Utah State University
DigitalCommons@USU

USU Student Organic Farm Newsletter | Agriculture and Applied Sciences

8-15-2011

Green Beans

Brianne Sherwood
USU Student Organic Farm

Elizabeth Inman
USU Student Organic Farm

Follow this and additional works at: http://digitalcommons.usu.edu/student_orgfarm

Part of the Agriculture Commons

Recommended Citation
Sherwood, Brianne and Inman, Elizabeth, "Green Beans" (2011). *USU Student Organic Farm Newsletter.* Paper 14.
http://digitalcommons.usu.edu/student_orgfarm/14

This Newsletter is brought to you for free and open access by the Agriculture and Applied Sciences at DigitalCommons@USU. It has been accepted for inclusion in USU Student Organic Farm Newsletter by an authorized administrator of DigitalCommons@USU. For more information, please contact becky.thoms@usu.edu.

USU STUDENT ORGANIC FARM Newsletter

August 15, 2011 Vol. 2 Issue 14

Our favorite carrot we have had on the farm. We named it, "the running carrot"

Conquering the Bounty

Don't fix green beans in the same old way. Try these simple ideas to add green beans to any meal.

- ✓ Blanch your green beans and freeze for later. Steam or boil for 2-3 minutes. Remove from pan and flash freeze.

  Blanching can be a great way to preserve some vegetables for later if you have a ton of them! By blanching and freezing you can preserve color, texture, taste, and nutrition.
- ✓ Roast green beans. Drizzle with olive oil and sprinkle with a little sea salt and other desired seasonings for a great side.
- ✓ Marinate 1 pound cooked green beans in ¼ C. vinegar, ½ C. olive oil, ¼ tsp. salt, 1/8 tsp. black pepper, and 2 tsp. grated onions mixture for ½ hour. Serve over a garden salad.
- ✓ Try pickling green beans to preserve them. Use a favorite dill recipe. Add some jalapeños for a different flavor.
- ✓ For more great ideas check out: http://www.thatsmyhome.com

Article by: Elisabeth Inman

Featured Vegetable: Green Beans

Green beans are thought to have originated in Peru and spread through South and Central America by Indian tribes. Spanish explorers introduced them into Europe in the 16th century. Surveys indicate that 60% of commercially grown green beans are produced in the United States. Particularly, Illinois, Michigan, New York, and Wisconsin produce the greatest amount of green beans in the United States.

Green beans are the second most popular home gardening vegetable. Most green beans are ready to harvest in 45 to 60 days after germination, which makes them a favorite for quick and steady harvesting. There are many varieties of green beans. They belong to the same family as shell beans such as pinto, black and kidney beans. They are a great source of vitamin C, vitamin K, calcium, magnesium, and phosphorus.

Storage and Preparation

When picked and at the height of their ripening green beans have a firm texture, smooth feel, and vibrant green color. They are commonly referred to as snap beans because they can be snapped in half when firm. You can store whole, unwashed green beans in a plastic bag in the crisper drawer of your refrigerator for up to seven days.

Green beans can easily be frozen and last for 3-6 months in the freezer without diminishing quality or reducing nutritional value. Blanching and freezing (as discussed in "Conquering the Bounty" section) may help to preserve texture and color when green beans are frozen and is, therefore, often preferred over just freezing them. Canning green beans is another great option for preserving them. Canned, they are easy to use and ready to eat right out of the can. It can't get any easier than that!

There are many uses for green beans; a common recipe is the famous French dish Salad Nicoise, which is a cold salad dish containing tuna fish, potatoes, and steamed green beans. Another favorite way to prepare green beans is Green Bean Almondine, which is fixed by adding slivered almonds to sautéed green beans.

Article by: Elisabeth Inman

Sesame Green Beans

This tasty dish is a great side for any occasion. For such a simple recipe you will be surprised at how much flavor it has.

Ingredients

1 Tbsp. olive oil
1 Tbsp. sesame seeds
1 lb. fresh green beans cut into 2-inch pieces
¼ cup chicken broth
¼ tsp. salt
black pepper, to taste

Heat oil in a large skillet or wok over medium heat. Add sesame seeds. When seeds start to darken, stir in green beans. Cook, stirring, until the beans turn bright green. Pour in chicken broth, salt and pepper. Cover and cook until beans are tender-crisp, about 10 minutes. Uncover and cook until liquid evaporates.

Recipe from Allrecipes.com

ANNOUNCEMENTS

We're still giving out kohlrabi as it grows! We're keeping track of who gets them to be sure everyone gets an equal share.

