

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/7/15 & 7/10/15

Garlicky French Beans & Carrots

Serves 7

17-18 ounces French beans (snap beans)
3 small carrots, diced
5 cloves of garlic
1 small onion, diced
2 tomatoes, diced
1 tablespoon of tomato paste
1/2 tablespoon of black pepper
Salt to taste

Wash snap beans and carrots and dice into small pieces (smaller cuts look neater and cook faster). Set aside.

Slice onion and fry in heated vegetable oil. Add pepper and let this sauté until onions are soft.

Add tomatoes, tomato paste and garlic, and mix well. Add 1/4 cup of water and let simmer for 3 minutes on medium high heat. Add carrots and let simmer for about 4 minutes. Add snap beans and mix well.

Cover and let simmer for about 5 minutes. Do not overcook since you want to preserve the nutrients, texture and color of vegetables. Remove from heat and serve.

www.kaluhiskitchen.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/19/14 & 8/22/14

Lemon Garlic Green Beans

Serves 4-6

- 12 oz. green beans
- 1-1/2 T melted ghee (or other fat of choice)
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1 teaspoon fresh lemon juice
- 1 cup grated zucchini (no need to peel zucchini before grating)

Preheat oven to 425°F. Add green beans and minced garlic to a large bowl and toss with ghee (or butter) and salt to coat. Roast for about 20 minutes*, stirring halfway through, or until desired doneness. Toss green beans with lemon juice and add more salt to taste.

***Note:** If you prefer your beans *al dente*, check them at 10 minutes or so for desired doneness.

www.vibrantlifearmywife.com

FIELD *notes*

UCSC Farm

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Seventh Harvest: 7/15/14 & 7/18/14

Green or Yellow Bean Salad *Serves 4-6*

1 pound / 16 oz yellow runner beans
1 serrano chile, stemmed and seeded
5 green onions, green parts trimmed & reserved
a big handful of cilantro
1 clove garlic, peeled and smashed
3/4 teaspoon fine grain sea salt
1 tablespoon sunflower oil
1 cup coconut milk, well mixed
1- 2 tablespoons freshly squeezed lemon juice, or to taste
2 big handfuls (1/2 cup) toasted pepitas
1-1/2 cups tiny pan-fried tofu cubes, optional
basil flower garnish, optional

Cut the beans into 1-inch segments on a deep bias. Cook in a pot of well-salted water for just 30 seconds, drain, and run under cold water to stop cooking. Drain, and shake off as much water as possible. Set aside.

Dressing: pulse the chile, onions, cilantro, garlic, salt, and sunflower oil into a paste with a food processor. Pulse in the coconut milk in two additions, before adding lemon juice to taste, a half tablespoon at a time.

Place beans in a large bowl with most of the pepitas and tofu cubes. Toss well with a generous amount of the dressing (this salad benefits from over-dressing). Top with remaining pepitas and tofu, and basil flowers. Enjoy.

www.101cookbooks.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/23/13 & 7/26/13

Long Bean, Cucumber and Tomato Salad

Serves 4

- 2 dried Thai chiles, soaked for 2 minutes in warm water, drained
- 3 small garlic cloves, crushed
- 1/4 lime, cut into 3 wedges
- 1 tablespoon palm sugar or granulated sugar
- 1 tablespoon dried tiny shrimp
- 9 green beans (2-1/2 ounces), trimmed, cut into 2-1/2" lengths
- 2 cucumbers, coarsely chopped into 1" pieces
- 2 tablespoons Thai fish sauce (nam pla)
- 2 tablespoons fresh lime juice
- 6 cherry tomatoes, halved
- 2 tablespoons crushed roasted, unsalted peanuts

Place first 4 ingredients in a clay mortar and pound with a wooden pestle until mashed into a fine paste, about 5 minutes. Add shrimp; mash until pulverized and

well combined, about 2 minutes. (Alternatively, process in a mini-processor until finely chopped.)

