



Beans in Belly & Back to School Transition

Just a few minutes ago, we sent an email to our wholesale list (which includes some restaurants and stores) entitled, "Mission: Beans in Belly." In your box this week, you will see the evidence of this mission. We're having what farmers call a bumper crop of green beans. We literally have hundreds of pounds of green beans that are ready to be eaten. We're trying to make sure these beans don't go to waste. We've donated some to a food pantry and we're trying to make new wholesale friends... but we still need your help! When you see that big bag of beans in your box this week, remember that you are part of the beans in belly mission.

If any of you have favorite green bean recipes, please send them along. If you're feeling overwhelmed, remember that you can always freeze beans. First blanch them, and then pack them into plastic bags and put in the freezer. We love the treat of green beans in winter.

One thing you'll get a lot of this week that we're sure you'll be happy about is tomatoes! They are really starting to come on strong, so we hope you enjoy them. Just a note regarding sungolds: as the summer pushes on, they tend to split much faster and more easily than they do when they first come on. So you will most likely have a few splits in your pint if you get sungolds this week.

In other farm news, we have reached the second major transition period of the season. Remember back in July when we talked about the transition between spring crops and summer crops? Well now we're starting another type of transition: the back to school transition. We don't have any kids yet, so you may be wondering how this affects us at the farm. Well first and foremost we start to say goodbye to worker shares who are students. Laura is starting law school; Daniel is starting his sophomore year of highschool;

*This week is: GROUP A
(next group A is week is 9/3/08)*

Jarrod is heading back for another semester at MATC; and several other students are gearing up for classes at the UW. We are so grateful for all of their hardwork this season!

Cassie is also going back to school, gearing up to teach another semester of Environmental Studies at MATC as an adjunct instructor. She only teaches two afternoons a week, but it will still be another adjustment we'll have to make out at the farm.

You know who's not going back to school? Mike!!!! We are so excited, as this is the first fall in the history of Primrose that Mike hasn't had to go double-duty as a student and farmer.

So that's a long-winded way of saying that this next week will be a big transition here at the farm. It's a little stressful, because the school calendar isn't exactly in synch with the farm calendar, but all will be well. From your end, our plan is that you won't notice a thing. ☺

Ward off the back to school blues!

Cassie and Mike

In the Box:

Basil (EO only)
Broccoli (EO only)
Carrots
Cucumbers
Dill
Garlic
Green Beans
Green Peppers
Hot Pepper

Joe Parker variety. Long, skinny. Some may receive Hungarian Wax pepper: a skinny, yellow pepper.

Japanese Eggplant
Melon

Some folks will get watermelons, others cantaloupe.

Parsley
Red Potatoes
Tomatoes-Slicing
Tomatoes-Heirloom
Tomatoes... Either Sungold OR Cherry OR Sungella
Zucchini (Gold or Green)

ANNOUNCEMENTS

As a result of customer requests, we will have 4 dropsites for the Winter CSA share. Thanks for your feedback!

1. Farm (3828 Pioneer Rd.)
2. Eastside (2625 Scofield St.)
3. Westside (305 Oakcrest Ave.)
4. Epic (cafeteria)

The Joy of Cooking Vegetables

Ann Robertson's Tomato Soup

Ann says this soup is quick and tasty- she also adds corn cut off the cob for variety.

3 C. chopped tomatoes
1/3 C. chopped onions
2 t. sugar
1 1/2 t. salt
1 T. fresh basil
1 t. fresh thyme
1/8 t. black pepper
6 oz. can tomato paste
1/4 t. baking soda
1 T. butter or margarine
1 T. flour
2 C. milk

Combine tomatoes, onion, sugar, salt, basil, thyme, pepper and tomato paste in a saucepan. Cover and simmer 10 minutes. Stir in baking soda; set aside.

In separate saucepan melt butter and stir in flour until well blended. Cook for 1 minute on medium. Add milk, cook until thickened, stirring constantly. Stir milk mixture into tomato mixture and heat through.

Marinated Green Beans

Prepare the green beans simply by snapping off the stem end. Dress them raw- they keep deliciously in the fridge. Take them for lunch, munch on them for snacks... Green beans for breakfast??!! I dare you to try it! It's good!

Lemon marinade: combine 1 T olive oil, the grated zest and juice of one lemon, salt, pepper and some chopped basil.

Soy marinade: combine 1 T olive oil, a splash of sesame oil and soy sauce, 2 t rice vinegar, chopped cilantro and some toasted or black sesame seeds.

My favorite Gazpacho

You won't believe this recipe- it's incredible! It makes for a refreshing breakfast.

1 cucumber, finely chopped
1 green bell pepper, finely chopped
1 small onion, finely chopped
1/3 c lightly packed basil leaves or dill, or 1/2 c cilantro or parsley, chopped
4 c finely chopped tomatoes
1/4 c seasoned rice vinegar or red wine vinegar
3 T olive oil
2 cloves garlic, minced
2 t salt

Combine all ingredients in a bowl and set aside to chill for an hour or so. A food processor can be used if you don't like chopping. I find a bread knife to be the best tool for cutting tomatoes. Adjust seasoning to taste.

Grilled Vegetable and Bean Salad

Wonderful leftover as well!

2 cups sliced green beans
1/2 c instant bulgar or couscous
2 T olive oil
3 T red wine vinegar
1/4 c chopped onion
1 T chopped fresh herbs such as thyme or marjoram. Or use 1/4 c fresh basil or dill
1 t yellow mustard
3 c mixed chopped grilled veggies like eggplant, peppers, tomatoes or summer squash
1/2 c chopped olives

Prepare your grilled veggies. Prepare the bulgar by pouring boiling water over it and letting it set for 10 minutes to rehydrate. Drain the bulgar. Whisk the oil, vinegar, onion, herbs and mustard together in a large bowl. Add the vegetables, beans, bulgar and olives. Toss to combine. Season to taste with salt and pepper, as needed.