

# Farm Of Plenty Spring CSA

Week 8 – June 13, 2011



## Summer CSA

Summer is here! We're enjoying some beautiful sunny days on the farm and are watching our Summer CSA rapidly filling up. At this point, we anticipate that the CSA will be full and closed to new members within about a week. If you know of anyone who is considering signing up for the 13 week summer season (July 11<sup>th</sup> – October 7<sup>th</sup>), let them know that there are not many spots left. View available pick up locations and sign up at <http://csa.farmigo.com/join/farmofplenty/2011>.

## Meet....Napa Cabbage!

Also referred to as Chinese cabbage and is a more versatile cabbage than green cabbage. The flavor is sweeter than green cabbage and it is rich in vitamin C and fiber.



## Grilled Beets

I found this recipe on a website entitled "Beet Recipes for a Hater..." I love beets, but if you happen to be a "hater", maybe you want to try this out. Please report back to us how you liked them!

"I would suggest peeling (with a potato peeler) then slicing the beets on the thinner side - the thinner the better in this case - the somewhat pronounced taste of beets that turn off many will be muted this way. After slicing, brush with a simple marinade of olive oil, balsamic vinegar, salt, pepper, and some minced garlic, even a light dose of dried herbs.

Set the slices on a medium hot grill and let them sit until each side is caramelized. The thinner ones (1/8") will obviously cook faster, but if you want, let them go beyond what you think will be done. They will somewhat dry out and be closer to a chip, where the sweetness shines and just a hint of the beet taste will show. I found these to be appetizing even to our beetaphobe kids."

Thanks to those of you who have returned boxes! Please check your garage/car/porch for any more boxes and return them to your pick up site this week!

Farmer Al, Jim and Julie

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## What's in this share?

This week in your share you'll receive spinach, red and green lettuce, napa cabbage, carrots, garlic, green onions, sweet onion, beets, green beans, radishes, eggs, potato dill bread, vegetable spread for the bread, and dried oregano. Wow...enjoy!

## Five Stars in the Field Dinner

Things are shaping up for our August 13 dinner on the farm....Five great chefs, five delicious courses, five wonderful wines as well as a great opportunity to visit the farm. All proceeds from the dinner and silent auction will be donated to three local organizations who work to provide food for people in need. Ticket info will be coming soon on our website [www.farmofplenty.com](http://www.farmofplenty.com).

## Green Beans with Almonds and Caramelized Shallots

### INGREDIENTS:

1/4 cup blanched slivered almonds	2 tablespoons white sugar
3 tablespoons butter	salt and pepper to taste
5 sm shallots, thinly sliced	1 1/2 pounds fresh green beans, trimmed
1 red bell pepper, chopped	and snapped

### DIRECTIONS:

1. Place the slivered almonds in a dry skillet over low heat, and cook and stir constantly until the almonds are lightly toasted, 3 to 5 minutes. Watch carefully, because they burn easily. Remove the almonds and set aside.
2. Heat butter in a skillet over medium-low heat, and cook and stir the shallots and red bell pepper until softened, about 8 minutes. Sprinkle the shallot mixture with sugar, salt, and pepper, and reduce heat to low. Cover, and cook slowly, stirring occasionally, until the sugar dissolves and the shallots caramelize, 5 to 8 minutes.
3. Place a steamer insert into a saucepan, fill with water to just below the bottom of the steamer, and bring the water to a boil. Add the green beans, cover, and steam until just tender enough to pierce with a fork, 7 to 8 minutes. Drain the green beans, place them into the skillet with the shallot mixture, mix well, and gently stir in the toasted almonds.