

## Week # 14 Timken Farm Community Supported Agriculture

*\*\*Jennifer Foege is a certified nutritionalist and was also my first farming partner. She can be reached at 463-6219*

### **FRESH GREEN BEANS (OR THEIR COLOR VARIATIONS, EX: PURPLE) by Jennifer Foege**

#### **A Little Vernacular Information**

The word bean is used to refer to both the pod & its edible seeds. The pods of most varieties (there are over 100) can be eaten fresh before they reach maturity. Once they are mature they are no longer edible, so they are shelled & their seeds are used either fresh or dried- but always cooked. The bean seeds are known as legumes. The information presented here is for fresh beans, whose pod & seeds are edible.

#### **How to Enjoy**

Choose the freshest beans possible, as over ripe or old beans tend to be tough and starchy. Store them in a perforated plastic bag in the refrigerator, where they will keep for several days. Wash them just before using.

They can be frozen after they are blanched- 3 minutes for cut beans, 4 minutes for whole beans- & stored for up to 12 months this way. They can also be pickled & canned. Fresh beans can be eaten raw, or cooked, hot or cold. If cooking the beans, do so with care in order to preserve their flavor, color, nutritional value, & crispness. Steaming or sautéing for 5 minutes or so is usually sufficient. Unfortunately, they tend to lose their color when cooked- so if you want to keep that purple bean purple, don't cook it. Beans can be a side dish, added to salads, soups, stews & stir-fries; baked, marinated, roasted, or topped with vinaigrette. Their flavor blends particularly well with tomato, thyme, oregano, rosemary, mint, marjoram, mustard, aniseed, nutmeg, and cardamom.

#### **Serving Ideas**

Sauté green beans with shiitake mushrooms, olive oil & garlic.

Sprinkle slivered almonds on sautéed green beans for the classic green beans almandine.

Roast green beans, peppers, onions, & garlic, and combine with olive oil & your favorite herbs/spices for a fabulous salad. Add chopped green beans to an omelet or quiche.

Wrap green beans in a tortilla with grilled tempheh, onions, tomatoes, peppers & fresh basil.

Prepare Salad Nicoise, a French cold salad dish that combines steamed green beans with tuna & potatoes.

#### **Nutrition Information**

Green beans are a good source of Vit A, Vit C, & Zinc. The Vit A & Vit C combo is an excellent antioxidant team. Vit A is fat-soluble, while Vit C is water soluble- so you have all areas covered! Both have very strong anti-inflammatory effects, making green beans helpful in reducing the severity of diseases where inflammation plays a major role- asthma, osteoarthritis, and rheumatoid arthritis. Add the mineral Zinc to this duo & you have the ideal team for immune system support. Vit C stimulates white cells to fight infection & directly kills many bacteria & viruses. Zinc is a cofactor in many enzymatic reactions, is critical for wound healing, & normal cell division. Also, green beans have almost twice as much iron as spinach. Lastly, Vit K- one cup of green beans provides 155% of its recommended daily value! Vit K is crucial for bone mineralization, & therefore strong bones.

#### Food System Factoid:

*“In no period of our history as a nation have Americans been so concerned about the subject of diet and nutrition. Yet if we accept the premise that what we eat determines our health, then we must add the observation that in no period of our history as a nation have Americans eaten so poorly, a statement that the most cursory survey of current statistics can prove...In America, one person in three dies of cancer, one in three suffers from allergies, one in ten will have ulcers and one in five is mentally ill. Americans spend one dollar out of every fourteen for medical services, or over \$800 billion yearly— more than the national deficit, the food bill and the profits of all U.S. corporations combined— yet we have little to show for this tremendous drain on our resources.”*

*Sally Fallon author of Nourishing Traditions*

#### **What's in your box:**

**Lettuce**– Baby Mix (Not Washed!)

**Basil**– Sweet, mammoth

**Carrots**– Mookum or Nantes Fancy

**Tomatoes**– Sun Gold, Stupice, Mortgage Lifter, Oregon Spring, Sweet Million, Yellow Brandywine, Early Girl, Black, Green Zebra, Black Plum, Fantastic.

**Parsley**

**Beans**– Provider, Indy Gold, Violet Podded, Helda

**Squash**– Sunburst, Crookneck

**Cucumbers**– Marketmoore, Lemon, X– Country are in bags are pickers...can be eaten raw but please peel first

**Corn**– Spring Treat

**Chard**– Argentata, Bright Lights

**Apples**– Transparent