

## The Harvest Week 6

### Small Share

Blueberries

Basil

Green Beans

Lettuce

Cucumber

Beets

\*\*\*\*\*

### Medium

Blueberries x2

Green Bean

Lettuce

Beets

Cucumber

Goat Cheese

**BAM**

Green Beans

Blueberries

Goat Cheese

Lettuce

Recipe Kit

### Market Box

Stir Fry

Green Beans

Blueberries

Spaghetti

Basil

Goat Cheese

Recipe Kit

Communication is the key to making this YOUR best CSA year ever! How did you like your last share? What would you like more of, less of? Text me! 908.477.0105 Are you following us on Instagram, FB, or the CSA Farm-ily page? If not, you should! If you don't know how ask us....(by "US" I mean one of the younger folk!) Guys...have you signed up for the firecracker 4 miler or the 1 mile fun run? You can walk if you cannot run. If you can't do either, consider coming out to cheer the runners on!

### GREEN BEANS WITH GOAT CHEESE, SHALLOTS AND WALNUTS

From the suburbansoapbox.com

#### INGREDIENTS

- 2 pounds green beans trimmed
- 1 tablespoon olive oil
- 2 large shallots sliced thin
- 1 tablespoon salted butter
- 1/4 teaspoon kosher salt
- 1/4 teaspoon fresh ground pepper
- 2 ounces goat cheese
- 1/4 cup chopped walnuts
- **For BAM & Market Box Shares-use the KIT, no measuring needed**

#### INSTRUCTIONS

1. Bring a large pot of salted water to a boil and add the green beans. Blanch (cook) the green beans for 1-2 minutes until bright green and then, using a slotted spoon, transfer the beans to a bowl of ice water. (This will stop the cooking process and keep your beans from losing their bright green color.) Drain in a colander and set aside.
1. Heat the olive oil in a large skillet over medium heat and add the shallots. Cook the shallots until softened and translucent. Add the butter and cook until melted. Stir in the green beans and cook for 4-5 minutes. Transfer the green beans to a bowl. Toss the beans with the salt, pepper, goat cheese & walnuts. Serve immediately.



## Green Beans with Lemon & Feta

Rachelcooks.com

### INGREDIENTS

- 3/4 to 1 pound of fresh green beans (stem end snapped off), washed
- 4 heaping tablespoons feta cheese
- juice of 1/2 of a lemon
- 2 teaspoons extra virgin olive oil
- salt and pepper to taste

### INSTRUCTIONS

1. Add about 1/2 inch of water to a medium-sized sauté pan. Place over high heat and bring to a boil.
2. Add beans, cover and continue to cook on medium-high for 4-5 minutes or until fork tender but still crispy.
3. Drain and return to pan. Add 2 teaspoons of olive oil and toss to coat. Place green beans on a plate and sprinkle with feta, then lemon juice, then pepper (and salt if desired).
4. Serve immediately. (But they are also pretty great cold!)

## Beet Green Pesto With Toasted Walnuts

Stop tossing your beet greens into the trash; put them to use with this nutty, garlicky beet green pesto instead!

Prep Time 10 minutes

Author Killing Thyme

### Ingredients

- 5 cups beet greens stems removed
- 1/2 cup toasted walnuts
- 3 cloves of garlic roughly chopped
- 1/4 cup shaved parmesan or romano
- 1/4 teaspoon kosher salt

- 1/4 teaspoon cracked black pepper
- 1/4 cup extra virgin olive oil
- Handful of herbs (basil, parsley, cilantro) optional
- **Instructions**
- Add all of the ingredients, minus the olive oil, to a high power blender. Begin to blend on low (to avoid a puree), and slowly add the olive oil until the mixture is well blended.
- Transfer to an air tight container and keep in the fridge for up to three weeks.
- Serve over pasta, with pita chips, smeared over toast or slathered on a fillet of fish.

