

## Recipes

### **Tasty Greens** *recipe courtesy of the Boardman family*

1 big bunch of greens (spinach, kale, chard, braising mix, beet greens)  
2 cloves garlic & olive oil  
mango, chopped into bite-size pieces  
wheat-free tamari  
fresh ginger, grated or cut into tiny pieces (optional)  
tomato, in bite-size pieces (optional)  
a good handful of sugar/snow peas (optional)  
Wash and cut the greens into bite-size pieces. Set aside. Mince or press garlic into large skillet with some olive oil (about 1-2 Tbs). Lightly sauté. Add the greens, stir. As they begin to wilt, add the mango and then the tamari. When greens are wilted and the fruit heated through, remove from heat

### **Tagliatelle With Fava Beans and Pecorino Romano**

3 cups shelled fresh fava beans or frozen lima beans, thawed  
2 cups coarsely chopped fresh basil  
2 large garlic cloves, chopped  
1/4 cup olive oil (preferably extra-virgin)  
2 tablespoons fresh lemon juice  
12 ounces tagliatelle or fettuccine  
1/3 cup freshly grated pecorino Romano cheese

Cook beans in large pot of boiling salted water until crisp-tender, about 3 minutes. Using slotted spoon, transfer beans to large bowl. Reserve water in pot.

and serve.  
Optional: Add ginger when you cook the garlic. Add tomato and/or peas when you add the mango. You can use 1, 2, or all 3 optional ingredients--the dish is great with or without them.

### **Fava Bean "Pesto"**

Makes about 1 cup.  
Good tossed with pasta or spread on toasted baguette slices.  
1 C shelled fresh fava beans (from 1 lb. of pods)  
2 small cloves garlic  
1 tbsp. fresh lemon juice  
About 1/2 C extra virgin olive oil  
1/2 C freshly grated Parmesan or Pecorino Romano cheese, salt & pepper  
Bring a large pot of salted water to a boil over high heat. Add the fava beans and cook until the skins

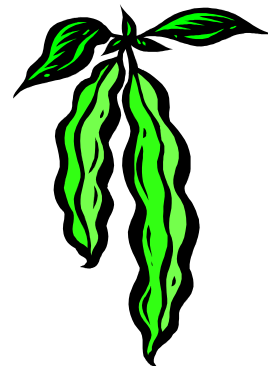
Combine 2 cups beans, 1 cup chopped basil and garlic in processor. Using on/off turns, process until beans are coarsely chopped. Transfer mixture to bowl with whole beans. Add remaining 1 cup basil, olive oil and fresh lemon juice. Stir to blend. Season bean mixture to taste with salt and pepper.

Meanwhile, cook pasta in same pot of boiling salted water until tender but still firm to bite. Drain pasta, reserving 1 cup cooking liquid. Return pasta to pot.

Stir 1/4 cup reserved cooking liquid into bean mixture. Add to pasta. Add 1/3 cup grated pecorino Romano

loosen, about 1 minute. Immediately drain the beans in a colander, then plunge them into the bowl of ice water to stop the cooking. Drain the beans again in the colander. When the fava beans are cool enough to handle, peel them by pinching a small hole in the tough outside skin of a bean with your fingernail. Gently squeeze the bean to release the 2 tender inner bean halves. Place the fava beans and garlic in a blender or food processor and pulse until coarsely pureed. Add the lemon juice and 1/3 cup of the olive oil and puree until smooth, stopping to scrape the side of the bowl, as necessary. Add the Parmesan cheese, salt and pepper. Process briefly to combine. If the mixture seems too dry, add the remaining olive oil..

cheese and enough remaining cooking liquid to moisten. Season pasta to taste with salt and pepper and serve.

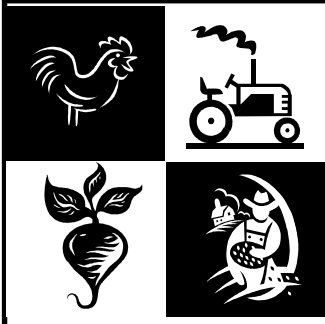


## Words to Live By

"We must draw our standards from the natural world. We must honor with the humility of the wise the bounds of that natural world and the mystery which lies beyond them ... something which evidently exceeds all our competence."

