

# Cure Organic Farm Newsletter

Distribution Week #4

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This newsletter is also available online at:  
www.cureorganicfarm.com/  
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## The Mysterious Fava Bean

Fava Beans are one of the oldest cultivated plants known, with its culture extending back to prehistoric times. Some of the earliest recorded cultivation took place in Egypt and throughout the Mediterranean region, especially in Italy and Iran, where the Fava Bean is native. It is similar in size to the lima bean, when peeled is bright green and has a fresh flavor. In North America, Canada is perhaps the largest producer of

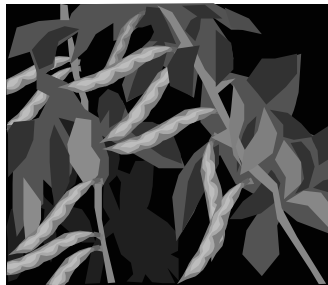
Fava beans since they produce best in cool summer areas. Here in Colorado we hand plant the seeds the first of March to utilize any spring precipitation and the cool weather, with the hope that we will have ripe beans before the heat of July and August set in. We grow an English heirloom variety called Windsor.

individual beans. Upon shelling the outer pod there is another layer of fine skin around the tender bean. Some people leave this layer of skin on, others par-boil the shelled beans for one minute, drain and cool, and slip from the outer skins. Then continue to cook for five minutes or until desired tenderness.

As a fresh bean, Fava Beans require shelling. So, instead of stopping to smell the roses, stop to shell and peel the fava beans and then enjoy their buttery texture, bright taste and sparkling green color.

A favorite traditional Italian appetizer is peeled cooked Fava Beans sprinkled with olive oil and salt along with salami, prosciutto and slices of Parmesan or pecorino cheese. Simply wonderful!

The beans grow in an insulated, moist protective pod that usually contain five or more



## In your basket this week:

*Carrots*

*Beets*

*Baby Fennel*

*Head Lettuce*

*Braising Mix*

*Fava Beans*

*Walla Walla Onions*

**Fruit Share**

*Cherries*

## Collaboration with other Farms

Last week we mentioned working with other producers to bring you products that we do not grow. Other suggestions we received from CSA members were bison and Thanksgiving Turkeys. We are working on coordinating with the other farmers and will let you know as the information becomes available. Thanks for your dedication to eating locally!

## CSA Work Day

Throughout the summer, each month we will host a CSA work day. This is an opportunity for the farmers and CSA members to share some time in the fields together. In the past we have transplanted fall crops, harvested snap beans, cleaned onions and gar-

lic for the winter's storage, and of course there is always weeding!

The first CSA work day will be **Saturday, July 15th from 8 am to 11am** here at the farm. Please sign up at your pick-up to let us know that you are planning on coming

to join us. We look forward to seeing you out in the fields.



## Coming Next Week...

*Beets*

*Carrots*

*Fava Beans*

And much more!

## Recipes

### SAUTE OF FRESH FAVA BEANS, ONIONS, AND FENNEL

1 pound fresh fava beans, shelled.  
1/3 cup olive oil  
1/2 cup chopped onion  
1 fresh fennel bulb, trimmed, sliced  
1 cup vegetable or chicken broth  
3 Tbs. chopped fresh dill  
1/2 cup chopped pancetta  
1/2 teaspoon dried savory  
2 tablespoons fresh lemon juice

Cook Fava Beans in boiling salted water 2 minutes. Drain, cool and peel outer skins. Heat oil in heavy large skillet over medium-high heat. Add onion and fennel bulb; sauté 5 minutes. Add Favas; sauté 3 minutes. Add 1 cup broth and 2 tablespoons dill; bring to boil. Reduce heat; simmer 10 minutes to blend flavors.

### FAVA BEAN PUREE

Makes 3 cups; serve at room temp. or spread on grilled bread.

*Adapted slightly from "Chez Panisse Vegetables" by Alice Waters*

3 lbs. fava beans (or what ever is available)  
1/2 - 3/4 C olive oil  
salt and pepper  
2 cloves garlic, finely chopped  
1/4 bay leaf  
1 small sprig rosemary  
1 sprig thyme  
1/2 lemon

Drop shelled favas into boiling salted

water for 1 min. Drain, plunge into ice water to cool. Drain again, & remove their pale green skins (pierce skin w/thumbnail & squeeze to pop out). Warm 1/2 C. oil in shallow, non-reactive sauté pan. Add beans and salt lightly. Add garlic, herbs and a splash of water. Cook @ slow simmer, stirring and tasting frequently, for about 30 min. until they are completely soft & easily mashed (add another splash of water if you find the beans are getting too dry or are sticking to the pan). Remove and discard herbs, then mash beans into a paste with a wooden spoon or puree with a food

### FENNEL IDEAS

Adapted from the Victory Garden Cookbook

- Add cooked fennel to omelets, quiches, stuffings or sauces.
- Add stalks to stocks for their flavor.
- Add sliced sautéed fennel to fish dishes

processor, add more olive oil and a few drops of lemon juice to taste.

• Cook fennel in your favorite tomato sauce.

• Place stalks and leaves on barbeque coals as they do in France. The fennel scent permeates the grilled food.

• Slice steamed or blanched fennel, cover with a vinaigrette and serve chilled.

• Chop raw fennel and add to tuna fish sandwiches.

• Slice fennel thin and layer with raw potatoes, cream and cheese to make a potato au gratin.

• Serve fennel and cheese for dessert: Cut fresh fennel into wedges and serve with slices of a really great cheese such as bleu or goat cheese. Drizzle with your best olive oil, and sprinkle with salt and pepper to taste.

processor, add more olive oil and a few drops of lemon juice to taste.



## Words to Live By

### Ah Sunflower

*by William Blake.*

Ah Sunflower, weary of time,  
Who countest the steps of the sun;  
Seeking after that sweet golden clime  
Where the traveler's journey is done;

Where the youth pined away with desire,  
And the pale virgin shrouded in snow,  
Arise from their graves, and aspire  
Where my Sunflower wishes to go!