## BA's Best Pesto From Bon Appetite.com

### INGREDIENTS

- 1/2 cup pine nuts
- 3 oz. Parmesan, grated (about 3/4 cup)
- 2 garlic cloves, finely grated
- 6 cups basil leaves (about 3 bunches)
- 3/4 cup extra-virgin olive oil
- 1 tsp. kosher salt

### RECIPE PREPARATION

- Preheat oven to 350°. Toast pine nuts on a rimmed baking sheet, tossing once halfway through, until golden brown, 5-7 minutes. Transfer to a food processor and let cool. Add cheese and garlic and pulse until finely ground, about 1 minute. Add basil and place the top back on. With the motor running, add oil in a slow and steady stream until pesto is mostly smooth, with

just a few flecks of green, about 1 minute. Season with salt.

- **Do Ahead:** Pesto can be made 1 day ahead. Top with 1/2" oil to prevent browning. Cover with plastic wrap, pressing directly onto surface, and chill.
- *Cooks' Note:* If you want to use this with pasta, cook 12 oz. dried pasta (we prefer long pasta for pesto) in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1/2 cup pasta cooking liquid.
- Place pesto and 2 Tbsp. unsalted butter, cut into pieces, in a large bowl. Add pasta and 1/4 cup pasta cooking liquid. Using tongs, toss vigorously, adding more pasta cooking liquid if needed, until pasta is glossy and well coated with sauce. Season with salt.
- Divide pasta among bowls. Top with finely grated Parmesan.

## Cucumber, Blueberry, Mint & Feta Salad

Fresh blueberries, cucumber and feta work nicely together in this flavorful, fresh salad.

Author: My Delicious Blog

Serves: 2-3

### Ingredients

- 1 cucumber (skin on)
- 1 c. fresh blueberries (washed just before use)
- A few thinly sliced red onions (or scallions)
- Juice of 1 lime
- 1 Tb. honey
- 1 Tb. olive oil

- Dash kosher salt
- Few grinds black pepper
- Large handful fresh mint, chiffonade or chopped \*
- 1/2 c. crumbled Feta

possible. And this is a dressing you'll want a lot of.

salad to a platter and top with sesame seeds and scallions.

## INGREDIENTS

- 1 cucumber
- Kosher salt
- 1 pound green beans, trimmed
- 1 1/2-inch piece ginger, peeled, finely grated
- 1 serrano or Fresno chile, finely grated
- 1 garlic clove, finely grated
- 1/3 cup unseasoned rice vinegar
- 1/4 cup white miso
- 1/4 cup olive oil
- 1/2 teaspoon toasted sesame oil
- Toasted sesame seeds and sliced scallions (for serving)

## BEET, CUCUMBER, AND FETA SALAD WITH BASIL

Adapted from localthyme.com

## INGREDIENTS

For the vegetables:

- olive oil
- 1 lb beets, trimmed and cut into bite size pieces
- salt and pepper
- 1 large cucumber, quartered and cut into bite size pieces
- 4 ounces feta, crumbled
- 1/4 cup basil, chopped

For the dressing:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- salt and pepper to taste

## RECIPE PREPARATION

- Lightly smash cucumbers with a rolling pin, then tear into bite-size pieces. Toss with a pinch of salt in a medium bowl. Let sit to allow salt to penetrate.
- Meanwhile, place green beans in a large resealable plastic bag, seal, and smash with rolling pin until most of the beans are split open and bruised. Whisk ginger, chile, garlic, vinegar, miso, olive oil, and sesame oil in a medium bowl until smooth. Add dressing to beans and toss around in bag to coat; season with salt.
- Drain cucumbers and add to bag with beans. Shake gently to combine. Transfer

## INSTRUCTIONS

1. Preheat oven to 400.
2. Place beets on a baking sheet in a single layer. Generously drizzle with olive oil, salt, and pepper. Bake for 20-30 minutes, turning half way, until tender. Remove from oven and let cool completely.
3. In a large bowl, mix together beets, cucumbers, feta, and basil.
4. In a small bowl, whisk together olive oil, lemon juice, and red wine vinegar. Pour dressing onto

## Instructions

1. Slice the cucumber lengthwise, remove seeds with a spoon then cut into thin, half disks. If you feel adventurous, you can spiralize the cucumber for a totally different texture! Add to a mixing bowl, along with berries and red onion.
2. In a small bowl, combine lime juice, honey, oil, salt and pepper. Pour over the cucumber/blueberry mixture then refrigerate about 15 minutes.
3. Just before serving, toss in mint and stir to combine. Sprinkle with Feta. Garnish with mint sprigs, if desired.

