



THE SEEDPOD STANDARD

CSA NEWSLETTER

8.23.15



"You, as a food buyer have the distinct privilege of proactively participating in shaping the world your children will inherit."

Joel Salatin

A NOTE FROM SEEDPOD FARM

Dear Partners,

Finally we're catching up on weeding the veg patch. If there were a use for weeds, we'd certainly have a crop to sell! I guess that goes to show that our soil and water are doing the trick. Next year we hope to be able to utilize plastic mulch. This nice thing about this material is that it is reusable for many, many years. It's more like putting a light tarp on the ground. Many organic farmers are utilizing this mulch in an effort to combat weeds. Conventional farms just utilize chemicals. That'll be a game changer ☺. Until then, it's weeds a plenty, weed galore!

The great thing is, in addition to the unwanted plants, we also have many wanted plants! So, your shares are brimming. I gave you a rest from beets the last few weeks, but got some feedback that you'd love more- so I'll put some in this week with a suggestion of making a quick relish with the apples. Simply boil the beets until fork tender, remove skins when cool, grate. Add grated apples. Add vinegar (apple cider is my preference here), salt and pepper- a bit of sugar if you like. Allow to marinate and enjoy as a condiment. Folks that don't like beets- really dig this as the apples mellow the flavor. I use it on sandwiches for a splash of tart and tangy color. Enjoy!

Warm Regards,

The Gulletts

The Likely Line-Up: **Nero Kale White Russian Kale Beet Medley Garden Lettuce: Red Sail, French Crisp, Tom Thumb Velour Green Beans, Cucumber, Peppers, Sugar Snack Carrots, Apples, Herbs & more**

HARVEST HIGHLIGHT



French Filet Green Beans

We grow three varieties of French Filet green beans on Seedpod Farm- Velour, Denver, Soliel. These beans develop very small seeds- making them the perfect candidate for lightly sautéing. I tend not to take off the ends, but do remove the stems. Likewise the “strings” I find, are not too fibrous. This makes them a “snap” (no pun intended) to cook. They are also as delicious raw. The purple beans

(Velour) do turn a dull green when cooked. These are great on a salad or dressed with a light vinaigrette. Incidentally, as all of these beans are gorgeous in the pan, I leave them whole instead of snapping. Below is my favorite way to cook the beans. It’s a fast recipe- so have your ingredients ready prior to heating your pan.

FOR YOUR INFORMATION-

Fairly soon our little Delawares (Little Dels) will start egg production. We’re quite excited about this as this will double our egg production. Sadly, due to avian influenza in the Midwest, approximately million turkeys and chickens were euthanized this year. This has increased the price of eggs and driven home again the need to support local farms that maintain healthy standards- with closed flock. You might be interested to know that there are substantive benefits to pasture- raised poultry and eggs over the commercial variety. According to The Agricultural Society, pasture-raised poultry & eggs have-

- 50% more vitamin A than feedlot and vegetarian fed chickens
- 10 times more omega 3s than birds living in chicken houses
- One of the richest sources of CLA (conjugated linoleic acid) for heart & immune health
- Contains more choline for brain and lutein for eye health
- Important source of Vitamin D for bone, digestion and immunity.



Garlic Sauteed Beans- From the Seedpod Farm Kitchen

Prepare a skillet 2T of olive oil all over the bottom- heat until shimmering.

Dice 2 cloves of garlic. Add to the pan along with 1/4t red pepper flakes.

Saute quickly. Remove garlic and pepper flakes from pan. In the flavored oil add 1½ c sliced crimini mushrooms. Saute until golden brown. Remove from pan and set aside. Add French filet green beans. Saute quickly until bright green.

Add back in the garlic, pepper flakes and mushrooms. Toss with 1T of butter to finish. Enjoy!