Add beans to mortar; lightly crush with pestle to bruise. Add cucumber pieces, fish sauce, and lime juice. Mix well. Add tomatoes, lightly crush, and mix in. (Alternatively, place beans and tomatoes in a resealable plastic bag. Roll a rolling pin over bag to bruise vegetables; transfer to a bowl with the cucumber, fish sauce, lime juice, and chile dressing.) Let marinate for 10 minutes. Stir in peanuts.

Note: Thai salads are full of crisp vegetables and fruits mixed with intense condiments. "It's not about just tossing the ingredients together," says Ricker. "It's about working them into the dressing," which can also be used to dress green-papaya and cabbage slaws.

Andy Ricker for Bon Appétit | January 2012

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/9/13 & 7/12/13

Yellow Wax Beans and Scallions *Serves 4*

3/4 pound yellow wax beans
2 tablespoons clarified butter
1/4 cup / 1 oz sliced almonds
1/4 cup / 1 oz pepitas
fine grain sea salt
a handful of micro scallions (or minced scallions)
generous sprinkling of za'atar (or fresh herbs)
1/2 ripe avocado, thinly sliced

Trim ends from the beans, and slice into 1-inch pieces.

Heat the clarified butter in a large skillet over medium-high heat. Stir in the almonds and pepitas along with a pinch of salt. Cook, stirring often, until golden. Add the beans, toss to coat, cover and cook for a couple of minutes, just long enough for the beans to get a bit tender. Transfer to a serving bowl, sprinkle with the micro scallions (or fresh herbs), a generous amount of za'atar, and arrange the avocado to the side.

101cookbooks.com

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fifth Harvest: 7/2/13 & 7/5/13

Feisty Green Beans

Serves 4-6

1 pound green beans, thinly sliced
1/2 cup / 2.5 oz golden raisins
1 T extra virgin olive oil
2 garlic cloves, thinly sliced
1/2 medium yellow onion, finely diced
3 bay leaves
1/3 cup / 80 ml white wine
1/2 tsp. hot paprika
1 tsp. ground cumin
1 tsp. ground coriander
1/2 tsp. curry powder
1/2 tsp. salt
scant 1/2 tsp. crushed red pepper flakes
6 ounces extra-firm tofu,* cut into 1/2-inch cubes
2 T unsalted butter
1/3 cup / 120 ml crème fraîche or sour cream
1/4 cup / 3/4 ounces sliced almonds, toasted
1/3 cup / one handful of finely chopped fresh cilantro
salt and pepper to taste

Cook the green beans in a pot of well-salted boiling water for about a minute, just long enough that they lose their raw edge. Drain and dunk in ice-cold water to stop the cooking. Drain again and set aside.

In a small bowl cover the raisins with scalding hot water for five minutes, drain and set aside.

Heat your largest skillet over medium heat. When the pan is hot, add the oil, garlic, onion, and bay leaves. Cook for 5 minutes, or until the onions and garlic start to brown just a bit. Add the wine and cook until it has mostly evaporated. Carefully remove the bay leaves. Stir in the paprika, cumin, coriander, curry powder, salt, crushed red pepper flakes. Stir in the tofu and raisins and cook until heated through, a minute or so. Add the butter and green beans and stir until the butter has melted. Remove from heat and stir in the crème fraîche, then most of the almonds and most of the cilantro. Taste and add more salt and some pepper if you like. Serve topped with any remaining almonds and cilantro.

**Note: Paneer cubes may substitute tofu.*

*Inspired by a recipe in **Anna Getty's Easy Green Organic**, 2010*

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Nineteenth Harvest: 10/9/12 & 10/12/12

Green Bean and Cherry Tomato Salad

1 pound green beans or mix green and yellow beans
1 pound cherry tomatoes
1 large shallot
2 tablespoons red wine vinegar
Salt and pepper
1/3 cup extra-virgin olive oil
Basil or other herb (optional)

Prepare vegetables: Top and tail the beans and cut into large segments. Parboil the beans in salted water until just tender, about 4-5 minutes. Drain and immediately spread out to cool. Stem the cherry tomatoes and cut them in half.