We'll have elderberries soon! They are good for jams and pies (not so good fresh). If you would like some, let us know via email.

If you would like wildflowers, feel free to pick some when you pick up your share. We would be happy to show you where they are.

Email us your favorite recipes that use the produce you receive in your share! organicfarm@aggiemail.usu.edu

Volunteer hours:
Tuesday, Thursday, Friday: 7am-2pm
Wednesday, Saturday: 10am-2pm

Organic Techniques: Beneficial Pests

Not all pests are bad for the garden and in fact some of them can actually benefit your garden tremendously if they are left alone to do their duties. The website extension.usu.edu is a fabulous resource to identify beneficial insects. Beetles, mantids, true bugs, lacewings and antilions, and, of course, bees are all beneficial for the garden.

Beetles (common is the ladybug) are beneficial because they are either predatory on other insects or they eat plants considered weeds. Beetles are used as a biological control for certain widespread insect and weed problems. At our farm, we released ladybugs in our greenhouse to control aphids. It helped!

Mantids (common is the praying mantis) and true bugs are predatory insects that will eat almost anything, including pests, pollinators, and other beneficial insects. True bugs are similar, as they will eat almost any other pest. They suck out juices from plants and animals, including catepillars and aphids.

Lacewings eat many other insects. Adults also feed on nectar, pollen, and aphid honeydew.

Article by: Brianne Sherwood

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

On the Farm News

I think the most exciting things happening on the farm this week, at least to me, is the garlic we just harvested! It is now hanging to dry so give it about another week and it will be ready for the eating. We also submitted our paperwork for organic certification this last week! It is quite the process and takes a lot of record keeping so this is a tremendous feat. Now a certifier from the USDA needs to come out to our farm to make sure everything is in order in September. After that, we will be officially certified! Thanks Dr. Jennifer Reeve and Dr. Dan Drost for your efforts!

A few weeks ago we took out all our strawberry plants that were looking really yellow and unhealthy. Consequently we had a bunch of empty spaces in our strawberry patch. This week we were finally able to put our strawberries that were growing in our greenhouse in those empty spaces! Hopefully the strawberries will be even better next year.

Tomatoes are a little behind this year, just like everyone's in the valley. Hopefully we will have a ton more next week. The tomatoes are growing on the plants, just not red yet.

Veggies to expect next week: beets, radishes, carrots, kale, chard, broccoli leaves, tomatoes, summer squash, peppers, cucumbers, green onions, lettuce, maybe melons, some kohlrabi

Article by: Brianne Sherwood

Fabulous Flavors: Tips & Techniques

Mix Things Up! Use One of the 1,000+ Grain Varieties!

Sometimes I get in this rut of cooking rice and pasta, rice and pasta over and over again. It's boring. Using different kinds of grains can make things more interesting and they substitute very nicely for one another. If your recipe calls for rice, use quinoa or buckwheat instead. Of course there will be differences in cooking times, so here is your guide to a few grains. You can find a lot of different grains in the bulk section at Smith's Marketplace in town (behind the produce in the natural foods section). If it's not there, you can order it on amazon.com.

Amaranth: Originally a staple of the Aztec culture, its lively, peppery taste and higher protein content is gaining popularity. Amaranth cooks a little differently than other grains because it softens on the inside while maintaining enough outer texture so the grains seems to pop between your teeth. **To cook:** Boil 6 cups water (don't skimp!), add amaranth, and gently boil for 15-20 minutes. Drain and rinse.

Quinoa: "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom." –Philip White, researcher. Interesting. It has a subtle nutty taste. **To cook:** Soak 1 cup grains for 5 minutes in the cooking pot. Rinse in strainer and put back in pot. Add 1 ½ cups water and ½ tsp salt to the quinoa. Bring to a boil, cover. Turn down heat and simmer for 15 minutes. Fluff with a fork just before serving.

Buckwheat (aka Kasha): Gluten-free and not even a relative of wheat, it is has the second highest level of protein of all grains (first is oats). Nutty and robust in flavor, it's a great addition to any meal. To cook: Heat 1 Tbsp EV olive oil and add ½ cup buckwheat groats. Cook until fragrant. Add 1 large egg and cook, stirring, until grains are dry and separate. Add 1 cup water, bring to boil, cover, reduce heat, and simmer for 25 minutes.

- Add in vegetable stir fries
- Simply pour on your favorite sauce and top with sautéed vegetables
- Make a bed of grains and top with a grilled fish fillet or chicken breast

Source: wholegrainscouncil.org *Article by: Brianne Sherwood*