

2020 CSA

WEEK TWO



WHATS IN THE BOX

Romano Beans	Purple Potatoes
Beet	Thai Basil
Head Lettuce	White Spring Onions
Lacinato Kale	Red Raspberries
Cilantro	

RECIPE

Here is one way to use Romano beans to make a delicious appetizer.

Reference: Bon Appetite magazine

Charred Snap Beans with Whole Lemon Dressing and Mozzarella

Serves 4

INGREDIENTS

- ½ garlic clove, grated
- ½ lemon (peel and all), sliced, seeds removed, chopped
- 2 tablespoons fresh lemon juice
- 3 tablespoons olive oil, plus more
- 1 pound Romano beans
- Kosher salt and freshly ground black pepper
- ½ pound fresh mozzarella, coarsely torn
- ½ cup torn fresh basil leaves

Prepare a grill for medium-high. Toss garlic, lemon, lemon juice, and 3 Tbsp. oil in a small bowl; season dressing with salt and pepper. Toss Romano beans on a baking sheet with a little oil; season with salt and pepper. Grill until lightly charred on 1 side and crisp-tender, about 2 minutes. Transfer to a platter. Top beans with mozzarella, drizzle with dressing, and scatter basil over.

Do Ahead: Dressing can be made 2 days ahead. Cover and chill.

SWEET & TART MEMORIES

It is quiet amazing how our relationship with food has changed. We no longer seek food for survival. Most of us are 'hunting' for taste, because taste can trigger memories and sensations that take us back in time like nothing else. Just a thought of pineapple and mangoes can take us back to a hot day in a tropical setting. Our taste buds have a lot to do with forming these memories.

In a small farming village in Norwest India, my sister, Mandeep, and I spent many summer days looking for ripe mulberries. There were just a few mulberry trees around the village and getting a handful of ripe berries was no easy task. We had to compete with other village children and overcome our vertical challenges to get some good ones. Getting ripe mulberries was the ultimate treat for us, and it left us with a beaming smile for the rest of the day. To our surprise, there are a few mulberry trees at the Riverland farm that Tom had planted back in 1996. And of course shortly after arriving at the farm Mandeep and I cleared the ripe mulberries within our reach. The distinct taste immediately took us back 30 years. Hot summers and precious mulberries, a perfect balance of sweet and tart. There is nothing like going back in time with food we eat. Even though our priorities around food have changed, we will always be deeply connected to what we eat, and who we eat it with.



In this week's harvest box we have included Romano beans. You can snack on these flat juicy beans, or they can add color and flavor to an appetizer or main course. Beet, Thai basil, cilantro, and red raspberries; with so much flavor in this week's harvest box, I hope something will spark some good old memories for you.

Last week we got a tunnel ready to transplant sweet potatoes. Temperature in the past few days also helped revive cucumber plants. We are hoping to include more of these nutrient packed vegetables in the box very soon!

Until next week, Stay Safe Stay Healthy

Ruby

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<https://denisonfarms.tumblr.com/>