

FRY FAMILY FARM CSA NEWSLETTER

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Green Beans

Green beans, while quite low in calories (just 43.75 calories in a whole cup), are loaded with nutrients — an excellent source of vitamin K, vitamin C, manganese, vitamin A, dietary fiber, potassium, folate, and iron. And, green beans are a good source of magnesium, thiamin, riboflavin, copper, calcium, phosphorus, protein, omega-3 fatty acids and niacin.

The vitamin K provided by green beans — a spectacular 122.0% of the recommended daily allowance (RDA) in one cup — is important for maintaining strong bones. Vitamin K is known to be needed to maintain proper bone density and to coagulate blood. It plays a key role in proper development of the fetus.

According to the website *The World's Healthiest Foods*, few foods compare to green beans in their number of helpful nutrients for atherosclerosis and diabetic heart disease. "Green beans are a very good source of vitamin A, notably through their concentration of beta-carotene, and an excellent source of vitamin C. These two nutrients are important antioxidants that work to reduce the amounts of free radicals in the body, vitamin C as a water-soluble antioxidant and beta-carotene as a fat-soluble one. This water-and-fat-soluble antioxidant team helps to prevent cholesterol from becoming oxidized. Oxidized cholesterol is able to stick to and build up in blood vessel walls, where it can cause blocked arteries, heart attack or stroke. Getting plenty of beta-carotene and vitamin C can help prevent these complications, and a cup of green beans will provide you with 16.6% of the daily value for vitamin A along with 20.2% of the daily value for vitamin C.

"Green beans are also a very good source of fiber, a very good source of potassium and folate, and a good source of magnesium and riboflavin. Each of these nutrients plays a significant cardio-protective role."

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Green Beans
Slicing Tomatoes
Heirloom Tomatoes
Basil
Eggplant
Colored Bell Peppers
Green Bell Peppers
Carrots

Full Share:

Salad Mix
Lettuce
Tomatoes
Heirloom Tomatoes
Green Beans
Basil
Eggplant
Colored Bell Peppers
Green Bell Peppers
Potatoes
Carrots

FLOWERS:

Perennial Sunflowers
(*Helianthus maximiliani*)

Tomato Tapenade

A variation on the traditional tapenade made with olives and capers, this is a great, healthy, quick, and tasty way to enjoy your tomatoes and cucumbers! It can be enjoyed as an accompaniment to so many things. Some suggestions: over cooked pasta, over salad mix, with any grilled meat, as a topping for fresh or garlic bread....use your imagination and let your palate be your guide!

Cube fresh tomatoes (Small pieces)

Chop cucumbers (Same size pieces)

Dice onions (Smaller pieces)

Chop Fresh Basil

(Smaller=better flavor distribution)

Mix all ingredients with olive oil, red wine vinegar, salt and pepper. This is best served immediately, but can chill for a short while. Remember though, tomatoes get mealy and mushy when their temperature goes below 50 degrees, so as you would NOT store your fresh tomatoes in the refrigerator, you don't want your chopped toms in the ice box either. This dish has quickly become an essential for every summer time meal for us, we hope you like it too!

Green Bean and Roasted Tomato Salad

Ingredients:

5 tomatoes, each cut lengthwise into 4 slices
1/4 pound small green beans, trimmed
2 tablespoons fresh orange juice
1/4 teaspoon fresh lemon juice, or to taste
1/4 teaspoon freshly grated orange zest
a heaping 1/4 teaspoon Dijon mustard
1 tablespoon olive oil
1 teaspoon minced shallot
1 cup mixed baby salad greens

Directions:

Preheat oven to 450° F. and lightly grease a baking sheet.
Arrange tomatoes in one layer on baking sheet and season with salt and pepper.
Roast tomatoes in middle of oven 15 minutes, or until edges are browned, and cool.
While tomatoes are roasting cook beans in salted boiling water 3 minutes, or until crisp-tender. In a colander drain beans and rinse under cold water until cool.
Drain beans and pat dry.
In a bowl whisk together juices, zest, mustard, oil, shallot, and salt and pepper to taste.
Arrange tomatoes, overlapping them, on 2 plates and mound mixed baby salad greens and beans on top. Drizzle salads with vinaigrette. Serves 2 as a first course or side dish.