

# The WSU Organic Standard

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Summer is here! This past week has been warm on the farm and it seems like we can see things growing. There are actual tomatoes on the plants, summer squash is growing quickly, and all the pumpkins and winter squash are in bloom.

I tried another seeding of spinach but we may be pushing our luck. Spinach likes cooler temperatures for good germination. If it is 80 or above germination is really spotty and it is not worth growing. We will give it a try later in the summer for a fall harvest.

We are done with the early carrots from the hoop-house and are on to the beets and carrots from the field.

I'm really excited about how well the carrots did in the hoop-house and have given us a good transition to the field root crops.

We seed carrots and beets in the field every two weeks through July. Beets are always the first of the two to germinate while the carrots can take up to two weeks. The key to getting a good stand of carrots is keeping those seeds moist. This is tricky now that the heat is upon us but a good watering every couple days seems to get them up. After these crops are up for a couple of weeks we thin the rows so there is more room for the roots to get big. An inch or two is a good start with the

carrots and 3 inches for beets will give them room to grow. One more note on the beets-make sure you use the greens. You can use them just like chard.

Now that we are opening up beds in the hoop-house we've been filling that space with more beans and sweet potatoes.

We've been hearing some requests for the return of the harvest list in the newsletter. This was the weekly list of veggies that you would hopefully find in your boxes. We stopped doing this because it is very difficult to create a completely accurate harvest list a week before we harvest. I understand that it is very nice to have a list to reference when identifying your veggies. So we do have a complete list on the chalk board at every pickup site and I encourage you to ask questions and write down the list.

Ultimately I would like CSA members to identify the veggies on their own. This is an educational process and will take time. But you can use the great pictures Alice Swan has been creating for the newsletter and also some cook books have pictures of veggies, such as *The Joy of Cooking*. If you have any other ideas on how we can help you learn the many veggies that we grow please let us know. - Brad Jaeckel

If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective? ~Ymber Delecto

Using not only fava beans but carrots and chard, this "Scafata" recipe is adapted from Antonella Santolini's *La Cucina Delle Regioni D'Italia: Umbria* (Edizioni Mida, 1988). (From Russ Parsons, *Los Angeles Times*)

UMBRIAN FAVA BEAN STEW (serves 4)

2 tablespoons olive oil	1/4 cup chopped carrot
1/2 cup shelled, peeled fava beans	1 1/2 cups chopped Swiss chard leaves
1/2 cup chopped onion	1 1/2 cups peeled, seeded and chopped tomatoes
1/4 cup chopped celery	Salt and pepper

Cook oil, beans, onion, celery, carrot and chard over low heat in medium saucepan. When beans are quite tender, after about 45 minutes, add tomatoes and cook another 20 to 25 minutes. Season to taste.

## *Fava Beans Find Favor Among Fervent Foodies*

(Text below from <http://www.oceanmist.com/favabeans.htm>)

Fava beans (*Vicia faba*), are actually a member of the pea family, and are one of the oldest known cultivated plants. Favas are also known by an amazing variety of other names: broad beans, Windsor beans, horse beans, and even pigeon beans.

Frequently dried, fava beans have been a part of cuisines all around the Mediterranean and the Chinese have eaten them for more than 5000 years. They've been found in some of the earliest known human settlements and are referred to in legends and lore throughout recorded history.

Fresh fava beans come in large, long (7 to 9 inch) thick pods with a white blanket-like padding inside to protect the pretty beans they carry. Vegetable expert Elizabeth Schneider describes them to a "T" as sleeping bags for the beans. The beans themselves look like small to medium-sized lima or butter beans.

Because the fresh beans need to be shelled, then cooked and peeled, they need a little forethought to include on menus. But, just like fresh green peas, the shelling and peeling is a sit-down, social activity. So, instead of stopping to smell the roses, stop to shell and peel the fava beans and then enjoy their buttery texture, bright taste and sparkling green color.

Fresh favas are a sign of spring in Italy and in many American restaurants. Chefs today use the fresh beans to mash or puree and spread on crostini or on plates as the basis for preparations ranging from other vegetables to grilled meats and fish to chicken. Add fresh fava beans to risottos, spring vegetable stews, and soups. They are great with their springtime partner - artichokes. A favorite traditional Italian appetizer is peeled cooked fava beans sprinkled with olive oil and salt along with salami, prosciutto, and slices of Parmesan or pecorino cheese. Simply wonderful!

### **How To Buy**

The pods will look a little like giant green beans - long and plump, varying slightly in length, slightly fuzzy, with some bronzing on the outside of the pod. Stems should be fresh, and the pods should be heavy, with just a hint of the rounded beans inside.

### **How To Store**

Store fava bean pods in a plastic bag in the crisper section of the refrigerator. Although best used within a few days, they will keep up to a week. Store shelled, cooked and peeled fava beans in a plastic bag in the refrigerator for a day or two.

### **How To Prepare and Cook**

Fava beans need to be shelled (removed from their pods). To open the pods just pull on the stem at the top to unzip the string down either side of the pod, then gently push the pod open between your thumb and forefingers. Pop the beans out.

Cook shelled beans in a large saucepan in plenty of boiling water until just tender, about 3 to 5 minutes depending on the size of the bean. Drain well and rinse with cold water to cool.

Using the tip of a knife or your thumbnail, slit the translucent skin covering the bean, peel off and discard.

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Last year I probably printed this recipe from Richard Olney's "Simple French Food" (Atheneum, 1974) and I'll print it again. Cut it down to size depending on how many fava beans you have available - but even a tiny bit will be worth it.

### **CREAMED FAVA BEANS AND BACON**

5 pounds young fava beans, in pods

1/4 pound lean bacon strips

1 tablespoon butter

1 branch fresh savory (or pinch finely crumbled dried savory)

About 3 tablespoons water

Salt

1/2 cup whipping cream

3 egg yolks

Freshly ground black pepper

Lemon juice

Chopped parsley

Shell beans and remove skins from all except those pods that are tiny and bright green. Cut bacon in 1/2-inch sections, parboil for a few seconds to remove excess salt and drain.

Cook bacon in butter in heavy saucepan over low heat two to three minutes. Bacon should remain limp.

Add fava beans, savory, just enough water to moisten lightly and salt to taste. Cover tightly and cook over high heat few seconds. Turn heat to low again so beans stew in own steam rather than boiling. Cook, shaking pan gently from time to time, until tender, 15 to 20 minutes. Remove from heat and cool 1 minute or so.

Mix cream, egg yolks and pepper to taste and stir gently into fava beans. Return to low heat, stirring until sauce is only lightly bound, coating spoon thinly. Sauce should not approach boil. Squeeze in few drops lemon juice to taste, sprinkle with chopped parsley and serve. Makes four servings.