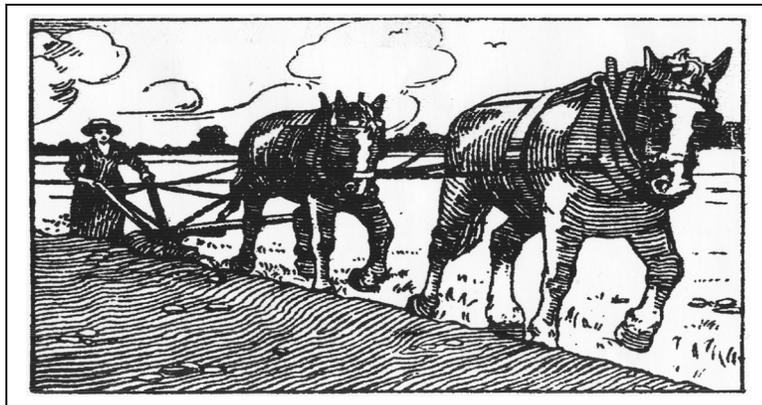


# North Creek Community Farm NEWSLETTER

Week Thirteen

Thursday, September 11, 2014



## IN THE BAG:

Shell beans

Summer squash

Sage

Shallots

Potatoes

Tomatoes and paste tomatoes

Peppers

Garlic

Carrots

Green beans

### Harvest Festival

Saturday, September 27, 10:00 a.m. - 7:00 p.m.

(Come either day)

Bring snacks for lunch and we'll have a big soup at about 4:00 p.m. Please bring bread, cheese, desserts etc. More details will be provided as the date approaches

## About the vegetables:

Shell beans!!! These pink and cream pods are meant to be shelled to gather the pretty beans. Fresh beans can be used like cooked dried beans. I have included a recipe for shell beans with sage, but they can be used in hummus, made into soup or added to sausage and onions. A frost on Friday means the end of the green beans. These are the French filet beans called "Tavera". The carrots were very productive this year but the wet has led to some soft spots. Just cut these out. I had hoped to send more basil but the recent continued wet has caused wide spread disease. The winter squash though looks super and will be on your way soon. More will be available at the Harvest Festival.

## Onions and Shallots

You may have noticed that there have not been onions in the deliveries this year. I decided that something had to go out of the crops I grow to save space, time and energy and onions seemed like a good candidate. They have to be planted early, do not compete with weeds at all so get very weedy and it seems less critical that they are local. I put extra energy into having ripe bell peppers instead. I did grow shallots however. Shallots are milder than onions and incorporate themselves into dishes more thoroughly than onions. They do make your eyes water a lot. Shallots used to only be grown from dividing the bulbs but now they can be grown from seeds and they get larger. It will keep your eyes from watering as much if you wet them often while cutting them up.

There may be a frost on Friday morning. Summer went fast. The frost signals to many plants that it is time to ripen. The winter squash will accelerate it's ripening.

## Shell Beans with Caramelized Shallots and Sage

- 2 cups shelled, washed shell beans
  - 2 shallots, chopped
  - 1 large garlic clove, minced
  - olive oil
  - kosher salt
  - fresh ground black pepper
  - 3 tablespoons chopped fresh sage leaves
1. Boil the shell beans in enough water to cover them for about 15 minutes. Taste one to make sure it is done.
  2. While the beans are boiling, heat 2 tablespoons olive oil in a heavy pan over medium heat. Add the shallots and garlic and cook until translucent. Add the sage and stir.
  3. Drain the beans reserving  $\frac{1}{4}$  cup of liquid. Set the liquid aside and add the beans to the shallots. Add salt and pepper to taste. Start with  $\frac{1}{2}$  teaspoon salt.
  4. Add the liquid and cover. Cook on low heat for 15 more minutes. Drizzle a teaspoon or two of olive oil over the beans before serving. Check seasoning.

## **Fresh Shelling Bean Salad**

About 2 cups (250 g)

You can use a favorite *vinaigrette* (about 1/4 cup, 60 ml) and perhaps include a chopped shallot to mix with the warm beans, too. A handful of fresh herbs is delightful, but I wait until the beans are cool to add them so they don't lose their oomph. I enjoy them often tossed with good summer tomatoes and lots of fresh basil, which is pretty much my favorite summer salad.

They're also insanely good tossed with thin spaghetti, steamed green beans, a swirl of [pesto](#) stirred in, then topped with toasted breadcrumbs.

- 3 quarts (3l) of very lightly salted water
- 1 pound (450 g) shelling beans, shucked
- optional: a bay leaf, a few branches of thyme or savory, half a small onion

1. In a large covered saucepan, bring the water to a boil.

2. Add the beans and any, or all, of the optional seasonings.

3. Reduce the heat to a low boil and cook for 25-30 minutes with the lid ajar, until the beans are tender. But be careful not to overcook them. You may need to add more water while they're cooking.

4. Drain the beans, then toss with while warm with vinaigrette and a peeled and minced shallot, or a drizzle of walnut or hazelnut oil and sea salt.

To serve, add a handful of fresh herbs, such as thyme, chives, or basil. Toss well, and mix with tomatoes, par-boiled green or yellow beans, or serve on their own, alongside roast pork loin.

## **CURRIED CARROT SOUP**

### **Ingredients**

1 tablespoon extra virgin olive oil, 1 turn of the pan  
2 tablespoons butter  
1 medium onion, chopped  
1 1/2 pounds carrots  
6 cups chicken or vegetable stock  
1 tablespoon mild curry paste or 1 1/2 tablespoons curry powder  
1/4 to 1/2 teaspoon ground cayenne pepper  
Coarse salt  
1 cup sour cream  
Plastic condiment bottle or medium plastic food storage bag  
6 blades fresh chives, cut into 1-inch pieces

### **Directions**

Preheat medium pot over medium high heat. Add olive oil, butter, onions and carrots and saute 5 minutes. Add 4 cups chicken stock, curry and cayenne, and about 1 teaspoon salt to the pot. Bring to a boil, cover and cook until carrots are very tender, about 15 minutes. Place pot on a trivet next to food processor. Process soup in 2 or 3 small batches until soup is smooth and carrots are fully pureed. Transfer processed soup into a large bowl as you work to make room for more soup in the food processor. Return completed soup to the soup pot and place back over low heat. If the soup is too thick, add remaining stock, up to 2 cups, to achieve desired consistency. Adjust seasonings. Place sour cream in a plastic condiment squeeze bottle or into a medium food storage bag. Cut a very small hole in the corner of the bag with scissors. Ladle soup into bowls and squirt a swirl of sour cream around the bowl from the center out to the rim. Drag a toothpick from the center of the bowls out to the edges, forming a spider web design on soup. Pile a few pieces of cut chives at the center of each bowl to resemble green spiders in their webs! Cool!