- Vaclav Havel





# Cure Organic Farm Newsletter

Distribution Week #7

July 16h, 2008

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www.cureorganicfarm.com—cureorganicfarm@yahoo.com

This newsletter is also available online at:  
www.cureorganicfarm.com/  
csanewsletters.htm

## It is Fava Bean Season!

Fava Beans, also called broad beans are not well known here in the United States, but are mainstays in other cultures from ancient Rome to Mexico, Brazil and India in modern times. The variety we grow, Windsor- is a classic heirloom variety with records dating back to 1863. While these classic shell beans are known around the world to grow during the cool months of the year, here in Colorado we usually begin harvesting them in late June and continue through July.

As mentioned Fava beans are a shell bean. Yes, that's right pour yourself a tall glass of lemonade, recruit the kids or a friend and sit down at the table to shell these beauties & have a good talk, before cooking. Give it try, you'll enjoy it!

**Fava Beans Instructions:**  
These bean pods are one of

Mother Nature's true wonders...from a farmers perspective. The pods are equipped with a spongy insulation that retains moisture to keep the beans from bruising and remain well hydrated. Fava beans will store for a month or more unshelled in your fridge!

*To shell:* First, break the bean pod in half to open, next, split the pod length wise to free the individual beans inside. Each bean has an endosperm layer around it (remember the bean is viable seed) that is light green. We encourage you to take this seed coating off, as the texture is a bit tough for eating. To remove the endosperm layer, simply peel off the shell at the top, and pushing from the bottom, pop the bean out of the top. After a few tries, you will get really good at this!



### *To Cook Fava Beans:*

Favas can be cook either before removing the endosperm layer or after. Boil or steam beans for 3-4 minutes, they cook quite quickly, and can be served either cool or warm. After steaming try adding them to a stir fry, or sautéing them with our garlic, some butter, a pinch of salt and some lemon to finish. Fava beans are often served with pasta dishes accompanying good pecorino cheese or are made into a puree similar to pesto and used as a dip or spread. Be sure to check out the recipes on the back of the news letter.

While these heirloom beans do demand that we take the time to shell them, they are truly a taste of early summer and a fantastic reminder to enjoy the process of preparing food for one another. After all preparing and sharing a meal is a sacred part of each day.

## In your share this week:

Head Lettuce

Rainbow Chard

Fava Beans

Carrots

Basil

Summer Squash

Garlic

### Fruit Share

Apricots

Cherries

We are still taking orders for **Wisdom Farm's whole chickens**. They will be available for pick-up on July 30th and cost \$2.90 per pound. We will be offering their whole, frozen chickens once a month. Next week is the last week to order chickens for the July 30th pick-up.

## CSA Work Day- Planting Fall Crops

When the dog days of summer hit with temperatures in the high 90's consecutively, here on the farm we can't help to think that the heat is what is ripening the tomatoes and other summer treats. Our focus also shifts to the fall crops at this time, and the urgency of planting them by the end of July to help ensure proper growth before the season turns on us in the fall.

Now is the time to be planting fall crops, so that is exactly what we will be doing this Sat. July 19th here at the farm for our fist CSA work day. We are looking forward to you joining us out in the fields from 8 to 11 in the morning. We will be transplanting kale, lettuce, chard and other brassicas. We will also be seeding additional flats of fall crops for a later summer transplant date.

So, fill up your water bottle, grab a sun hat, sunscreen and gloves if you like and head on out here to the farm. We will meet at the picnic tables at 8am behind the house. We are looking forward to sharing the morning with you out in the fields!



### Coming Next Week

Head Lettuce

Carrots

Basil

And so much more.....

bean pod in half to open, next, split the pod length wise to free the individual beans inside. Each bean has an endosperm layer around it (remember the bean is viable seed) that is light green. We encourage you to take this seed coating off, as the texture is a bit tough for eating. To remove the endosperm layer, simply peel off the shell at the top, and pushing from the bottom, pop the bean out of the top. After a few tries, you will get really good at this!