

# Cure Organic Farm Newsletter

Distribution Week #5

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## Fava Beans

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.

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.

## Notes From The Field

Every season there is a significant transition with the month of July. The heat of summer begins to come on strong, which lure all of the warm season crops like tomatoes, squash, peppers, eggplant, basil, green beans and melons to grow measurable amounts each day. Unfortunately the weeds also are growing at that rate. Job security is no issue for the farm crew this time of year.

Each week now we can expect to be harvesting a new crop, this week it is summer squash. July is also the critical time to turn spring beds over and replant with fall crops. In these next 3 weeks the majority of fall crops need to be planted in order to be able to harvest them without cellular damage due to a September frost.

What I love about farm

work is that regardless of what we have planned for that day or what time it is, if the plants in the field need something different they direct us to that task instead. I truly think that farming is 90 percent based on observation skills, and the ability to do the work. The other 10 percent is just pure luck.

This is the essence of July....

## In your share this week:

Head Lettuce

Rainbow Chard

Garlic

Carrots

Fava Beans

Summer Squash

### Fruit Share

Apricots

## CSA Work Day

We hope that you will join us for the season's first CSA work day on Saturday July 21st from 8am-noon. CSA members and the farm crew will work together in the fields and get a chance to connect a bit more. Many hands makes for light work! Let us know at your CSA pick-up if you plan to join us. We look forward to seeing you in the fields.

## Coming Next Week...

Head Lettuce

Beets

Fava Beans

Summer Squash

And so much more.....

## Recipes

### 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  
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. 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 processor. Taste for seasoning & add more olive oil and a few drops of lemon juice to taste.

### Fava Bean Salad

2 pounds fava beans, shelled & cooked  
2 medium fresh tomatoes, chopped  
1 small onion, diced

1 cucumber, diced  
2 cloves garlic, minced  
1/4 cup chopped fresh parsley  
1 lemon, juiced  
3 tablespoons olive oil  
1 teaspoon ground cumin  
salt and black pepper to taste

Combine fava beans, tomatoes, onion, and cucumber in a salad bowl. Toss with garlic, parsley, lemon juice, and olive oil. Season with cumin, and salt and pepper to taste.

### Chard Gratin

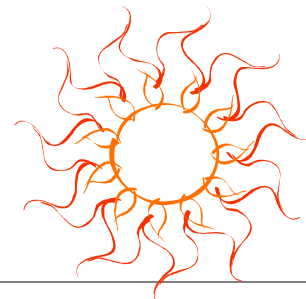
from Deborah Madison's cookbook "Local Flavors"

2 lbs. chard, incl. half of the stems (Add other tender greens if you don't have enough chard.)  
4 tbsp. butter  
1 onion, finely chopped  
salt and pepper  
1 C fresh bread crumbs  
1 garlic clove, minced  
3 tbsp. chopped dill or parsley  
1 tbsp. flour  
1 C milk or cream or a mixture of cream and stock  
1 C crumbled fresh goat cheese or

grated cheddar

Coarsely chop the chard. Melt 2 tbsp. butter in wide skillet over medium heat. Cook onion and chard stems, stirring occasionally, until onion has begun to brown. Add the chard leaves, sprinkle with salt, and cook until wilted and tender, about 10 minutes. Meanwhile, preheat oven to 400F and lightly oil a 2-quart baking dish. Melt half the remaining butter in a small skillet and add the bread crumbs, garlic, and dill. Cook, stirring for about a minute, then scrape the crumbs into a bowl and return the pan to the heat. Melt the last tbsp.

of butter, stir in the flour, and whisk in the milk. Simmer 5 minutes and add to the chard mixture. Add the cheese, correct for salt, and season with pepper. Pour into the prepared dish and cover with the bread crumbs. Bake until heated through and golden on the surface, about 25 minutes. Let settle a few minutes before serving.



## Words to Live By

### Wild Geese

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert, repenting.  
You only have to let the soft animal of your body love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air  
are heading home again.

Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting--  
over and over announcing your place  
in the family of things.

-Mary Oliver