



Notes From the Pea Patch

Foxtail Community Farm

Week 6

July 6, 2010

Wife's

Farmer's ^ Notebook

We often talk with our three children about how fortunate we are to have so much good food to eat. An estimated 180,000 individuals in the Capital District – including 80,000 children – use emergency food programs, food pantries or soup kitchens. We invite you to join us in fighting hunger in our community.

Last year we established a partnership with our local food pantry, which operates twice a month here in Greenville. We were able to donate about 180 pounds of fresh produce directly from the farm. This year we hope to give even more, as we have learned that our donations are basically the only fresh produce available at this local pantry.

We also are continuing to partner with Capital District Community Gardens' (CDCG) *Squash Hunger* Program. Since its creation in 2004, this program has collected and distributed more than 80,000 pounds of fruits and vegetables donated by members of the community to area shelters, pantries, and soup kitchens.

Last year we partnered with CDCG to place *Squash Hunger* donation boxes at each of our CSA delivery sites. Although the volume of produce collected through these individual donation bins proved to be too small to continue that arrangement, we encourage CSA members to continue to donate extra produce at one of the eleven *Squash Hunger* collection sites throughout the Capital District. For a list of donation sites go to:

<http://www.cdcg.org/SquashHunger.html>

We are also working with CDCG to glean crops for donations (“gleaning” refers to picking a crop that would otherwise go unharvested, usually at the end of a crop's cycle). Recently a group of CDCG volunteers gleaned over 60 pounds of snow peas and bok choy from Foxtail fields for local food pantries. As we have extra produce available we will work with CDCG to glean for donations. Our priority is to donate to our local Greenville Food Pantry, with additional produce for other area pantries. We invite all of you to volunteer some time to help with these extra harvests!

This Week's Harvest

Carrots – loaded with Vitamin A and naturally sweet, fresh garden carrots are a different food than what you find on store shelves. Remove green tops and store in plastic bag in fridge.

Fava Beans – these are a new crop for us this year grown at member request, and will be included in shares over the next few weeks as we harvest them in batches. Resembling lima beans, they are actually part of the pea family. There is some preparation required: the beans must be shucked from their pods and then peeled. The easiest way to do this is to open the pods to remove the beans, boil the beans in salted water for 1 minute, then immediately place them in ice or cold water; the beans should then slide easily out of their protective skins. Refrigerate unshelled beans in a bag; once shelled extra beans can be frozen. Note that some people have an allergy to favas. According to Hannibal Lechter, they go well with a glass of chianti...or see this week's recipes.

Summer Squash – more of the oblong and 8-ball zucchini varieties, with a few shares' worth of our first picking of Lebanese white (a.k.a. Cousa) squash, a bulbous type with light green and white speckled skin and excellent flavor (these are reportedly a bit delicate, so handle with care). Store in fridge.

Also...

**Green Cabbage ~ Lettuce ~ Sugar Snaps ~
Swiss Chard ~ Turnips ~ Cucumbers**

Fruit Shares: A final taste of **summer raspberries** from our farm. Store unwashed in fridge or freeze for winter baking. There will be more raspberries in the fall! *No pesticides or chemical fertilizers.*

Members with smaller size shares may not receive all items or quantities described

COMING ATTRACTIONS!

- ◆ **Beets**
- ◆ **Cucumbers**
- ◆ **Blueberries**





Recipe of the Week Fava Bean Crostini

From Sarah Raven's *In Season*. With some black olives and crudite, this simple recipe would make a lovely light summer meal or appetizer. If you're feeling a little lazy, skip the crostini and just use this as a dip for pita bread.

- 1/3 pound fava beans, shelled
- 3 tbs extra virgin olive oil, plus more for crostini
- juice and grated zest of 1 lemon
- generous handful of finely chopped mint
- salt and freshly ground black pepper
- pecorino, feta or other salty cheese
- 1 baguette or other quality fresh crusty white bread
- 2 cloves garlic, peeled and sliced in half

To prepare crostini, slice the bread into finger-thick slices. Drizzle with olive oil, then toast over a griddle or toaster oven until brown and crisp. Lightly scrape one side with the cut side of the garlic, then sprinkle with salt.

Boil the fava beans about 5 minutes, or until tender. Plunge into cold water, then slip from their skins (you can leave skins on, but puree will not be as smooth). Puree with 3 tbs olive oil, lemon juice and zest, mint and lots of salt and pepper.

Spread the fava puree on the crostini. Serve with extra olive oil, cheese and more mint.

Another Recipe: Warm Fava Bean Salad



Another one from Sarah Raven. Her original recipe calls for chopped mint, chervil, and tarragon, but other fresh herbs such as savory, parsley or rosemary would also be delicious.

Cook about 3/4 pound of shelled fava beans in a large pot of boiling water about 5 minutes, or until tender. Drain and cool under cold water, then skin.

Prepare a vinaigrette of scant 1/3 cup extra virgin olive oil, 2 tbs white wine vinegar, 2 minced scallions, and about 3 tbs chopped fresh herbs.

Heat 1 tbs olive oil in a pan. Toss cooked fava beans in oil for just a minute or two to warm. Pour into a serving bowl and toss with vinaigrette. Garnish with additional fresh parsley or other herbs.



HELP WANTED



Attention Member Workers: If you have not yet completed your 2-hour work commitment, now is the time!

We will be scheduling a number of work opportunities over the month of July. We will schedule a number of different days/times. Please make all efforts to come to one of these. If you prefer to work at another weekday time, contact Eric to arrange a time. After July we will have less need for help and only limited opportunities to fulfill the work commitment.

Once scheduled we will post the work times on the Member Work Page at:

www.foxtailcommunityfarm.com/WorkCalendar.html

Please check this page for updates. Contact us to sign up or if you have any questions.

A few words about flowers...



Flower shares have begun and should continue fairly regularly for the next few months. Members with flower shares will see a mix of over 30 varieties of annual and perennial flowers over the season.

In keeping with our commitment to sustainability, we do not use any preservatives when we pick and transport your flowers. Here are a few tips for making your flowers last as long as possible:

- * As soon as you get home, cut 1" off the bottom of the stems; separate the stems from one another
- * Use warm water
- * Change the water in your vase as frequently as you can, daily if possible.
- * If desired, add a preservative solution to the water (you can buy commercial packets, or make your own mix of 2 tbs white vinegar, 2 tbs sugar, 1/2 tsp chlorine bleach per quart of warm water.)
- * It should be noted that vase life is highly dependent on air temperature and humidity

Subject to availability, members can also order flowers on a week by week basis. Large bunches of ~30 mixed stems are \$10 each; arranged bouquets start at \$12. If you have a special idea in mind we are happy to discuss with our "Flower Lady" Dee (Eric's mom). Please contact us by phone or e-mail at least 48 hours before your delivery day to place an order.