



2023 CSA

NEWSLETTER

WEEK 4

At the farm

Week 4 box is here! This week's box features purple viking potatoes. These potatoes are great for roasting with some oil and herbs and also do great as fries or chips.

Romano beans are back. These are also known as Italian flat beans. You can add these beans in a soup, stir fry, or sauté with oil, herbs, and garlic. To add these beans in pasta, blanch Romano beans and cook pasta separately until al dente. In a skillet, sauté garlic, chili flakes, and anchovies in oil. Add the cooked beans and pasta to the skillet and toss well. Finish with a squeeze of lemon juice, grated parmesan cheese, and fresh herbs.

I am also including a recipe that uses potatoes and Romano beans together to make a delicious side dish. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby,

In the box

Carrots	bunch
Arugula	bunch
Salad Mix	½ lb bag
Curly Green Kale	bunch
Purple Viking Potatoes	1.5lb
Grape Mix Tomatoes	pint
Romano Beans	1 lb
Zucchini	3 or 4 each
Red Raspberry	½ pint

Potatoes & Romano Beans

Ingredients	1 onion, finely chopped	½ teaspoon dried thyme
1 lb Romano beans, trimmed and cut into bite sized pieces	3 cloves garlic, minced	Salt and pepper to taste
1 lb potatoes, peeled and diced	1 teaspoon paprika	Fresh parsley, chopped (for garnish)
2 tablespoons olive oil		



Source: Webmangiawithmichele.com

In a large pot, bring salted water to a boil. Add the diced potatoes and cook for about 5 minutes until slightly tender. Add the Romano beans to the pot and continue cooking for additional 3-4 minutes until both potatoes and beans are tender. Drain and set aside.

In a large skillet, heat olive oil over medium heat. Add the chopped onion and sauté for 3-4 minutes until translucent. Add the minced garlic and cook for an additional minute until fragrant. Add the cooked potatoes and Romano beans to the skillet with the onion and garlic. Sprinkle with paprika, dried thyme, salt and pepper. Stir well to coat the vegetables with the seasonings.

Continue cooking for another 5-7 minutes, stirring occasionally, until the potatoes and beans are fully cooked and slightly golden. Adjust the seasoning to taste. Remove from heat and transfer to a serving dish. Garnish with fresh parsley. Serve as a side with grilled chicken or fish.