 CSA Newsletter Week #7:

# Hot-dang!

What a hot week we’ve had, and the temperature is supposed to stay high for the remainder of the week! We are taking a bit of a break from all the greens to let some of the plants recover and bring on some new growth. We’ve had a few really busy picking weeks supplying retail stores, home delivery services a few restaurants and of course, our priority, You! We have a few new vegetables for you this week; cabbage, beans, beets & potatoes! Next week we are hoping to impress you with fresh Raspberries!

# This week’s bin features:

* Big Green Wonder Lettuce Mix with edible flowers & herbs
* Steaming Greens Mix
* A head of Lettuce
* Bunche of Beets
* Bunch of Baby Carrots
* Endive
* Green Cabbage
* New Potatoes
* Peas
* Beans
* Chives (for Amy & Will’s little girl who cried when there were no chives last week, this is for her!)
* Parsley
* Kale Bunch

### Add-on Shares:

* Bacon & a surprise. (We are counting on getting our order back from the butchers today!)
* Barley Flakes
* Blueberry Raspberry Jam
* 1 dozen Farm fresh, free range eggs

# Recipe of the Week:

**Green Bean Salad with Walnuts and Shaved Parmesan in a Lemon Dressing**

¼ cup coarsely chopped walnuts

1 pound beans

1 teaspoon fresh ground pepper

1 ½ tablespoon fresh squeezed lemon juice (about ½ lemon)

3 tablespoons extra virgin olive oil

4 ounces Parmesan cheese, thinly shaved (about ½ cup)

Serves 4-6

1. Toast the walnuts in a dry, heavy skillet over high heat until they start to brown in spots and become fragrant.
2. Bring a large pot of water to a boil. Add the beans and salt; cook until tender but still firm, 3-5 minutes.
3. Transfer the beans to a colander in the sink and run cold water over them. Trim the beans if necessary.
4. Toss the beans and walnuts in a large bowl and season with salt & pepper to taste.
5. In a small bowl, whisk the lemon juice and olive oil until well combined. Pour the mixture over the beans and toss until well coated. Transfer the salad to a serving platter or individual plates. Gently scatter the Parmesan shavings on top.



Bean plants