Make the vinaigrette: Peel and mince shallot and combine with the vinegar and salt and pepper. Whisk in olive oil. Taste and adjust the balance with more vinegar, oil, or salt, as needed. Toss the cherry tomatoes in with the vinaigrette; this can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinaigrette. For variety, the salad can be garnished with basil or some other fresh herb such as parsley, chervil or hyssop. Serves 6

www.smittenkitchen.com

Adapted from Chez Panisse Vegetables

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Fourteenth Harvest: 9/4/12 & 9/7/12

Pesto Potato Salad w-Green or Wax Beans

Serves 10

- 4 pounds small Yukon gold or red-skinned potatoes, quartered
- 1 pound green or wax beans, cut into one-inch segments
- 1 to 2 small garlic cloves, peeled
- 2 bunches of Thai basil (about one ounce each)
- 1/4 to 1/2 cup olive oil
- 6 tablespoons (or more to taste) mild vinegar, such as champagne, white wine or a white balsamic
- 1/4 cup chopped green onions (scallions)
- 1/2 cup pine nuts, toasted
- Parmesan cheese to taste
- Salt and freshly ground black pepper

Cook potatoes in large pot of boiling salted water until just tender, about 10 minutes. Add beans; cook four minutes longer. Drain well and let cool, then transfer potatoes and beans to a large bowl.

Meanwhile, discard the stems from the basil and wash and dry the leaves. Puree them in a food processor with

garlic, drizzling in enough olive oil that it gets saucy. Season the pesto with salt and pepper.

Toss the beans and potatoes with pesto. Stir in vinegar, green onions, pine nuts and season with salt, pepper and/or additional vinegar to taste. Finally, shave some wide flecks of parmesan over the salad with a vegetable peeler.

Serve immediately, or make this up to two hours in advance. It can be stored at room temperature.

Note: *Although one can use “store-bought” pesto, making your own, as suggested, is highly recommended.*

www.smittenkitchen.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twelfth Harvest: 8/21/12 & 8/24/12

Best Ever Green Bean Casserole *Serves 4-6*

For the topping:

- 2 medium onions, thinly sliced
- 1/4 cup all-purpose flour
- 2 tablespoons panko bread crumbs
- 1 teaspoon kosher salt
- Nonstick cooking spray

For the beans and sauce:

- 2 tablespoons plus 1 teaspoon kosher salt, divided
- 1 pound fresh green beans, rinsed, trimmed and halved
- 2 tablespoons unsalted butter
- 12 ounces mushrooms, trimmed and cut into 1/2-inch pieces
- 1/2 teaspoon freshly ground black pepper
- 2 cloves garlic, minced
- 1/4 teaspoon freshly ground nutmeg
- 2 tablespoons all-purpose flour
- 1 cup chicken broth
- 1 cup half-and-half

Preheat oven to 475° F. Combine the onions, flour, panko and salt in a large mixing bowl and toss to combine. Coat a sheet pan with nonstick cooking spray and evenly spread the onions on the pan. Place pan on the middle rack of the oven and bake until golden brown, approximately 30 minutes. Toss onions 2 to

3 times during cooking. Once done, remove from oven and set aside until ready to use. Turn oven down to 400° F.

While the onions are cooking, prepare the beans. Bring a gallon of water and 2 tablespoons of salt to a boil in an 8-quart saucepan. Add beans and blanch for 5 minutes. Drain in a colander and immediately plunge beans into a large bowl of ice water to stop the cooking. Drain and set aside.

Melt butter in a 12" cast iron skillet set over medium-high heat. Add the mushrooms, 1 teasp. salt and pepper and cook, stirring occasionally, until mushrooms begin to give up some of their liquid, approximately 4-5 minutes. Add the garlic and nutmeg and continue to cook for another 1-2 minutes. Sprinkle the flour over the mixture and stir to combine. Cook for 1 minute. Add broth and simmer for 1 minute. Decrease heat to medium-low and add the half-and-half. Cook until the mixture thickens, stirring occasionally, approximately 6-8 minutes.

