



# Cure Organic Farm Newsletter

Distribution Week #6

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## A Lesson in Fava Beans

For those of you who know and love them, these next three weeks you will be in Fava Bean heaven.

Fava [beans](#) are one of the oldest [plants](#) under cultivation, and they were eaten in ancient Greece and Rome. Despite the name, fava beans are a member of the pea [family](#), though they are also known as broad beans, [pigeon](#) beans, horse beans, and Windsor beans. They are popular in [Mediterranean cuisine](#), with many summer dishes celebrating the seasonal [bean](#), although they are also dried for winter use. Fava beans have a distinct flavor and



creamy texture that makes them a great addition to a wide variety of dishes.

We plant our Fava Beans in March, to mature through the spring, with their peak coming in July. The beans grow on bushy plants with tapering leaves, yielding anywhere from 25 to 50 pods per [plant](#). The pods resemble pea pods in shape, although they are much larger and lined with a pillowy white material that protects the seeds inside, which is why you have to shell them.

Fava beans should be shelled and peeled before eating. The outer peel on the beans, while technically edible, can be tough and detracts from the buttery feel of the inner bean. In addition, fava beans should be cooked before serving because of [favism](#), a rare reaction to fava beans found among people of Mediterranean descent. Little risk has been found from eating cooked beans, but some diners may have an [allergic reaction](#) to raw or unpeeled favas (if you eat pounds upon pounds at

one time).

Fava beans are great steamed and served with olive oil, salt, and lemon. They can also be added to soups and pastas, ground into purees, grilled, or enjoyed in [risotto](#). Yes, shelling them takes a bit of time, as does picking them....but sit back, relax and enjoy it, it is worth it.

### Meadow Lark Farm Dinner

It is always a treat for us to have CSA members at the



table for one of the Meadow Lark farm dinners. With seats at the table for 36 people

the farm dinner reservations go quickly. We asked Veronica if we could offer our last dinner of the season, the first weekend of October, exclusively to our CSA members and she thought it was a great idea. We will keep you updated as to when you can make your reservation for the farm dinner.

For details on Meadow Lark Farm dinners, please visit their website at [www.farmdinners.com](http://www.farmdinners.com)



## Introducing Shallots

Each season we add to our crop list, & this year shallots are quickly becoming our new favorite crop. Shallots are often thought to be another variety of onion, but they are actually a species of their own. They grow in clusters, where separate bulbs are attached at the base and by loose skins. The shallot has a tapered shape and a fine-textured, coppery skin, which differentiates it from onions. Shallots were

first introduced to Europeans during the 12th Century. Crusaders brought them home as “valuable treasure” from the ancient Palestinian city of Ascalon. Shallots have a mild taste that combines the flavor of a sweet onion with a touch of garlic. Use them in place of garlic or onions with your favorite recipe s!

### In your share this week:

Head Lettuce

Basil

Carrots

Fava Beans

Shallots

Snow Peas

Zucchini

Fruit Share

Cherries

### Order Wisdom Farm's whole Chickens Now!

We are now taking orders for whole, frozen chickens from Wisdom Farm. Chickens will be available at next Wednesday's (July 15th) CSA pick-up. Chickens cost \$3.00 and weigh between 4-5 pounds. We will be offering chickens once a month. I will be placing the order on Friday, so order your chickens now!

### Coming Next Week...

Head Lettuce

Basil

Beets

Fava Beans

And so much more.....

# Recipes

## Tagliatelle with Fava Beans and Pecorino Romano

3 cups shelled fresh fava beans  
2 cups coarsely chopped fresh basil  
2 large garlic cloves, chopped  
1/4 cup olive oil  
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. 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 cheese and enough remaining cooking liquid to moisten. Season pasta to taste with salt and pepper and serve.

## Zucchini and Snow-Pea Salad

1 pound zucchini (about 2 medium)  
1/2 pound snow peas, trimmed  
1 1/2 tablespoons sesame seeds  
1 tablespoon soy sauce  
2 tablespoons rice vinegar  
1 teaspoon sugar



Very thinly slice zucchini with slicer and place in a large sieve set over a bowl. Toss zucchini with 3/4 tsp salt and drain 30 minutes. Meanwhile, blanch snow peas in a pot of boiling salted water (2 Tbsp salt for 4 qt water) 1 1/2 minutes. Drain and immediately plunge snow peas into an ice bath to stop cooking. Drain again and pat dry. Rinse zucchini under cold running water, then press gently to remove any excess liquid. Pat dry. Toast sesame seeds in a dry small skillet over medium heat, shaking skillet occasionally, until golden, about 2 minutes, then cool. Stir together remaining ingredients in a large bowl until sugar has dissolved, then toss with vegetables and sesame seeds.

## Fava Bean Puree

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. Drain again, & remove their pale green skins (pierce skin w/thumbnail & squeeze to pop out). Warm 1/2 C. oil in shallow, non-reactive saute 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.

## Pesto

makes about 1/3 cup  
1/2 C firmly packed fresh basil leaves  
1 tbsp. pine nuts  
1 small clove garlic, minced/crushed

1 1/2 tbsp. grated parmesan  
3 tbsp. good olive oil  
salt to taste

Toast pine nuts in a dry skillet over medium heat, shaking pan and stirring often, until they just begin to brown and become fragrant. Remove from pan and cool a bit. Place all ingredients but oil in a food processor and process quickly to make a coarse, grainy paste. With motor running, pour in olive oil slowly. Season to taste with salt. Can be used immediately, or refrigerated (place in a jar and cover with a thin drizzle of olive oil, or a piece of plastic wrap pressed against surface of pesto to minimize surface discoloration). Pesto is great with plain old pasta, or grilled veggies and pasta, potatoes, rice salads and green beans!!

## Words to Live By

*"The past is our definition. We may strive, with good reason, to escape it, or to escape what is bad in it, but we will escape it only by adding something better to it."*

-Wendell Berry

