

TUV  
HA'ARETZ  
CSA 2016



# TUV HASHAVUA

## BEST OF THE WEEK

### Full of Beans

*Dorrie Berkowitz, Member, Tuv Ha'Aretz CSA*

Black, merlot, kidney, pinto, navy...and the list goes on. Pink or spotted, red or white, each little bean is a tasty morsel of healthful eating. And when you get a whole bowl o' beans, you're looking at a mighty big punch of nutrition.

Look at these stats for the basic red kidney bean: 1 cup has only 219 calories and 16 grams of protein. They're very low in sodium and have no cholesterol (unless, of course, you throw in a big handful of shredded cheddar). Other types of beans come in with similar numbers. No wonder beans make such a great foundation for a Meatless Monday meal.

You may ask, "Do my kidney beans start out red?" The short answer is, "Yes." The best way to start a bean plant is to use, well, a bean. You probably did this in kindergarten: Took a bean, put it in a Dixie cup full of soil, watered it, and waited for it to sprout. (Ha! Bean sprouts! *But caution – do not eat uncooked kidney beans, sprouted or not!*)

In grown-up world, farmers plant those beans directly into the ground. Since most bean varieties grow as bushes, they're able to be grown in containers, too. Wherever they grow, however, they need lots of sun but not a lot of water, because they have a very shallow root structure. As the plants grow, the (green) bean pods develop, and the beans mature inside. When the (green) pods are very dry to the touch and the beans inside feel hard, it's time to harvest. Carefully open the (green) pods for the big reveal: red kidney beans!

You may now be asking, "To soak or not to soak?" There's the overnight soak and the quick soak. Now the trend is leaning toward not soaking some beans — such as black beans — at all. A recent article by J. Kenji-Lopez at *Serious Eats* discusses the whole soak / no soak issue, as well as the salt / don't salt dilemma. [Full disclosure: I'm a soaker and a salter.] IMHO, the benefit of soaking is that I can soak a whole bag of beans and, after I drain the soaking water, I can pack one or two cups of soaked beans into little sandwich bags and throw them in the freezer. Then I can pull out a bag when I want to use it, and the cooking time is only about 20 minutes at a high simmer. NOTE: Dried beans will not be as soft as the canned beans. They should be al dente, not mushy.

Our CSA beans — even the Great Northern beans — are grown way out west in Idaho, at Purcell Mountain Farms. While they sell many other products, it's well worth your time to take a tour of their

**ALL OCTOBER  
PICK-UPS are on  
THURSDAYS!**

**SHANA TOVA !!**

**Final Pick-up for this  
season: 11/22 TUESDAY**

**10/6/2016  
[Week #19 – B]**

5-8pm Pick-up  
**Alison Hartwell  
Adriana Solis**

12:45 pm Truck Unloading  
**Jessica Keane  
Judy Trupin**

**Brian Gardner Hoashi**

8pm Unclaimed Shares  
**Judy Hurwitz**

**MANY THANKS TO  
OUR VOLUNTEERS**

**10/13/2016  
[Week #20 – A]**

4:45-8pm Pick-up  
**Barbara Silverbush  
Amy Finkelstein  
Andrew Finkelstein**

12:45 pm Truck Unloading  
**Jessica Keane**

**Brian Gardner Hoashi**

8pm Unclaimed Shares  
**Barbara Horton**

**WINTER SHARES**

**Please respond ASAP!  
[tinyurl.com/tuvsoll](http://tinyurl.com/tuvsoll)**

**Winter Organic  
Vegetable Share - \$82  
10 lb box x 4 deliveries**

**Winter Apple Share - \$26  
4 lb bag x 4 deliveries**

**12/13, 1/10, 2/7, 3/7**

## 10/6 [B] : WHAT'S IN THE BOX??

**Carrots, Red Kale,  
Butternut Squash, Leeks,  
Salad Tomatoes,  
Arugula, Red Boston  
Lettuce**

**FRUIT: Cortland Apples  
and Bartlett / Bosc Pears**

*"Beans," cont'd from page 1*

115 (!) different bean selections  
(purcellmountainfarms.com).

