

# FARMLOG

## CSA | FARM NEWS | RECIPES

### WEEK 23

#### SHARE CONTENTS

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ITALIAN FLAT BEANS

ZUCCHINI

ZEPHYR SUMMER SQUASH

SIERRA BLANCA WHITE ONIONS

GREEN & RED BELL PEPPERS

DRAGON TONGUE BEANS (REGULAR SHARES ONLY)

PEA SHOOT MICRO GREENS WITH MICRO MIX (KALE/CRESS)

OKRA

#### CONTACT INFORMATION

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Well, it's 8:30 on Monday night, and Lothar has returned to the gardens to run drip line so we can give the recently planted fall crops a much-needed drink of water. Hard to believe, but we are dry here and fall weather tends to have long dry stretches. That, along with the very warm days, wilts the veggies pretty quickly.

People ask me almost daily how things are going on the farm, thinking I guess, that things are slower. Well, in some ways they are slower. But, typically the fall and winter are when we work on projects that just can't be done during the busy planting, tending, and harvesting of spring and summer. This past week, Bryce and Sean built wooden forms for concrete skids to support a movable high tunnel. If you are a FB fan, you may have noticed his recent posts tracking the project. While they were doing this, the rest of the crew were busy cleaning up the hoop house where the tomatoes grew. No shortage of tasks, for sure.

While we don't have laying hens anymore, we enjoy local eggs from Laurie's hen house. With the decreasing daylight of the shorter fall days, chickens tend to start gearing up for their winter sabbatical. They still lay eggs, but are not nearly as productive as they are during the height of summer. So, here's to laying hens, shortening days, and easily prepared egg-based meals that are tasty as well as packed with protein and willing to take on most any ingredient that you have loitering around your kitchen counter or in the fridge. Scale it up if you want to serve more than two by increasing the ingredients to fit your needs. If you don't have broccoli florets, substitute with the microgreens in your CSA. No need to sauté them before popping them into the mixture. (Recipe from Allrecipes.com 2017)

### *Vegetable Stovetop Frittata*

#### Ingredients

1 tablespoon olive oil, 2/3 cup 1-inch pieces broccoli florets, 1/2 red bell pepper, chopped, 1/2 sweet onion, chopped, 6 marinated olives, chopped, 2 eggs, 2 egg whites, 2 tablespoons whole milk, 1 pinch salt and ground black pepper to taste, ¼ cup crumbled feta cheese (optional)

#### Directions

1. Heat olive oil in a 10-inch skillet over medium heat. Cook and stir broccoli, bell pepper, and sweet onion in hot oil until hot, about 3 minutes. Place a cover on the skillet and continue cooking until the vegetables begin to soften, about 5 minutes more. Stir olives into the vegetable mixture.
2. Beat eggs, egg whites, milk, salt, and pepper together with a whisk in a small bowl; pour over the vegetable mixture in the skillet. Sprinkle feta cheese over the egg mixture.
3. Replace cover on the skillet, reduce heat to medium-low, and cook until the egg is lightly browned on the bottom, 3 to 5 minutes. Carefully flip the frittata and cook until the bottom is again lightly browned, 1 to 2 minutes more.

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## *Italian Green Bean Potato Salad*

Here's a twist on potato salad that lightens up the dressing and gives you a way to use those potatoes from the past couple of CSA shares, along with this week's batch of Italian green beans. This recipe will serve 8-10 people, so you might consider cutting back on the total amount of potatoes, while using all the green beans in this week's share. The proportion of potato to green bean will decrease, giving you more beans for your bite. Adjust the olive oil and vinegar based the amount of potatoes you decide to use. (Recipe from "MammaC" food blog).

### **Ingredients**

- 3 pounds red skin potatoes (around 8 medium potatoes), salted water for cooking the potatoes, 1 pound fresh green beans, 1/3 cup chopped red onion, 2 tablespoons plus one teaspoon olive oil, divided use, 5 tablespoons white vinegar (or apple cider vinegar or wine vinegar), 1 teaspoon salt, 1/2 teaspoon garlic powder, 1/4 teaspoon black pepper, 8 or more fresh basil leaves, to taste

### **Directions**

1. Scrub potatoes clean. Leaving the skins on, place the potatoes in a large pot. Fill the pot with enough water so that the water is two inches higher than the potatoes. Add about a teaspoon of salt to the water. Place the pot on the stove over high heat, covered. When the water comes to a boil, lower the heat to a simmer and cover. Cook the potatoes for 20-25 minutes, checking on any smaller ones to see if they are done sooner and need to be removed from the pot with a slotted spoon. The potatoes are done when you can easily insert a fork into the center.

2. Rinse and snap off the ends of the green beans. Boil or steam them until they are cooked to your liking. Drain and toss them with one teaspoon of olive oil and set them aside.

3. Chop up a peeled red onion until you have 1/3 cup. Set it aside.

4. Carefully remove cooked potatoes with a slotted spoon and place them in a single layer on a large platter or sheet pan to cool.

5. When the potatoes are cool enough to handle but still warm, peel them with a small paring knife and discard the skins. Cut the potatoes in half, then cut those pieces in half. If needed, continue cutting the pieces in half until you have chunks that are about 1 1/2 inches long.

Place the potatoes in a large serving bowl. Drizzle them with 2 tablespoons of oil and 5 tablespoons of vinegar. (This is where you might adjust the amount of dressing depending on how many potatoes you end up using). Add the red onion, salt, garlic powder and pepper. Gently toss the potatoes with two spoons to mix. Add the green beans to the bowl. Stack a couple basil leaves at a time and roll them up into a cylinder. Slice them up into ribbons and add them to the bowl. Gently toss everything together to mix. Garnish with additional basil, if desired.

Serve the potato salad at room temperature. Refrigerate leftovers for up to three days.