



Debra Jo, Brad, and Sandy harvesting Edamame (Edible Soybeans) for today's delivery.



What's in the box today?

Basil
Beans
Cabbage, Red or Green
Carrots
Edamame
Red Onions
Tomatoes

Salsa Making Party this Weekend

Come out to the farm this weekend for our annual salsa making party. Batches of salsa will be made all with ingredients from the farm. Be sure to bring the following:

- Mexican dish to pass.
- Favorite salsa recipes.
- Quart size Ziploc freezer bags or equivalent to bring your share of the finished salsa home.
- Knives for chopping salsa ingredients. (We have some knives to supply. If you bring anything to use put your name on those items somehow so you don't lose them).
- Paper plates and plastic utensils will be provided for the pot-luck. If you want to be "green" feel free bring your own plates and utensils.
- Beverage of your choice. Alcohol/beer is acceptable.

Start Time: 2:00pm

Those of you with children please mention these few precautions to them before you arrive:

- Forewarn them about the handling of hot peppers.
- Don't play on any of the farm equipment.
- Stay out of the barns and the greenhouses. Visiting our chickens in the lower part of the barn is permitted.

Thank-you for your sincere cooperation!

Edamame

Edamame is a green vegetable more commonly known as a soybean. The word Edamame means "Beans on Branches," and it grows in clusters on bushy branches. This vegetable has been the major source of protein in east Asia for the past two thousand years. It's also a good source for numerous minerals.

Edamame is consumed as a snack, a vegetable dish, used in soups or processed into sweets. As a snack, the pods are lightly boiled in salted water, until the majority of the pods have opened. Then the seeds are squeezed directly from the pods into the mouth with the fingers. Try coating the cooked pods with a pat of butter for a rich treat.

These little beans stores well. Use quickly for optimum flavor and texture but don't be afraid to use even if stored in refrigerator for a bit. Although the hairy outer pod may look over-the-edge the bean inside is often fine.



Edamame Guacamole

1 cup fresh shelled **edamame**
1 ripe avocado, peeled and pitted
1/2 cup chopped cilantro
2 cloves garlic, minced
1/4 **onion**, roughly chopped
1/2 jalepeno, finely chopped
Juice of 2 limes
2 to 3 Tbsp. water
Salt and freshly ground black pepper, to taste

Put edamame, avocado, cilantro, garlic, onion, jalapeno, and lime juice in the bowl of a food processor and pulse until combined. Add enough water to make a creamy consistency and pulse again. Pulse until smooth. Transfer edamame guacamole to a serving bowl and season with salt and pepper. Stir. Serve with chips or vegetable

This summer has been a rather poor year for our brassica crops. Today is the last delivery of our cabbages, both red and green. A combination of heavy rainfall followed by hot weather, left the field where they were planted in tough shape. Needless to say it left our harvest of these crops way below our anticipated goal. Part of our farm is in need of additional field tiling (pictured below) in order to improve the performance of our soil during periods of heavy rain. The high cost to install field tiling leaves us with no choice other than to do the work little by little until its finished. We hope to complete this project within the next few years which will reduce the risk for crop failure.



Sauteed Green Beans with Tomatoes and Basil served with Parmesan Crisps

1 to 1 1/2 pounds fresh **green beans**, trimmed
2 Tbsp. unsalted butter
1 Tbsp. olive oil
3 large shallots, thinly sliced
2 garlic cloves, minced
2 medium **tomatoes** diced
1/4 cup dry white wine
2 tablespoons thinly sliced fresh **basil**
Salt and freshly ground black pepper
Parmesan Crisps, recipe follows

Cook or steam the green beans until just crisp-tender, about 3 minutes. Rinse in cold water. Drain well; set aside.

Melt the butter and oil in a heavy, large skillet over medium heat. Add the shallots and garlic and sauté until tender, about 2 minutes. Add the tomatoes and cook until heated through, about 3 minutes. Add the beans and cook until the juices evaporate and the beans are almost tender, stirring often, about 10 minutes. Stir in the wine and basil. Simmer 2 minutes longer. Season with salt and pepper, to taste. Transfer to a serving bowl, and serve.

Parmesan Crisps

1/2 cup grated Parmesan

Preheat oven to 400 degrees F.

Pour a heaping tablespoon of Parmesan onto a silicone or parchment lined baking sheet and lightly pat down. A silicone baking sheet is highly recommended. Repeat with the remaining cheese, spacing the spoonfuls about a 1/2-inch apart.

Bake for 3 to 5 minutes or until golden and crisp. Cool.

Ever try roasting tomatoes? It is a delightful way to use them. Cut off stem end and any blemishes. Place in a roasting pan, coat with olive oil, sea salt and pepper. Broil on the lowest rack for 1 to 2 hours depending on how much liquid you want to cook off. Stir tomatoes a couple times during the roasting process. Once cooked to your liking use the tomatoes as a base for sauce or soup. Don't have time to do anything further right away? Freeze them for winter use. You'll be glad to have summer flavor during Wisconsin's cold months.

Buttered Green Beans and Carrots

1 pounds slender **green beans**, trimmed
4 ounces **carrots**, peeled, cut into matchstick-size strips
1 tablespoons butter
1 tablespoons olive oil

Cook green beans in large pot of boiling salted water until crisp-tender, about 6 minutes. Using slotted spoon, transfer green beans to bowl of ice water. Cook carrots in same boiling water until crisp-tender, about 1 minute. Transfer carrots to ice water with beans. Drain; pat vegetables dry. (Vegetables can be prepared 1 day ahead. Wrap vegetables in paper towels and refrigerate.)

Melt 1 tablespoons butter with 1 tablespoons olive oil in large pot over medium-high heat. Add vegetables and toss until hot, about 2 minutes. Season to taste with salt and pepper.