



On The Farm

We are thankful for a few hours of rain last week, but are praying for more this coming week!

IN YOUR BOX:

- Lettuce
- Blueberries
- Beets
- Tomatoes
- Beans
- Peppers

Italian Beans & Red Beets

Romano "Roma" beans are broad and flat in shape and are very rich in fiber. This old Italian favorite is delicious when simply steamed with a little butter or in your homemade minestrone soup.

The red beets this week are huge! To cook, you can boil them whole with skin on (this will take a while since they are so large), or you can peel, chop and roast at 400 degrees with some olive oil and salt until they are tender. The greens are edible and can be chopped and sautéed!

Harmony Acres Dairy

We are excited to try out a new partnership with Harmony Acres Dairy in Belle Vernon. Each week, you can place an order and it will be available for pickup during CSA hours on Friday and Saturday. We hope that you take advantage of these delicious, local dairy products!

For right now we are just taking PRE-ORDERS via this link. Place orders by 10am Thursday



Recipe Corner: Italian flat beans with smashed tomatoes

Directions:

1. Rinse beans and remove the end. Cut beans into thirds on a diagonal.
2. Heat olive oil in skillet over med-high heat. Add chopped onions and sauté until golden brown.
3. Add garlic and sauté for 30 sec. Add beans and mix all together.
4. Add salt, oregano, and vinegar. Add water to allow the beans to simmer in a bit of liquid. Simmer for 10 minutes.
5. Add cherry tomatoes to the skillet and mash lightly with potato masher or fork. Simmer for 10 minutes until beans are texture that you prefer. Enjoy!

Ingredients:

- 1 Tbs. olive oil
- 1/2 large onion, chopped
- 1 clove garlic, minced
- 1 lb. flat beans, end trimmed off
- 1/2 tsp. salt
- 1 tsp. oregano
- 1/4 c. water
- 1/8 c. fruit vinegar (or any vinegar that you have)
- 1/2 pint of cherry tomatoes