

Four Friends' CSA News

The Bean Pole

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2009 Season

Issue No. 47

Dear Shareholders and Friends,

This week's harvest includes; Green beans, culinary herbs, onions, and potatoes, carrots, and beets.

This recipe comes from Please to the Table; the Russian Cookbook. It's published by Workman Publishing in New York. Copyright 1990. P.299-300.

Carrot Baba Morku Apkepas

This Lithuanian vegetable baba is almost as sweet and delicate as the real thing (a yeast baba or babka, that is). Serve it with a basic roast chicken or even to accompany the Thanksgiving Turkey.

6 tablespoons (3/4 stick) unsalted butter
½ cup finely chopped onion
2 pounds of carrots, peeled and grated
1 large tart apple (such as Granny Smith), peeled and cut into chunks
½ cup sour cream
6 tablespoons (3/4 stick) unsalted butter, melted
2 large egg yolks, beaten
2 slices white bread, crusts removed
1/3 cup heavy or whipping cream
¾ teaspoon ground ginger
½ teaspoon ground cardamom
1 teaspoon sugar
Salt and freshly ground black pepper, to taste
½ cup unflavored, fine, dry bread crumbs

1. Melt 4 tablespoons of the butter in a large skillet over medium heat. Add the onion and sauté until soft, about 7 minutes. Add the carrots, and cook, stirring, until softened, about 10 minutes.
2. Place the carrots and onion in a food processor. Add the apple and process until finely minced but not pureed. Transfer to a large bowl and set aside.
3. Preheat the oven to 350 degrees F. Butter a 9 inch round baking pan.
4. In a bowl, whisk the sour cream, melted butter, and egg yolks, together.
5. Soak the bread in the cream for 5 minutes. Mash into the sour cream mixture. Add the ginger, cardamom, sugar, and salt and pepper. Add this mixture to the carrot mixture and mix well.
6. Melt the remaining 2 tablespoons butter in a small saucepan. Add the bread crumbs and sauté until golden, about 2 minutes.
7. Pour the carrot mixture into the prepared pan. Top with bread crumbs and bake until lightly golden, 30 minutes.

Serves 6

A CSA member passed along this website which has great information and tips for storing your vegetables. I have copied some info, but please see http://organicstoyou.org/home/mem_storage.html.

Carrots: Remove their green tops, rinse, drain, and put the carrots in plastic bags and store them in the coldest part of the refrigerator with the highest humidity. They'll last several months this way. To keep the carrots crisp and colorful add a little bit of water in the bottom of the plastic storage bag; this will keep the carrots hydrated. Carrots should be stored away from fruits such as apples and pears, which release the ethylene gas that cause carrots to become bitter.

Green Onions: Store green onions/scallions & leeks away from odor-sensitive foods such as corn and mushrooms, which will absorb the odor of the onions. Remove any rubber bands and any damaged leaves and store in plastic bags in the crisper section of the refrigerator. They'll both last up to five days.

Green Beans: Place green beans in a perforated plastic bag and store them in the refrigerator crisper. Although they will keep longer, up to 5 days, enjoy them within 2-3 days.

Garlic: Stored under optimum conditions in a dark, cool, dry place with plenty of ventilation, garlic will last from several weeks to one year. Ideally, try to use fresh garlic within a few weeks and do not refrigerate unless the garlic has been peeled or chopped.

Potatoes: Potatoes like cool (45°F to 50°F) humid (but not wet) surroundings, but refrigeration can turn the starch in the potatoes to sugar and may tend to darken them when cooked. Store in burlap, brown paper, or perforated plastic bags away from light, in the coolest, non-refrigerated, and well-ventilated part of the house. Under ideal conditions they can last up to three months this way, but more realistically, figure three to five weeks. New potatoes should be used within one week of purchase. Don't store onions and potatoes together, as the gases they each give off, will cause the other to decay.

Radishes: When you buy radishes with the greens still intact, immediately separate the two when you get home. Radishes will last up to two weeks inside a plastic bag in the crisper section of the refrigerator, but greens have a much shorter shelf life... only a few days. Keep both well chilled.

Salad Greens: Lettuce will perish quickly if not stored properly. Lettuces like moisture and cool temperatures, so store lettuce in perforated plastic bags wrapped in damp paper towels, and keep in the refrigerator vegetable crisper.

OTHER STORAGE TIPS:

As you all have been getting a lot of green beans, I thought you would like to know that you can freeze them and have them at a later date. Instructions for blanching can be found here:

<http://www.pickyourown.org/beansfreezing.htm>

According to this website: "If you like frozen green beans in the winter, just imagine how good it would taste if you had picked a bag yourself and then quickly froze it at home! It is also one of the

simplest ways to put up a vegetable for the winter. The green beans will taste MUCH better than anything you've ever had from a store."

FARM NEWS:

Well, last Thursday night we had 4 inches, yes, 4 inches of rain on the farm. Many of the fields were so wet that the farmers sunk into the mud! Not good. We also had rain Friday and Saturday! The farmers are a bit worried.

Slow drainage is part of the problem, especially in the upper area of the farm. When this happens, the farmers should not walk on the wet soil as it causes compaction; also, it is very bad for the plants to be sitting in water. It also means that the farmers cannot weed, till or pick!

Such crops as melons, cucumbers and summer squash are especially bothered by soggy conditions. It is slow going this year folks. The peppers and eggplant may be a bit late too.

On a positive note, all the rain still means that we have not had to turn on our irrigation system, thus saving in fuel costs and in labor hours spent by the farmers setting up the individual field irrigation!

Blue Skys Flower Farm would like to thank Carol W., Carol F. and Renata C. for helping out this past Sunday. We did a lot of weeding and transplanted some basil!

Pie Garden would also like to thank Liz J. for her help on Saturday!

FRUIT SHARE MEMBERS:

The fruit share will begin August 4th and run for 13 weeks until October 27th. Our fruit grower, Barden Orchards, will be harvesting peaches and plums for the first few weeks of the share, later on there will be apples and cider.

Till Next Week...

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

