

Victory Garden Urban Farm CSA Newsletter

Week 15: Sep 16th - Sep 22nd, 2018

What's In Your Box?

- Sweet Corn
- Tomatillos
- Slicing Tomatoes
- Cherry Tomatoes
- Green Beans
- Yard Long Beans
- Swiss Chard
- Collard Greens
- Lemon Balm/Mint
- Sage
- Lavender

Farm Fresh Facts

Hold onto the taste of summer by preserving your herbs! Most herbs can be dried simply by bundling them and hanging them upside down in a cool, dry place. Make sure there is air flow and that the herbs aren't packed too closely together, or you'll get some mold. These dried herbs can then be used for all your cooking needs or made into tea.

These week, we gave you sage which is a perfect herb for drying in this method! A few dried sage leaves in your pot adds so much flavor to your soups, stews, rices, and lentils!

We've also given out some mint and lavender, which dry up nicely as well and are great for a calming tea mixture before bed or to be used as a potpourri to freshen up musty closets and dresser drawers.



Hey CSA Members.

My heart is getting a little heavy today as I realize we are drawing near to the end of our first CSA season. This is my 2nd to last newsletter to you already! So to cheer myself up, I thought I'd introduce you to this really cool vegetable: say hello to the Chinese Yard Long Bean! Also known as asparagus bean, long bean, or snake bean (my personal favorite).



These odd legumes from Asia can grow up to 24 inches! They are very similar to regular green beans, but have a softer texture and milder taste. So use them any way you would a green bean...sautéed, roasted, stir fried, steamed...just be sure to not overcook them to mush.

We were really excited to see how well these beans took to our farm. Normally grown in tropical/subtropical climates, our short and volatile growing season in Wisconsin can sometimes work against us. But these beans took off! We have a huge trellised wall at the back of the farm that is bursting with them and it is fun to take groups back and watch them marvel at them. Kids in particular find them irresistibly fun!



Well, time to say goodbye for the week. We hope you enjoy your boxes! Special thanks to All People's Church for the sweet corn! They are swimming in it over there and we thought you'd appreciate a taste. It really is splendid stuff!

-Christine, Youth Educator/CSA Coordinator

Stir-Fried Yard Long Beans

- 1 Tbsp. Oil
- 1 Small Onion, Thinly Sliced
- 2 Cups Long Beans, Cut into 3in Length
- ½ Red Bell Pepper, Cut into Strips
- ½ Tsp. Sugar
- ¼ Cup Water
- 2 Tbsp. Soy Sauce
- 1 Tsp. Cracked Black Pepper

Heat the oil in a large skillet and add onion, stirring until lightly browned. Add the long beans and red pepper and stir fry until the beans are slightly softened and browned in spot, about 5 min. Stir in the sugar and add the water. Cover and cook over moderately low heat until the water has evaporated and the beans are tender. Add the soy sauce and pepper and cook for 1 minute. Transfer to a platter and serve. Optionally, add some toasted sliced almonds for a crunch!



Community Corner



A big thanks to everyone who came to our 5th annual Farmraiser last Saturday! We had around 175 smiling faces from the community come and join us! If you didn't make it this year, be sure keep it in mind for next year, as it is an amazing celebration of food, community, and art!



Family Matters

Preferring not to use the title "Farmer", Ian considers himself first a soil-builder and then an agriculturist. He began his agricultural adventure in his own backyard. There he first practiced composting and experimented with soil-building techniques. After experiencing the difficulty of growing underneath a black walnut tree, he expanded into a neighboring lot. His pursuits finally led him to work on a small CSA in the Milwaukee area. Here he gained mastery of the shovel and increased his knowledge of plants. With a can-do attitude and flair for building things out of garbage, Ian now coordinates efforts at the Victory Garden Urban Farm.



*"To forget how to dig the earth and tend the soil is to forget ourselves."
—Gandhi*