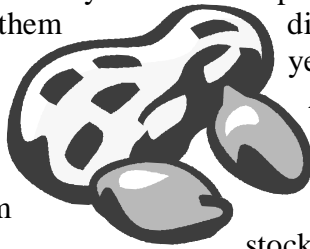


What's for Dinner?

News & views from Earthwise Farms CSA ~ September 11, 2009

Chillin' with beans, peanuts

The first butter beans and peanuts we've been promising are finally here! To make sure they hold up we blanched the beans and boiled the peanuts, then quick froze both. Don't refreeze- it's best if you refrigerate them then use them soon. The peanuts are ready to eat. The butter beans can be used like fresh, except that we've shelled and blanched them for you.



Classic succotash is a delicious way to enjoy fresh lima beans while getting great protein, vitamins and fiber. Here's an easy recipe:

Cook thawed beans 'till tender but

firm in a steamer or boiling salted water to barely cover. Cook an equal amount of corn kernels the same way. Drain both then place in a large bowl and set aside. In a small skillet heat 1 tsp bacon fat or olive oil. Over medium heat sauté ½ cup minced yellow onions until transparent.

Add then 1 minced clove garlic and sauté until fragrant (about 30 seconds). Deglaze with 1-3 tablespoons unsalted chicken stock, scraping the pan. Take off the heat and stir in 1-2 teaspoons of thinly sliced fresh basil (chiffonade). Pour over the veggies and mix. Add salt, black and red pepper to taste. Serve with tomatoes, squash and okra. Yum!!

It's apple-icious!

Old and new make great

Apples are one of Fall's greatest pleasures. Festivals and fairs feature their great flavors and bouncy firmness. And they're a natural for snacks, pies and all sorts of goodies.

This week you're getting two varieties: Gala and Honeycrisp. New Zealanders bred Gala in the 1920's, and now variants are common. Honeycrisp came from Minnesota and has only been available since 1991! Apple trees take many years to produce and Honeycrisp can be hard to come by.

Both are good for snacking and salads, and Honeycrisp makes smooth sauces. Gala's sweet, mild flavor appeals more to picky eaters while Honeycrisp's rich, complex, fruity sweet-tartness works for everyone else. And, both are plenty juicy. Bon appétit!

Eggs are down

We're so sorry but it seems we've gone two steps back on egg production. Despite major efforts to keep predators away from our hens they're still skittish and aren't laying eggs like they usually do. Please be assured that we're not just waiting around hoping things will get better.

We're checking into all the factors that could be causing this and taking steps to make the hens more comfy, less stressed and even better fed. All this should lead to more and more eggs very soon, and we promise to make up any missed deliveries at that time.

Again, our apologies for the lack!

Where's the bag?

Please remember to set the previous week's empty orange delivery bag outside your door on delivery day so we can collect it and have one to deliver your food in next week!

Keep food fresh

Your food's grown without chemicals or pesticides, and has no wax coating. That's better for taste and safety but decreases storage time. To get the best result:

- Empty all bags; Check ripeness/condition
- Flatten paper bags; lay produce out on them to cool/dry/aerate
- Pack/store appropriately
- Process & use quickly!

Your CSA share

This is delivery two of six in Summer cycle two. Sorry, no eggs this week; weekly and even-week delivery shareholders get:

- Yellow squash
- Muscadines
- Scuppernongs
- Apple mix
- Boiled peanuts
- Butter beans



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