

Farm News

Hi All! **This is your second to last week of the Farm Share for the 25 week membership.** If you haven't registered yet for the next 25 weeks, please sign up soon so that we can have a good count for the farmer share for the week after the Fourth of July. We realized that the seasons that we set for the farm share haven't always matched the schedule that you and your families keep, so we are offering a **Special 10-week season that will run from 4th of July to Labor Day.** This 10-week season is available on the Farm Share registration site.



The next season will start right away, the farmers are harvesting a lot of tomatoes, squash, beans, eggplant, okra plus some more unusual vegetables like roselle, Malabar spinach, and amaranth. The farmers recently planted more arugula and the watermelons are getting bigger. I'm sorry to say that many of the farmers lost their pepper crops in all the rains, so not all of you are getting that harvest. If you have any questions about your share, the next season or anything related to the CSA, please email me at kassy@plant-it-forward.org. And tell all your friends!

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Last week I promised you some Farmer News and I love sharing those updates with you. . . .

On June 9th, the staff from the Menil came over to the UST Farm to present Farmer Roy with some wonderful, shiny shovels. These were the shovels that had been used in the groundbreaking of the new [Menil Drawing Institute](#). The Staff wanted the shovels to be used, not just decoration, so they all came over to meet Roy and his daughter and take a tour of the farm. It was so nice to meet our neighbors and see how we can all work together!



On June 12th, we had over 60 girls and adult leaders at the Westbury Community Garden farms working with all 3 of the Farmers there. Some helped Alamassi with his harvest, some helped Habi with clearing beds and others worked on the habitat garden by Sarmet's beds. This group was from a camp hosted by St. Agnes Academy called 'Be the Change' They were great workers and a joy to have at the Farm.



RECIPES

These are the most bountiful vegetables this week: Cucumbers, Tomatoes, Long Beans, Green Beans, Mint, and Okra.

Gingered Chinese Long Beans

Ingredients

2 pounds asparagus beans or Chinese long beans, cut into 3-inch lengths, or whole green beans

6 tablespoons extra-virgin olive oil

2 garlic cloves, thinly sliced

1/2 teaspoon ground ginger (or fresh grated)

1 teaspoon crushed red pepper

Kosher salt



Preparation

1. Fill a large bowl with ice water. In a large pot of boiling salted water, cook the beans until crisp-tender, about 4 minutes. Drain the beans and transfer them to the ice water to cool. Drain and pat dry.
2. In a large skillet, heat the olive oil. Add the garlic and cook over moderately high heat until fragrant, about 30 seconds. Stir in the ground ginger and crushed red pepper, then add the beans. Season with salt and stir-fry until the garlic is lightly browned and the beans are tender, 2 to 3 minutes. Transfer the beans to a platter and serve.

<http://www.foodandwine.com/recipes/gingered-green-beans>

Grilled Okra

Ingredients

1 pound fresh okra

¼ cup melted butter or vegetable oil

¼ cup Cajun seasoning



Preparation

1. Preheat an outdoor grill for high heat, and lightly oil the grate.
2. Roll the okra in the melted butter and then in the cajun seasoning. Grill the okra until charred, about 2 minutes per side. (make sure they get some char!)

Notes: The big okras work best for this and you can see from the picture that putting them on a wooden skewer is an easy way to handle them. I found that our okra isn't very slimy, so this is a great way to prepare them. This recipe also works in the oven.

p.s – I think these are a great pre-dinner snack while everything else is cooking. Or at least they've never made it to the dinner table for my family.

<http://allrecipes.com/Recipe/Grilled-Okra/>

Roselle (*Hibiscus sabdariffa*) Leaves

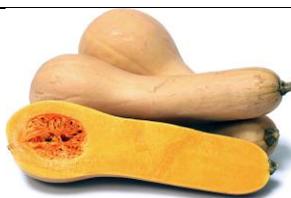


Roselle is native from India to Malaysia, where it is commonly cultivated, and must have been carried at an early date to Africa. It has been widely distributed in the Tropics and Subtropics of both hemispheres, and in many areas of the West Indies and Central America has become naturalized.

The young leaves and tender stems of roselle are eaten raw in salads or cooked as greens alone or in combination with other vegetables or with meat or fish. They are also added to curries as seasoning. The leaves of green roselle are marketed in large quantities in Dakar, West Africa. The juice of the boiled and strained leaves and stems is utilized for the same purposes as the juice extracted from the calyces.

<http://www.hort.purdue.edu/newcrop/morton/roselle.html>

Butternut Squash



The classic butternut squash is one of the most popular varieties. Producing a rich, golden-yellow flesh with excellent texture, butternuts are a smooth long-necked bowling pin- or bell-shaped squash encased with a pinkish-tan hard rind. Having a relatively small seed cavity in its bulbous end, its tender flesh offers a superb creamy flavor. This old favorite offers fine eating and consistent flavor. Yielding more meat than most other squashes, butternuts weigh two to five pounds -

All squashes provide vitamin A and vitamin C, some of the B vitamins, and are a good source of fiber. One cup of cooked squash has about 100 calories. –

See more at:

http://www.specialtyproduce.com/produce/Butternut_Squash_5421.php#sthash.9saxRJfJ.dpuf