

# Box 8 of 25



# August 28th 2008

**Green Beans  
Rainbow Carrots  
Goose Berries  
Radish  
Spinach**

**Garlic  
Basil  
Red Leaf Lettuce  
Lemon Cucumber  
Green Cabbage**

## In The Box

### Thoughts From The Harvest Crew



The harvest crew meets at the packing shed every morning at 6:00 am and begins their work day. Today we are jamming on a 50 box order of bunch carrots for PCC Natural Markets in Seattle, and then we'll start on the over 75 boxes of orange and rainbow carrots we need for the Farm Store, weekend farmers markets, the Farm Share Program and local restaurants. As we pull, sort, bunch and box Nash's "14-Carrot Gold" I take a moment to reflect on the fact that summer is fading fast...

I can't believe it's almost September! It doesn't seem possible, but already there are tell-tale signs of it across the farm. We're harvesting grains, bulk root crops and the first of our cabbage. Spinach and carrot seed crops are aching to be wind-rowed, gooseberries are ripe, and our various farmers markets are kicking into high gear as the color and the vibrancy of our local food scene lures taste buds. I take a deep breath and smile, pausing in my work to center myself and make sure I am truly present to appreciate this moment. The fog lifts slowly and gives way to an almost sunny, but still gray kinda day. The crows remind me that we're not alone in the field, even if it feels like the rest of the world has melted away. It's really just all about the carrots.

September is a kind of turning point for the farm. The next four months will really make or break the farm, and if all goes well - and yes, things are looking pretty good - we will start to make a dent in repaying the debt we have accumulated to get the farm to this point. With two weeks of irrigation water available to us before the ditches are turned off, and the last of the transplants in the ground, our focus will shift to the intense harvest season ahead. About 80% of our field crews' time will be spent on harvesting, washing, and packing compared to the 40% or so spent from May through August.



It's hard to believe that summer is almost over, but Sam has been busy harvesting grains such as barley and wheat with the combine, and soon he'll hit the oats, rye, triticale and buckwheat. One of the biggest signs that fall is almost here though is that Scott, Josh, Randy and Ankur harvested 37 bins of golden, Chioggia, cylinder and Detroit beets yesterday using our mechanical harvester. I'm pleased this first round is looking so great. In the next six weeks, we'll harvest an additional 100 bins or so of beets that we'll store for winter use. Each bin weighs about 600 pounds... that's a lot of borsch.

### *On The Horizon*

**Celery  
Cilantro  
Kales  
Tomatoes  
Sugar Snap Peas**

Of course the one, unmistakable clue that fall is upon us is that the rain and the mud have arrived. We are already slipping and sliding around, getting covered in mud, and getting the trucks stuck. As I look around, everyone has donned their raingear and I've noticed a few new pairs of muck boots on the crews' feet—already we're getting geared up for the seemingly early winter ahead.

Let's see... that was 24 bunches carrots in a box, 50 boxes for PCC, 7 more boxes for special orders, 23 boxes for our farmers markets, and then rainbow carrots after these orange ones.....we might be here a while...

# Welcome To The Box, Green Beans!

By Ankur

This week, for the first time, we are proud to present a laborious bunch of hand-picked green beans. Green beans are nutritious and versatile in addition to tasting delicious. I've found that the best thing to start with is to break the ends off of the beans and blanch the beans in a pot of hot water. Maybe for two or three minutes - enough to brighten their color and tenderize them.

After blanching the beans in hot water, plunge them in a bath of cold water (like a Finnish sauna ritual), and chop them into finger-joint-sized pieces. They are now ready to eat, tossed with salt and melted butter, or to perhaps use with any of the recipes below.

## Green Beans Provencal

The usual Provencal suspects:

- 2 cloves of garlic
- 1 medium tomato
- 1 large spring of basil (leaves only, please)
- (optional dust of lavender)

Diced together and sautéed in olive oil on a medium heat until fragrant. When the garlic browns, mix the blanched beans into the pan and cook until just tender – don't cook it too long or they'll turn limp and depressed.

Salt and pepper to finish it off.

## A Green Bean Salad

Toss together:

- The Green Beans
- Diced cubes of feta cheese
- Halved olives
- Diced lemon cucumbers
- 1 smushed clove of garlic
- 1 liberal pull of olive oil
- Half a lemon's juice
- Salt and pepper

This is the life of the party. To make it more like a conventional salad, thinly chop spinach leaves into long strips. You can use a dozen or so, and maintain the strong flavor of the salad, or add the whole bunch for a more relaxed addition.

## Green Bean Stir-Fry

A perfect late-summer stir-fry highlighting our first cabbages of the season and all the color in the carrots.

- Slice thinly and diagonally one of each carrot color
- Grate a good quarter of the cabbage
- Your green beans, already blanched
- A few spinach leaves, casually torn

Get a high-heat oil (sunflower oil works wonders) in a high-heat pan (aluminum does not) and throw in your carrots when hot. For an added element of flavor, you can add one (or more) of the following before the carrots: Anis seeds, mustards seeds, a cinnamon stick, a dried red chile, freshly crushed garlic.

And fry it in the oil until the popping stops. After the carrots have been dancing for a couple of minutes, add the cabbage. You will hear the heat go down as the cabbage comes up to temperature. When the sizzle is back, add the green beans. Stir rapidly, keeping the vegetables hot and moving.

Add some soy sauce. Stir and fry for a scant minute longer. Don't let anything get soggy. Serve immediately over rice, barley, polenta, or something else warm and satisfying.