## Notes

Don't chop until just before serving, to avoid brown edges!

## Green Beans and Cucumbers with Miso Dressing

This is another gorgeous recipe from Bon Appetite but it is crazy THE SMASHING.. I truly am pumped to try!!

Crushing and smashing green beans and cucumbers sounds crazy, but it creates nooks and crannies to soak up as much umami-rich miso sauce as

vegetables and toss salad. Adjust salt and pepper to taste.

## fluffiest blueberry pancakes

from pinchofyum.com

Super thick and fluffy blueberry pancakes! Melt in your mouth, golden brown, and bursting with blueberries.

### INGREDIENTS

- 3/4 cup **milk**
- 2 tablespoons **white vinegar**
- 1 cup **flour**
- 2 tablespoons **sugar**
- 1 teaspoon **baking powder**
- 1/2 teaspoon **baking soda**
- 1/2 teaspoon **salt**
- 1 **egg**
- 2 tablespoons **melted butter**
- 1+ cup **fresh blueberries**
- more **butter** for the pan

### INSTRUCTIONS

1. Mix the milk and vinegar and let it sit for a minute or two (you're making "buttermilk" here).
2. Whisk the dry ingredients together. Whisk the egg, milk, and melted butter into the dry ingredients until just combined.
3. Heat a nonstick pan over medium heat. Melt a little smear of butter in the pan (essential for

giving a yummy golden brown crust).

4. Pour about 1/3 cup of batter into the hot skillet and spread it flat-like (it will be pretty thick). Arrange a few blueberries on top. Cook until you see little bubbles on top and the edges starting to firm up. Flip and cook for another 1-2 minutes until the pancakes are sky-high fluffy and cooked through.
5. Serve with butter and maple syrup. But honestly, sometimes I just like to eat these plain. YUM, YUM, YUM.

### BLUEBERRY TRIVIA (answers in week 7 flyer)

From  
whatcomfarmtoschool.com

#### 1. True or False:

If all the blueberries grown in North America in one year were spread out in a single layer, they would cover a four-lane highway that stretched from New York to Chicago.

#### 2. The blueberry muffin is the official muffin of \_\_\_\_\_.

- a) Washington b) California  
c) Wisconsin d) Minnesota

#### 3. True or False:

The blue paint used to paint woodwork in Shaker houses (a simple, older style of house) was made from sage blossoms, indigo and blueberry skins, mixed in milk.

#### 4. The blueberry is the official berry of:

- a) Canada b) New Zealand  
c) Nova Scotia d) Mexico

#### 5. True or False:

Blueberries have always been abundant and plentiful on the South American continent, making them a main part of the diet of Native Americans as well as the first colonists who settled in North America.

#### 6. Native Americans once called blueberries \_\_\_\_\_,

**because the five points of the blossoms make a star shape.**

- a) moon berries b) star berries  
c) penta-berries d) sun berries

#### 7. Native Americans made a jerky type of dried food for nutritional energy on long journeys by mixing dried blueberries and other berries with fat and protein from bison, elk, deer, and moose. They called it \_\_\_\_\_.

- a) Fruit Leather b) Moose Jerkey  
c) Pemmican d) Venison

#### 8. \_\_\_\_\_ had medicinal value for Native Americans and was used to treat persistent coughs and other illnesses.

- a) blueberry juice b) blueberry seeds  
c) blueberry skins d) blueberry blossoms