

Fry Family Farm

CSA Newsletter

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The Good Nutrition of the "Green" Bean

Green beans (American English), French beans or runner beans (British English) are the unripe fruit of any kind of bean, including the yardlong bean, the hyacinth bean, the winged bean, and especially the common bean (*Phaseolus vulgaris*), whose pods are also usually called string beans in the northeastern United States, but can also go by snap beans.

Green bean varieties have been bred especially for the fleshiness, flavor, or sweetness of their pods. Haricots verts, French for "green beans," may refer to a longer, thinner type of green beans than the typical, American green beans.

The first "stringless" bean was bred in 1894 by Calvin Keeney, called the "father of the stringless bean."

These bright green and crunchy beans are a sure sign of summer. Green beans are picked while still immature and the inner bean is just beginning to form. They are one of only a few varieties of beans that are eaten fresh.

Fat free; saturated fat free; sodium free; cholesterol free; low calorie; good source of fiber; good source of vitamin C.

Grilled Zucchini

Last night I did some taste testing of zucchini so I could better answer the question on everyone's minds; is there a difference between yellow and green zucchini? I am here to officially say: YES! But only slightly. The yellow is definitely a little creamier, denser, and sweeter; while the green is more meaty flavored and watery. They are both excellent marinated and grilled. Here's how I did it:

Remove ends of zucchini and slice into quarters, lengthwise. Place in shallow dish and toss with balsamic vinegar, olive oil, and salt & pepper. Allow to marinate for at least 30 minutes. Place on hot grill and turn, re-marinating with the leftover sauce, until nice and toasty brown. Enjoy, these are delicious!

IN YOUR BOX:

Partial Share:

Salad Mix
Lettuce
Basil
Green Beans
Pickling Cucumbers
Yellow Zucchini
Sunburst
Green Chard
Green Onion
Beets
Garlic
Flowers: Lavender

Full Share:

Salad Mix
Romaine Lettuce
Basil
Beans
Pickling Cucumbers
Yellow Zucchini
Green Zucchini
Sunburst Squash
Green Chard
Green Onions
Beets
Kohlrabi
Garlic
Japanese Eggplant
Flowers: Lavender

Lavender

Hang your lavender bunch upside down for a week or two, it will retain its fragrance and color as a dried bouquet!

Green Bean Succotash

This shows how well green beans play with other vegetables.

Ingredients:

- * 8 ounces green beans, trimmed
- * 2 tablespoons olive oil
- * 1 cup frozen lima beans, thawed
- * 1 cup fresh corn kernels (cut from 2 medium ears)
- * 3/4 cup diced red bell pepper
- * 2 tablespoons (1/4 stick) butter
- * 1/2 teaspoon Old Bay seasoning

Preparation:

Blanch green beans until crisp-tender, about 4 minutes. Transfer to bowl of ice water to cool; drain.

Heat oil in large skillet over medium-high heat. Add green beans and sauté 1 minute. Add lima beans, corn, and bell pepper. Sauté until vegetables are crisp-tender, about 4 minutes. Mix in butter and Old Bay; season to taste with salt and pepper.

- This recipe is duplicated from epicurious.com

Tarragon Green Beans

- * 1-1/3 cups fresh cut green beans
- * 2 tablespoons and 2 teaspoons water
- * 1/8 teaspoon salt
- * 1/3 large onion, chopped
- * 1/3 celery rib, chopped
- * 2 tablespoons and 2 teaspoons finely chopped green pepper
- * 2 teaspoons butter, or olive oil
- * 1/4 teaspoon dried tarragon
- * 1/8 teaspoon lemon-pepper seasoning
- * pepper to taste

1. In a large saucepan, combine the beans, water and salt; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until tender.

2. Meanwhile, in a small saucepan, saute the onion, celery and green pepper in butter or oil until tender. Stir in the tarragon, lemon-pepper and pepper. Drain beans; add vegetable mixture and toss to coat.

Roasted Green Bean, Red Onion, and Beet Salad (serves 10)

- * 10 large beets, trimmed
- * 6 tablespoons extra-virgin olive oil
- * 8 teaspoons chopped fresh thyme
- * Nonstick vegetable oil spray
- * 4 red onions, each cut into 6 wedges
- * 2 1/2 pounds slender green beans, trimmed, cut into 3-inch lengths
- * 1/4 cup water
- * 3 tablespoons balsamic vinegar

Preheat oven to 400°F. Wrap beets tightly in foil. Place directly on oven rack. Roast until tender when pierced with knife, about 1 hour. Cool beets. Peel and quarter beets. Transfer to large bowl. Add 2 tablespoons olive oil, 2 teaspoons thyme, salt, and pepper; toss to coat.

Spray 2 large rimmed baking sheets with nonstick spray. Divide onion wedges between prepared baking sheets. Brush onions on both sides with 2 tablespoons oil; sprinkle with 4 teaspoons thyme, salt, and pepper. Arrange onions cut side down and roast until golden brown on bottom, about 10 minutes. Turn onions over. Roast until golden brown and tender, about 10 minutes longer. Transfer to another large bowl.

Divide green beans between same baking sheets. Drizzle beans with remaining 2 tablespoons olive oil, 1/4 cup water, and 2 teaspoons thyme. Sprinkle with salt and pepper. Cover tightly with foil and roast until almost crisp-tender, about 14 minutes. Uncover and continue to roast until water evaporates and beans are crisp-tender, about 5 minutes. Transfer to bowl with onions. (Beets, onions, and green beans can be prepared 2 hours ahead. Let stand at room temperature.)

Drizzle onions and green beans with balsamic vinegar; toss to coat. Season to taste with salt and pepper. Top with beets and serve warm or at room temperature.