The Farm Newsletter

USU Student Organic Farm

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A Note on Carrots

Included in your shares with the carrots are the carrot greens. Though usually discarded, carrot tops are actually edible and highly nutritious. They can be eaten raw in salads, cooked into soups, or used in a variety of other ways. Important to note however is that due to the natural biological processes in the plant, if your carrot tops are left attached to the roots for an extended time they will make your carrots soft. This is because the plant is still alive and the leaves are still pulling moisture from the roots.

Announcement: CSA Pick-up change - All CSA Members

Due to the start of fall semester, the majority of our farm workers will not be available during regular pickup hours. Starting the week of August 29 - September 3, pick-up time for all CSA members will permanently change to Saturday from 10:00am to 12:00pm. All pick-ups will take place at the farm, which is located at 1750 N 800 E in Logan. Please contact us if this creates a conflict.
Fire Cracker Green Beans
By Wendy O'Neal, http://www.aroundmyfamilytable.com

Ingredients

- 1 pound green beans
- 4 slices of bacon, cooked (grease reserved)
- ~2 tbs bacon grease
- 1/2 large onion, chopped
- 1/2 cup chopped red bell pepper
- 1/2 jalapeno, seeded, deviened, and finely chopped
- 2 cloves garlic, finely minced
- 1 cup chicken broth
- 1/4 tsp crushed red pepper flakes
- 1/2 tsp salt
- Ground black pepper

Snap the stem ends of the green beans, wash, and set aside.

Cook bacon in a large skillet until fully cooked and crisp. Remove bacon from pan to drain on paper towels.

Add chopped onion, red pepper, and jalapeño to bacon grease in a skillet over medium heat and cook just until the onions have softened and starting to caramelize. Add the garlic and cook for a minute.

Add the green beans and cook until the beans turn bright green, about a minute or so. Add the chicken broth, crushed red pepper flakes, salt, and pepper. Turn the heat to low and cover the skillet with a lid (leave the lid cracked slightly to allow steam to escape). Cook until the liquid evaporates and the beans are fairly soft, but still a bit crisp, 20 to 30 minutes.

Roughly chop cooled bacon and top finished beans before serving!