

Four Friends' CSA News

The Bean Pole

July 21, 2009

2009 Season

Issue No. 46

Dear Shareholders and Friends,

This week's harvest contains; peas, green beans, Swiss chard, garlic, and pak choi.

Here's a great recipe I got from allrecipes.com. It was submitted by Karen David.

"Steamed green beans tossed with butter, lemon zest, lemon juice, and toasted walnuts. This is excellent with asparagus also. Pecans can be substituted for walnuts."

"Lemon Green Beans with Walnuts"

½ cup chopped walnuts

1 pound green beans, trimmed and cut into 2 inch pieces

2 ½ tablespoons unsalted butter, melted

1 lemon, juiced and zested

Salt and pepper to taste

1. Preheat oven to 375 degrees. Arrange nuts in a single layer on a baking sheet. Toast in the preheated oven until lightly browned, approximately 5 to 10 minutes.
2. Place green beans in a steamer over one inch of boiling water, and cover. Steam for 8 to 10 minutes, or until tender, but still bright green.
3. Place cooked beans in a large bowl, and toss with butter, lemon juice, and lemon zest. Season with salt and pepper. Transfer beans to a serving dish, and sprinkle with toasted walnuts. Serve immediately.

"Veggie of the Week: PAK CHOI"

All of pak choi is edible, I just cut off and discard the very bottom of the stems. The leaves can be eaten raw in salad or are quick to wilt by steaming, sauteing or stir frying.

The stalks hold their water well, which makes them refreshing to eat. They take a little longer than the leaves to cook, so put them in the pan first.

Pak choi is a **very good source** of vitamin A, vitamin C, vitamin K, riboflavin (B2), vitamin B6, folic acid, calcium, iron, magnesium, potassium and manganese, and a good source of fibre, protein, thiamin (B1), niacin (B3) and phosphorus.

About the famers...

Chang Xiong, of Pak Express, is the largest contributor of Four Friends CSA.

The Xiong's came to this country from Laos in September of 1976. They had farmed in Laos, raising rice with the help of a water buffalo. When they moved to the U.S.A, they lived in Providence where Ger worked as a policeman. Although they owned no land, the Xiongs found a small bit of space under an overpass and began planting vegetables there. Later they found 100 like - minded families who all went together to lease a plot of land near Roger Williams Park. Currently, Chang and Ger have been leasing land from Southside Community Land Trust (at Urban Edge Farm) for seven years. Farming is in their blood for sure!

Remember to bring your reusable bags to the pickup.



Till Next Week...

**ENJOY YOUR VEGGIES, FLOWERS
and/or EGGS!!**