



# NEWSLETTER

2024 CSA

WEEK 2

## romano beans

Welcome to week2 of this harvest season. This week's feature is Romano beans: delicious crisps with sweet beans inside. They become more tender after cooking, but do not lose their structure. No need to peel them, romano beans are best enjoyed whole or cut into small pieces.

I am including a recipe that uses romano beans. You can enjoy these beans sautéed, grilled, braised, or baked. You can cook them briefly so they can retain their crunch, or cook longer for softer and sweeter beans. I tried this recipe and in my version I added sautéed tofu and Thai basil, and it was just as good. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

## grilled and stewed romano beans with garlic, tomato, and basil

<i>Ingredients (serves 2)</i>	1 tbsp fish sauce
½ lb Romano beans	½ cup fresh basil
1 tbsp neutral cooking oil	6 tbsp extra virgin olive oil
8 cloves garlic	1 tsp sugar
1 cup ripe tomatoes – chopped	Salt to taste
2/3 cup water	1/3 cup toasted pine nuts (optional)

1. Remove the stems from romano beans. Wash the beans and pat dry with a towel. Toss the beans in neutral oil and season with salt. Make sure the oil completely coats all the beans in a very thin layer.
2. Grill romano beans in one layer on the hottest part of the grill. Allow to cook for 2-4 min until lightly charred.
3. Flip the beans and cook the same way on the other side.
4. Using clean hands or utensil, crush the tomatoes. Thinly slice the garlic. Heat a large sauté pan on medium heat. Add 3 tbsp of olive oil and add sliced garlic to the pan. Cook while stirring until golden brown, 1-2 minutes.
  1. When garlic is golden brown, add crushed tomatoes to the pan. Cook for 1 minute.
  2. Add water and fish sauce to the pan. If using pine nuts, add them now. Turn the heat down to low and simmer the sauce for 1-2 minutes.
  3. Add grilled romano beans and basil to the pan and cook at a low simmer for at least 5 minutes and until the beans are very soft and the sauce is no longer watery. If the sauce begins to dry up prematurely, feel free to add a bit more water to adjust consistency.
  4. When the beans are done cooking, adjust seasoning with salt if necessary. Plate the beans and sauce on a flat plate and drizzle with generous quantity of olive oil, about 3 tbsp. Enjoy!

### in the box

thai basil	bunch
broccolini	bunch
cucumbers	2 each
lettuce	head
yellow potato	1.5lb
romano beans	1lb
red spring onion	each
snap peas	pint
red raspberry	½ pint



Source: ianbenites.com

