

In The Kitchen

at *Tillow Acres Farm* Share Week 4 – July 26th, 2021



Beans

Green, yellow and purple (Rocdor-Yellow, Castandel-Green, Royal Burgundy-Purple)

Whether **green, yellow, purple, striped, etc.** – a bounty of fresh beans can be found growing in most every home or market garden all across the globe. At Tillow, we grow 3 green, 2 yellow and 2 purple varieties, with five being classified as an heirloom variety. Each type carries its own distinct characteristic in appearance and flavor, yet all cook and can taste as the familiar green bean most of us are accustomed to enjoying.

All varieties store and freeze the same – keep unwashed in a reusable container in the crisper drawer of the fridge until ready to eat. Wash just before eating. Cooking is the same as well, though yellow and purple varieties add beautiful color in salads or stir fries and are excellent steamed just slightly, til tender-crisp. Purple varieties will lose their purple hue when cooked, turning to the color of their green counterpart. To freeze, blanch first then let cool before freezing.

Cucumbers

(Lemon & Long Green Heirloom)

We're excited to have you try our **lemon cucumbers** this week. Please let us know what you think. To store cucumbers, keep unwashed in a reusable container in the fridge. Once cut, store tightly wrapped in the fridge. Before use, scrub clean. The peel can be kept on, or removed from the lemon or the long greens, though lemon cucumbers' skins are somewhat tougher.

Eggplant

(Black Beauty & Ping Tung Heirloom)

Eggplants can be touchy and have a short shelf/storage life. They prefer a cool, dry place and will keep for approx. 1 or 2 days. If you don't intend to eat the eggplant within 2 days, it should be cut and placed in a reusable container or perforated plastic bag, wrapped in a paper towel and kept in the crisper section of your refrigerator for use within 5 - 7 days. Eggplant may also be blanched or steamed then frozen for up to six months.

NOTE: Eggplants are highly sensitive to the ethylene gas given off by some fruits and vegetables (e.g. apples and potatoes) so do not store them with each other. Handle an eggplant with TLC as they do bruise easily.

Garlic

(Music and Duganski variety)

Another week of **garlic!** Just as a reminder...to store – place whole heads in a cool, dry, place with good ventilation. Refrigerate peeled garlic in an airtight reusable storage container. Crushed or pressed garlic releases more flavor than sliced or whole.

Herb Bundles

Chives, dill, oregano, parsley, and thyme

Chives, dill, and parsley can be wrapped in a moist, damp paper towel then refrigerated or kept in a glass of water standing up on your counter.

Oregano and thyme are hardier-woody types and store best when placed in a single layer on a slightly damp paper towel, loosely rolled up and placed in a resealable plastic bag or plastic wrap in your refrigerator. As with other hardy type herbs, both can last up to 1 to 2 weeks this way. Freeze all herbs for longer storage life.

Kale

(Vates Blue Scotch Curly leaf variety)

Yep, another week of **kale!!** For salads or eating raw, massage the leaves to lessen any bitterness or with a little olive oil to soften their texture. Curly kale can be de-stemmed by tearing pieces of the leaves away from the hard stem.

Potatoes

(Austrian Crescent, French Fingerling, and Northern Red)

Do not refrigerate or wash until ready to use. Store in a cool, dark, dry place to reduce sprouting. If they sprout, cut them off before cooking. To avoid discoloration of cut potatoes, store in cold water, and add lemon juice. Most cooking methods can be used to prepare potatoes.

Summer squash

(Dunja zucchini and Straightneck yellow)

Summer squashes keep best at around 50 degrees, meaning they often store better on your counter top than they do in the fridge. Refrigeration can make them rubbery or limp and wilted.

Summer Salads - Bean, Eggplant, and a Lemon Cuc Salad!

Purple Bean & Potato Salad

By Jerri Green



Ingredients

- 8 medium potatoes, yukon or red type
- 1 large bunch (about 3/4 lb) of purple beans
- 1 large tomato
- 2 T of olive oil
- ½ a fresh lemon
- salt & pepper
- fresh parsley

Directions

1. Clean, quarter and boil the potatoes til tender, then cool on counter.
2. Clean and cut the beans in one inch pieces, trimming off the ends.
3. Steam the beans for a few minutes - until slightly cooked, but still crunchy and allow to cool on the counter with the potatoes.
4. Dice the tomato and toss with oil and juice from lemon.
5. Toss in potatoes and beans and chill for at least an hour.
6. To serve, top w/fresh parsley, salt/pepper to taste.

Lemon Cucumber Tomato Salad

By Valentina K. Wein

Ingredients

For the dressing

- 2 T plain yogurt
- 2 t honey
- 2 t lemon zest
- 1 T seasoned rice vinegar

For the salad

- 2 medium-large lemons, cut into Supremes (click here for How to Cut Citrus Supremes)
- 2 cups tomatoes, washed and dried, seeded, cut into bite-sized pieces
- 1 cup lemon or straight green cucumber, peeled, sliced into inch rounds then fourths
- ¼ cup fresh chives washed and dried, finely chopped
- 2 T fresh dill, washed and dried, finely chopped



Directions

1. In a small bowl, mix the yogurt, honey, lemon zest and vinegar. Set aside.
2. When you cut your lemons, be sure to save all of the scraps to squeeze juice from, over the salad later.
3. Combine the lemon Supremes, tomatoes, cucumber, chives and dill into a medium-sized mixing bowl. Gently drizzle the yogurt dressing over it, along with any excess lemon juice to taste.

Grilled Eggplant Salad

By Bobby Flay

Ingredients

- 1 eggplant, cut into 1-inch thick slices (¼ slices if using black beauty type)
- 1 large red onion, cut into rounds
- Canola oil
- 1 avocado, peeled, pitted and chopped
- 1 T red wine vinegar
- 1 t Dijon Mustard
- 1 T coarsely chopped oregano leaves
- Honey
- Olive oil
- Salt and freshly ground black pepper
- 1 lemon, zested
- Parsley sprigs, for garnish

Directions

1. Brush the eggplant and red onions with canola oil and arrange on the grill. Cook the eggplant until soft and grill the onions until they have a slight char. Remove from the grill to a cutting board and let cool slightly. Once cool, roughly chop and add them to a serving bowl along with the avocado.
2. In a small bowl, whisk together the red wine vinegar, the Dijon, and oregano. Add honey and olive oil, to taste, and blend until emulsified. Season with salt and pepper, to taste.
3. Add the dressing to the eggplant mixture and toss. Garnish with lemon zest and parsley sprigs and serve.

