Friends,

This week's line-up of vegetables includes Green beans, carrots, French breakfast radishes, potatoes, scallions, and mixed lettuce.

Here's a recipe from Moosewood Restaurant Low-Fat Favorites, by the Moosewood Collective. It's published by Random House, with copyright 1996.

"Mustard Carrots"

Bright orange carrots speckled with dark mustard seeds make for a very attractive, pickle-y side dish. Black mustard seeds are commonly used in Indian cooking. Less pungent than the yellow variety, they release their nutty flavor when heated in oil—with the unexpected bonus of a short musical burst of cheerful, rhythmic popping.

1/3 cup of cider vinegar
1 tablespoon brown sugar
2 teaspoons Dijon mustard
½ teaspoon salt
1 teaspoon dried dill
2 teaspoons mustard seeds
1 pound carrots, peeled and cut into julienne sticks (about 3 cups)

In a cup or bowl, stir together the vinegar, brown sugar, mustard, salt, and dill. Set aside.

In a saucepan, dry-roast the mustard seeds* for about 30 seconds, until they are browned and popping. Add the vinegar mixture and bring to a boil. Stir in the carrot sticks, cover, lower the heat, and cook until tender, about 15 to 20 minutes. Be vigilant for the last few minutes of cooking, stirring frequently when there is very little cooking liquid left. The finished carrots will be slightly caramelized. Serve hot or at room temperature.

*Roasting whole dried spices strengthens and enhances the flavor and aroma. It is an especially good technique to use when a single spice is featured in a dish or when dried spices are used in uncooked dishes. Spices can also be spread on a dry tray and roasted in an oven or toaster oven. They usually brown quickly, so set your oven at 300 degrees and check after 3 to 5 minutes, or when you notice their aroma. The most burn-proof method is to toast spices in a dry, heavy skillet on medium heat. Shake the pan frequently for even browning."

VEGGIE OF THE WEEK: CARROTS

Easy to pack and perfect as crudité's for that favorite dip, the crunchy texture and sweet taste of carrots is popular among both adults and children. Although they are shipped around the country from California throughout the year, locally grown carrots are in season in the summer and fall when they are the freshest and most flavorful.

The carrot has a thick, fleshy, deeply colored root, which grows underground, and feathery green leaves that emerge above ground. It is known scientifically as *Daucus carota*, a name that can be traced back to ancient Roman writings of the 3rd century. Carrots belong to the Umbelliferae family along with parsnips, fennel caraway, cumin and dill which all have the umbrella-like flower clusters that characterize this family of plants.

Carrots are an excellent source of antioxidant compounds, and the richest vegetable source of the pro-vitamin A carotenes. Carrots' antioxidant compounds help protect against cardiovascular disease and cancer and also promote good vision, especially night vision.

Farm News:

- ❖ We have had some deer damage. While we have deer fencing, if we don't shut the gates at night, the deer get in!
- ❖ Blue Skys Flower Farm has had some rabbit damage...all the hyacinth bean flowers are gone!
- ❖ The mice and chipmunks are still around, but seem to be eating less.
- ❖ Scratch Farm reports a slow down in their available crops this week due to the wet weather.
- ❖ We still have not had to turn on the irrigation system.

Other News:

Southside Community Land Trust at City Farm, (corner of Dudley & West Clifford Streets) is hosting Providence Green Drinks this Thursday from 5 to 8 pm. Green Drinks is sponsored by the Rhode Island Environmental Network. They have had monthly gatherings in Providence since 1999 and became "officially" involved as part of the Green Drinks network four years later. The gatherings attract several dozen people each month, including environmentally-interested people from all walks of life, basically anyone interested professionally or personally in things green.

Local veggies from Pak Express, Big Train Farm and Zephyr Farm will be served along with beer and wine.

Remember to bring your reusable bags to the pickup.



Till Next Week...

ENJOY YOUR VEGGIES,
FLOWERS and/or EGGS!!