Remove from heat and stir in 1/4 of the onions and all of the green beans. Top with the remaining onions. Place into the oven and bake until bubbly, approximately 15 minutes. Remove and serve immediately.

*Recipe courtesy Alton Brown
(Good Eats – Food Network), 2007*

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 7/31/12 & 8/3/12

Gujarat Green Beans

1 pound green beans
4 tablespoons canola oil
1 tablespoon whole black mustard seeds
4 cloves garlic, peeled; 3 minced and 1 crushed
1 teaspoon salt
1 teaspoon sugar
1 teaspoon freshly ground black pepper
1 hot dried chile

Trim the beans and cut into 1-inch lengths while bringing saucepan of water to boil. Blanch beans for 3-4 minutes or until just tender. Drain in colander and rinse under cold water. Set aside.

Heat oil in large skillet over medium heat. When oil is hot, add mustard seeds and stir until they start to pop. Add garlic and stir until they begin to brown. Add the chile and stir again for a few seconds.

Put in green beans, salt, and sugar. Toss to mix. Turn heat to medium-low. Cook beans, stirring occasionally, for 7 or 8 minutes or until beans have absorbed flavors. Add the black pepper, toss, and serve.

*Source: Fresh from the Farm & Garden, Vol. 2
Seasonal Recipes for Busy Cooks*

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Ninth Harvest: 7/31/12 & 8/3/12

Green Beans with Black Sesame Sauce

8 ounces green beans
1/4 cup roasted black sesame seeds
2 tablespoons superfine sugar
1/2 tablespoons mirin
1 tablespoon soy sauce

String the beans and cut in half lengthwise and then in half again. Parboil for a few minutes, taking care to remove before they soften. Drain and soak in iced water for a few minutes, drain again and pat dry.

In a large mortar lightly crush the sesame seeds. Add the sugar, mirin and soy sauce and mix to a smooth paste.

Add the green beans into the mortar and toss, making sure that the beans are all well covered with the dressing.

Note from Harumi: I suggest mixing the beans by hand for best results. Serves 4

Source: Harumi's Japanese Cooking by Harumi Kurihara

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fifteenth Harvest: 9/13/11 & 9/16/11

Green Beans & Strawberry Salad with Ricotta Cheese

1 pound green beans, blanched
1 pint strawberries, hulled and halved
1 small bunch bergamot mint leaves
1 pound ricotta cheese, crumbled

Dressing

1/2 cup extra virgin olive oil
1/4 cup raspberry vinegar
1 tablespoon Dijon Mustard
1 tablespoon honey
sea salt & cracked pepper

Put all the salad ingredients except for the ricotta in a bowl and toss.

In a small bowl put all the dressing ingredients and whisk together, season with salt and pepper to taste, then pour of salad and toss.

Place salad on plates and sprinkle ricotta cheese on top.

FIELD *notes*

UCSC Farm

Community Supported Agriculture

Tenth Harvest: 8/9/11 & 8/12/11

Sautéed Wax Beans with Applewood Smoked Bacon

1 pound wax beans

1/4 pound Applewood smoked bacon, medium dice

1/4 cup candy stripe onion, small dice

1/4 cup white wine

Kosher salt and fresh cracked black pepper

Bring a large pot of lightly salted water to a boil. Add the wax beans and cook until tender, approximately 6 minutes. Drain and then run cold water over beans, until beans cool. Drain and set aside.

In a medium sauté pan add bacon and turn on a medium heat. Cook bacon until fat renders and there is just the meat crumble left, stirring occasionally. Remove bacon from sauté pan, and discard half of the bacon fat. Keeping the heat medium add the onion and sauté until onions start to caramelize.

Stir in wine and reduce by half. Toss in beans and bacon and season with salt and pepper to taste.

Recipe source: CheFarmer Matthew Raiford