



Dear CSA Members,

Hope you had a nice Labor Day weekend and a great week! This week, the farmers added copious amounts of well composted horse manure into their beds. This manure is at least 6 months old and the horses have not been fed antibiotics or other chemicals. We hope this addition to the beds will result in lush and abundant vegetables. Farmers are planting endive, carrots, parsnips and collards this week. There are beds of green beans, squash and tomatoes growing beautifully and there should be produce from these plants in a few weeks. The new students worked at the University of St. Thomas farm Saturday, removing weeds and mulching the aisles. The farm looks really good now. The new students have been assigned to existing farmers who will mentor them. On Monday, Farmer Larry put the seed down for the Sorghum in the plowed area of the farm. The sorghum is a cover crop that will help to enrich the soil in this area before vegetables are planted.



Farmer Alain sent some pictures of peppers, okra, and some farm art to share in the newsletter.



This week your farm share has: Toscano kale, okra, red or green long beans, basil, sweet potatoes, sweet potato leaves, suyo long cucumbers, and edamame (soybeans).

Enjoy!

Kassy and Plant It Forward Farms



Cooked Fresh Soybeans

1/2 pound (1 CSA bag) green soybeans (edamame)
2 tablespoons salt

Place bean pods in a large bowl. Sprinkle generously with salt, rub vigorously, and let stand 15 minutes. Bring a large pot of well-salted water to a boil, add the beans and boil over high heat for 5 to 6 minutes. (For a firmer bean, decrease the cooking time.) Don't cover the pot or the beans will lose their bright green color. When ready, drain beans and serve hot or at room temperature. To eat as finger food, serve the beans in baskets or bowls. Squeeze the pods with your fingers to press the beans into your mouth and discard the pods.

<http://www.foodnetwork.com/recipes/edamame-cooked-fresh-soybeans-recipe/index.html>

Steamed Edamame Tossed with Olive Oil, Lemon and Sea Salt

1 bag whole edamame pods, defrosted
Juice of 1 lemon
3 tablespoons extra virgin olive oil
St. Mauritius Sea salt

Prepare a steamer and steam the edamame pods until hot, about 5 minutes. Meanwhile, in a large bowl, whisk together the juice and extra virgin olive oil. Add hot edamame pods and sprinkle with sea salt and toss to coat. Serve immediately.

<http://www.ming.com/food-and-wine/recipes/season-6/steamed-edamames-tossed-with-olive-oil-lemon-and-sea-salt.htm>

Sweet Potato Fries with Basil Salt and Garlic Mayonnaise

1 CSA bag sweet potatoes, cut into about 1 by 5-inch "fries"
3 tablespoons olive oil
2 tablespoons chopped fresh basil leaves
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
3/4 cup mayonnaise
1 clove garlic, minced
1 tablespoon lemon juice

Preheat the oven to 400 degrees F. Place the sweet potato "fries" on a foil-lined baking sheet and toss with the olive oil. Bake until golden, about 45 minutes. Meanwhile combine the basil, salt, and pepper in a small bowl. In another small bowl combine the mayonnaise, garlic, and lemon juice, and stir to combine. When the sweet potato fries come out of the oven, sprinkle with the basil salt. Serve with the garlic mayonnaise alongside for dipping.

You can eyeball most of the ingredients in this recipe except the mayonnaise dip. It is important to get the correct amounts of mayo-lemon juice-garlic or it will not taste good.

<http://www.foodnetwork.com/recipes/giada-de-laurentiis/sweet-potato-fries-with-basil-salt-and-garlic-mayonnaise-recipe/index.html>

Blanched Sweet Potato Leaves with salt, olive oil, and garlic powder

1 bunch sweet potato leaves

Salt

Olive oil

Garlic powder

Remove the leaves from the stems. Blanch the leaves in boiling water for 1-2 minutes. Remove the leaves, sprinkle with salt to taste, olive oil and garlic powder.

<http://www.youtube.com/watch?v=BK4x18jd40s>

Spicy Vegetarian Red Beans and Rice

1 pound dried red beans, sorted through for stones

2 tablespoons canola oil

3 tablespoons minced garlic

2 medium carrots, peeled, 1/2-inch dice

2 celery stalks, 1/2-inch dice

1 large sweet onion, 1/2-inch dice

1 medium red bell pepper, 1/2-inch dice

Freshly ground black pepper

6 cups lightly packed torn kale leaves, ribs removed

2 canned chipotle chilies in adobo, minced

1 tablespoon adobo sauce (from canned chipotles)

1 tablespoon Worcestershire sauce

1 tablespoon smoked paprika

2 teaspoons onion powder

1 teaspoon dried thyme

1 teaspoon dried oregano

1/2 teaspoon cayenne pepper, or as needed

2 bay leaves

Kosher salt

Hot sauce, such as Tabasco

4 cups steamed long-grain white rice

1/4 cup sliced green onion, for garnish

1 lemon, cut into wedges

Place the beans in a large bowl. Cover with water and soak overnight. Rinse and drain.

Set a large heavy saucepan (Dutch oven works well) over medium heat. Add the oil and sauté the garlic, carrots, celery, onions and bell peppers, about 5 minutes. Season with pepper (do not add salt at this stage or the beans will get tough while cooking). Add the red beans, kale leaves, chipotles and sauce, Worcestershire, smoked paprika, onion powder, thyme, oregano and cayenne. Stir well to combine everything, and then add the bay leaves and 8 cups water. Bring to a boil, reduce the heat to medium and simmer uncovered, stirring occasionally, until the bean mixture thickens, about 1 1/2 hours. Add more water as it cooks if necessary.

Season well with salt once the beans are tender. When done, remove the bay leaves. Then carefully ladle out about 1 cup of the bean mixture into a food processor and puree (or mash with a fork). Return the puree to the pan, taste and season again with salt and black pepper. Add hot sauce to taste at this stage.

Serve the red beans on top of steamed white rice and garnish with sliced scallions and a squeeze of fresh lemon juice. Serve with rice and cornbread

<http://www.foodnetwork.com/recipes/guy-fieri/spicy-vegetarian-red-beans-and-rice-recipe/index.html>