Here's another thing about cooking beans: Season, season, season! Salt the water and be sure to add some garlic cloves, a whole onion, and even a carrot or two. Those little bitty beans will soak up all that big flavor and be extra-delicious.

Try some of these bean-a-rific ideas:

- Sauté onions, mushrooms, and zucchini until just soft. Season with a pinch of crushed red pepper flakes, salt, and black pepper. Add about 2 cups of tomato sauce and 1 cup of soaked beans (white beans are especially nice). Cover and cook at a high simmer for about 20 minutes. Adjust seasonings to taste.
- Take 1 or 2 cups of cooked, cooled beans (merlot or pinto beans work well), toss with your favorite vinaigrette (bottled is fine – no shame!), add diced red onion, celery, and shredded carrot. Let it sit for about 15 minutes and then enjoy.

Embrace the bean!



*Dorrie Berkowitz is a freelance editor and writer. She is a veteran CSA member who lives in Whitestone with her husband and a very large cat, and she loves to cook for family and friends. And yes, she gets a bean share.*

### Indian-Spiced Kale and Chickpeas

*eatingwell.com | Serves 4*

1 tbsp extra virgin olive oil  
3 cloves garlic, minced  
1-1/2 lbs kale, ribs removed, coarsely chopped  
1 cup vegetable broth  
1 tsp ground coriander  
1/2 tsp ground cumin  
1/4 tsp garam masala  
1/4 tsp salt  
1 x 15 oz can chickpeas, rinsed

Heat oil in Dutch oven over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale until bright green, about 1 minute. Add broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until kale is tender, 8 to 10 minutes. Stir in chickpeas; cover and cook until the chickpeas are heated through, 1 to 2 minutes.

### Butternut Squash Vegan Mac 'n Cashew Cheese

*Jenn Sebestyan, veggieinspiredjourney.com | Serves 6*

1-1/2 cups butternut squash, peeled and chopped into cubes  
1/2 large sweet onion, peeled and chopped  
16 oz package small macaroni noodles (use gluten free, if desired)  
1/4 cup reserved cooking liquid (from the squash/onion or the noodles...either one will work)  
1/4 cup raw cashews, soaked in hot water for 30 minutes  
1 tbsp lemon juice  
1 tsp salt  
1 tsp dijon mustard  
1/4 tsp garlic powder  
1/4 tsp black pepper  
1/8 tsp smoked paprika  
1/8 tsp turmeric  
1/8 tsp nutmeg

Add butternut squash and onions to a pot and cover with water by at least an inch. Bring to a boil, turn down heat to medium and simmer until vegetables are tender. Cook noodles according to package directions. Place noodles back in pot and set aside.

When squash and onions are tender, drain and add them to a high speed blender with the cashews, lemon juice, salt, Dijon, garlic powder, black pepper, smoked paprika, turmeric, nutmeg – and reserved cooking liquid from either the noodles or the squash. Blend until completely smooth.

Add butternut squash sauce to the noodles and stir, making sure every noodle is covered in sauce. Warm through if needed.

### Scottish-style Buttered Leeks *bbcgoodfood.com | Serves 8*

2 lb leeks, trimmed, halved and washed thoroughly in cold water  
2 tbsp (half a stick) butter, plus extra for serving  
salt and freshly ground pepper  
fresh thyme leaves for garnish

Thinly slice leeks on the diagonal. Place large pan over medium heat, melt butter. Add leeks and plenty of seasoning and stir to coat in butter. Turn heat down to low, cover pan and cook gently for about 15 minutes until they are tender; stir once half-way through cooking. Serve with extra butter and a sprinkling of thyme leaves.

**Golden Earthworm CSA  
Harvest Festival  
Sunday, October 16th  
from 11am-3pm**