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## Green Beans

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# USU Student Organic Farm

August 15, 2012  
Volume 3, Issue 13

## Newsletter



On the farm interns rinsing the freshly harvested potatoes.

## Veggie Feature: Green Beans

Article by Jillian Cartwright

Much like many children, I grew up eating green beans. However, my green beans were not from a can (thank goodness). No, I was fortunate enough to get to eat my grandmother's bottled beans. My grandparents grow a decently sized garden in Smithfield, and their favorite crop has always been green beans. They grow pole beans, not bush beans, which my grandpa claims "just taste better than bush". After a rather hefty crop, my grandpa would bring all the beans to my grandma and she would bottle them with just a little salt and water. After a miraculous transformation in a pressure cooker, they come out a little briny, a little bit olive drab in color, but a whole lot more delicious. I'm pretty sure I could eat an entire bottle in one sitting, even at the age of 5. But I also do love fresh green beans. I definitely prefer mine to have a slight crunch to them, which is why I chose this recipe. I'm not gonna lie.... the crispy sweet shallots are my favorite part of this dish :)

### A Summertime Recipe

Green Beans are the ultimate, and I'm sure the lovely recipe to the right will more than satisfy your hankering for some delicious green beans. But I wanted to share one more quick idea to eat your green beans. This recipe doesn't suit just green beans, it'll taste great with just about any green vegetable or even a combination. I would suggest broccoli, stir-fry greens, peas, and even zucchini, since I am sure you are getting plenty at this time of year. For green beans, boil 1 ½ cups to crisp tender 10-15 minutes, then make a simple sauce out of the following ingredients by heating the oil in a fry pan until hot, add the remaining ingredients and cook until the sugar dissolves. Pour over green beans and enjoy!

- 1 ½ t sesame oil
- 1 t canola or vegetable oil
- 1/8 t crushed red pepper flakes
- 1 T soy sauce
- 2 garlic cloves, minced
- 3/4 t sugar
- 3/4 t lemon juice

Article by: Amanda Spackman

### New Orleans – Style Green Beans

Recipe adapted from "Mad Hungry: Feeding Men and Boys" by Lucinda Scala Quinn

- 1 ½ lbs. green beans, stem ends removed
- 4 ½ t olive oil (enough to lightly cover the pan)
- 2 shallots, sliced thinly
- 3 T honey
- ½ t salt
- ¼ t black pepper
- ¼ t white pepper
- Pinch of cayenne pepper
- Pinch of paprika
- 3 T balsamic vinegar

Bring a large pot of water to boil. Add the beans and blanch for 3 minutes. Run under cold water and drain.

Heat oil in a large sauté pan over medium heat. Add shallot, cook for 5 minutes, then add honey and spices. Cook until shallot is crispy and caramelized.

Add the beans to the sauté pan and let cook 3-4 minutes. Add the balsamic vinegar - it will bubble and spit, so be cautious. Sauté for several more minutes to let the vinegar reduce slightly and serve immediately.

## On the Farm News

### Announcements

**Staggered Harvest continues as eggplant and now melons hit the scene! Tomatoes are finally arriving, and you should all get a good amount in upcoming shares.**

**We have a bunch of extra newsletters and preservation-how-to handouts. If you'd like an extra, let us know during pickup and we can grab them for you!**

**Thanks for a**

*Article by: Amanda Hawks*

'Tis the season of too much squash! There is so much zucchini and magda squash right now! And some of it's monstrous. Turns out we planted an extra row of magda squash in the extra field. We didn't realize this for about a week. Upon realization, the squash were HUGE! So now we have a gigantic pile of magda squash, which only gets bigger with each day's harvest. Ah, the life of a gardener. So, if you need squash, come grab squash!

In other news, the school year is coming and we're quietly freaking out and trying to get things all settled before the school year hits. We're doing a lot, including weeding and transplanting the last lettuces, kales, and chards. If you'd like to come help out ever, we'd love to have you! Mon-Fri mornings!



### Meet your Farmers

**Name:** Jillian Cartwright

**Major:** Dietetics

**Hometown:** Kemmerer, Wyoming

**Role on the Farm:** Food Literacy Intern

#### **Why did you choose to spend your summer on the farm?**

I knew that this internship would provide a lot of experience for me, especially in a field of dietetics that I haven't had much experience in. I also hoped that I would be able to get out of my comfort zone a little and learn how to talk to people about delicious local food.

**What is your favorite vegetable and why?** I love winter squash! Acorn, butternut, banana...you name it. It's the ultimate comfort food in the wintertime.

**What form of transportation best describes your personality?** Probably a little red car that gets killer gas mileage. I'm always running around doing something and I just love red.

**If you could be a superhero, what would be your super power and how would you use it to better the farm?** I would like to be able to glow, kind of like a firefly. This way people could work on the farm at night when it's cooler and not have to worry about light.

For more information about the USU Student Organic Farm or CSA shares visit: [www.usu.edu/organicfarms](http://www.usu.edu/organicfarms)

### Attracting the Ladies

*Article by: Trevor Knudsen*

As a 25 year old single male, I spend much of my time thinking about the beautiful Ladies in my life. I love going out to my garden and seeing my Ladies waiting patiently for me, ready to help out with the day's work. The 'Ladies' I am referring to are of course the *Hippodamia convergens*, or, Ladybugs. The first time the pest-eating benefits of Ladybugs were discovered in my family, dad went to the seed store, bought a carton of them and immediately released them into our apple tree. In a red fluttering cloud of insects, we watched as 2,000 Ladybugs flew gracefully away into the neighbor's yard. A trip to the store and several curse words later, dad decided to read the instructions on how to release the little beauties: before dawn or after sunset, after a thorough watering-not

Ladybugs are definitely an insect that will help out any garden. They eat aphids, mealy bugs, spider mites, and the eggs of other harmful insects. You can purchase them in bulk at a seed store or attract them naturally by planting umbrella shaped flowers such as fennel, dill, cilantro, caraway, tansy, wild carrot, and yarrow. However you attract your Ladies, you definitely won't regret having a whole slew of them helping out in your garden. Happy Gardening!