



Weekly Newsletter

Volume 11 Issue 11

Aug. 9, 2021

In the Box

Lettuce
Green Beans
Parsley
Kale
Sweet Peppers
Hot Peppers*
Tomatillos
Cherry & Main Tomatoes
Eggplant
Garlic
Cucumbers
Zucchini
White & Red Onions
Walla Walla Sweet Onion
Corn

*Biggie chili, griller hybrid, garden salsa, poblano (mild); Jalapeno, Burning Bush (med.); Lemon Drop, Red Ember, Chenzo (hot)

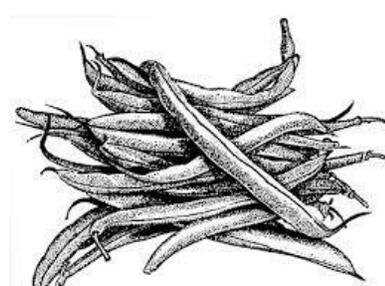
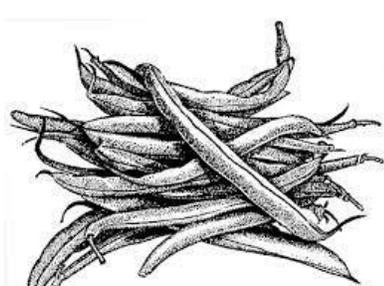
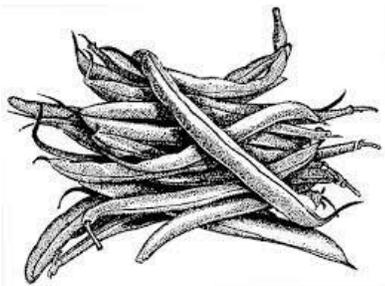
Around the Farm

We took a small break last weekend to attend Urban Futures Farmfest staged at Urban Futures Farm by owners, T.J. and Stephanie Johnson. We enjoy bluegrass/folk music and supporting our local musicians. Many music events such as the Steamboat Stringband. Jubilee have been cancelled due to Covid, so T.J. and Stephanie sponsored their own festival. With a limit of 100 attendees, we listened to four bands and a tribute to John Prine. We highly recommend local bands-- the Pine Hearts and the Oly Mountain Boys if you get a chance to see them.

News from the farm is corn and beans!!!! The corn crop is looking very good; however, we are racing with the raccoons to pick what's ripe. We continue the harvesting and curing process of dry onions. The threat of rain helped move us faster in getting some of the onions in from the field. Our steadfast farm helper, Gail, came and trimmed roots and stems from red onions that have been cured. In this week's box, we have walla walla sweets which are still growing plus a pungent white onion and a red onion. We highly recommend caramelizing the Walla Wall sweets—delicious!

About Green Beans (and purple and yellow....)

We grow a variety of 'green' beans including other colors—purple and yellow. They all cook and taste similar. The color is nice for variety, although the purple beans turn green when cooked. Beans are best stored in a plastic bag in the refrigerator for up to a week. Again, if you are a bit overwhelmed by the amount we are sending, simply take the ends off, coat with a little oil, and 'blanch' in a hot oven (500 degrees) for two minutes. Remove from pan and cool. Scoop into freezer bags and you have green beans for later fall and winter. One other idea for too many beans is to make refrigerator dilly beans—no canning necessary. And, you don't need a certain amount—just enough to fill up whatever container you are using.



Recipe Corner

Tomato & Mozzarella Smothered Chicken

- 2 Tbsp. olive oil
- 2 Tbsp. balsamic glaze, divided
- 1 Tbsp. chopped fresh basil or parsley
- 2 cloves garlic, grated
- ½ tsp. ground pepper
- ¼ tsp. salt
- 1 pound chicken cutlets
- 1 c. shredded mozzarella cheese
- 1 small tomato, thinly sliced

Preheat grill to medium-high or heat a fry pan over medium-high heat.

Combine oil, 1 Tbsp. balsamic glaze, parsley, garlic, pepper, and salt in a small bowl. Brush the mixture on both sides of chicken.

Grill the chicken or fry with vegetable oil until it easily releases from the grill or pan. Flip over and top with mozzarella and tomato. Grill until cheese is melted and chicken reaches 165 degrees F, 3-4 minutes more. Drizzle with the remaining 1 Tbsp. balsamic glaze and sprinkle with more parsley if desired. You can substitute basil for the parsley.

Balsamic glaze—you can make your own or look for a store-bought option. We made our own in about 5 minutes – cook balsamic vinegar until it's very thick.

Adapted from eatingwell.com

Refrigerator Dilly Beans

- 1 pound green, yellow, or purple string beans
- 2 cloves garlic
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon yellow mustard seeds
- 2 fresh dill sprigs
- 1 cup distilled white vinegar
- 1 cup water
- 1 tablespoon kosher salt or 2 teaspoons pickling salt

Find 2 wide mouth pint jars or 1 quart jar with plastic lids or canning lids. Wash beans and trim ends. Cut in half if using pint jars. Leave whole for the quart jar. Put the spices in the jar(s). Place the jar on its side. Place the sprigs of dill down first, then stack the beans in the jar, orienting them so that they will stand up straight when the jar stands upright. Pack the jar as tightly as possible. A full pound will fit in one quart jar, or you can divide the beans into 2 pint jars. Combine the water, vinegar, and salt in a pan. Bring to a boil. Pour over the green beans, leaving a ½ inch head space. Gently tap the jar(s) on the counter to remove air bubbles. Put the lid on and cool at room temperature. Refrigerate for 48 hours before eating. They should keep for up to two months. Taken in part from <https://www.thekitchn.com/how-to-make-dilly-beans-233956#post-recipe-12031>.

