

IN THE BAG
Potomac Vegetable Farms
Week 13: September 5, 2011

This is what we anticipate will be in your bag. It could be slightly different.

Mini: potatoes, carrots, pole beans, eggplant, garlic, tomatoes, arugula, watermelon or kale

Regular: pole beans, eggplant, peppers, garlic, onions, tomatoes, kale, watermelon or Sun Jewel melon

Robust: potatoes, carrots, beans, eggplant, peppers, garlic, tomatoes, arugula, kale, salad mix, herbs, watermelon

Some of the beans are a little wrinkly. Don't worry--they're perfectly fine and delicious.

Everything should be stored in the refrigerator except garlic, tomatoes, potatoes and onions. Tomatoes should go on the counter; the fridge will make them mealy. Potatoes, onions and garlic should go in a cool, dry, dark place.

Green Beans in Oil – Loubieh

From Henrik Suhr, owner/chef of Lebanese Taverna Market

3 1/2 Lb Green Beans, strung and cleaned. (I prefer broad beans)

1 lb Spanish Onion, cut like Wings (wide Julienne)

7 to 10 cloves of Garlic, peeled and whole

2 1/2 ripe tomatoes, peeled and large diced

3 tsp salt - Kosher

1 tsp (or to taste) pepper, fresh ground

1 qt boiling water

6 oz oil (I use Lebanese extra virgin, a luxury)

Fry onions and garlic in the oil until onions are brown. Add beans and salt and pepper. Sautee for 20 min, turning occasionally.

Add tomatoes and water. Cook over high heat for 30 min then reduce to medium and cook till beans are tender.

Chill and serve cold on a platter, adding slices of tomato to garnish.

Green Bean Dumpling Soup

From [Minnesota Locavore](#)

For the Soup

1 Tbsp. sunflower oil
1 onion, chopped
4 cups carrots, sliced in coins
8 cups chicken stock
1/2 tsp. dried thyme
1/4 tsp. black pepper
4 C. green beans, cut into 1-2 inch pieces

For the Dumplings

1 1/2 C. all-purpose flour
1 1/2 C. whole wheat bread flour
1 egg
1 C. skim milk
2 tsp. salt (optional)

In a large stock pot, heat oil over medium-low. Add onion and carrots and cook 1-2 minutes. Pour in stock and seasonings and bring to a boil, uncovered.

Meanwhile, combine flours, eggs and milk in a small mixing bowl. Mix with a fork until dough is evenly moist (it will be sticky!). Set aside and allow to rest for 4-5 minutes.

When soup is boiling, add green beans and reduce to a simmer for 3-4 minutes. While soup is simmering, drop heaping teaspoonfuls of dumpling dough into the pot. When all dumplings are in the pot, bring to a boil, reduce the heat and cook 12-15 minutes or until dumplings are cooked through. (Dough will be firm but not sticky on the inside).

Green Bean Salad with Pickled Red Onions and Fried Almonds

From [Smitten Kitchen](#)

About the almonds, I didn't get them as toasty as I'd hoped to in the pan but love the finish frying them in olive oil gets you. If you're as fanatical about those coffee colored almond insides I mentioned above as I am, you might want to start with very well toasted almonds (you can do this in a 350 oven for about 7 to 10 minutes but keep a close eye on them so they don't burn). You could still finish them in the pan or just toss them with 1 teaspoon of the olive oil, then season them. I realize these almond directions could benefit from another round of testing but I'm getting on a plane in about 9 hours and my brain, it's already on island time. I get a pass, right?

1 pound green beans or haricot vert (skinny ones)
1/2 a fennel bulb (about 1/2 pound)
1 stalk celery, trimmed
1/2 medium red onion
1 tablespoon lemon juice
1/4 cup red wine vinegar
1/4 cup water
1 tablespoon kosher salt (I use Diamond brand; use less if you're using Morton or table salt)
1 1/2 teaspoons sugar
1/3 cup (about 2 ounces) whole almonds
2 tablespoons plus 2 teaspoons olive oil

If you've got an adjustable blade slider, time to make it earn its keep! Very thinly slice half your fennel bulb, your celery and your half onion. If you don't have a fancy slicer, just slice them thinly with a knife. Toss the fennel with lemon juice to prevent browning and also because it makes it extra delicious.

In a small bowl, whisk together the vinegar, water, salt and sugar together. Add the onions and set them aside for about an hour. If you don't have an hour, 30 minutes will still pickle them to deliciousness but they will only get better with age.

Meanwhile, bring a large pot of salted water to boil. Trim and tail green beans, something I just discovered I could do with kitchen shears. For me, it was a time saver. Boil beans until crisp-tender, about 4 to 5 minutes for regular green beans and about 3 minutes for skinny ones (a.k.a. "haricot vert" — what I used). Plunge in an ice water bath. Drain and pat dry. (If you have no patience for the precision of ice water baths, take the green beans out a full minute early as they will continue cooking as they cool.)

Heat a small heavy skillet to medium heat and add one teaspoon olive oil. Add almonds and toss until lightly browned, 2 to 3 minutes. Season lightly with salt and pepper to taste. Transfer almonds to a plate, let cool, and cut each almond into half or thirds.

Assemble your salad: Toss green beans with most of fennel, all of celery and half of the pickled red onions. Sprinkle two tablespoons of the red onion pickling liquid and two tablespoons of olive oil over the mixture. Season generously with salt and pepper. Taste, adjust seasonings and ingredient levels to your preferences — we found we wanted more fennel, red onion and pickling liquid.

Arugula, Potato and Green Bean Salad, with a Creamy Walnut Dressing

From [Smitten Kitchen](#)

Makes 8 small salads or 4 larger ones

1 ounce walnuts (about 1/3 cup)
1 1/2 pounds fingerling potatoes, cut crosswise into 1/2-inch-thick rounds
6 ounces haricots, verts, or other green beans, trimmed and cut into 2-inch segments
2 tablespoons white wine or other mild vinegar
2 tablespoons plain yogurt
1 teaspoon Dijon mustard
1 teaspoon coarse salt
Freshly ground pepper
2 tablespoons walnut oil
3 ounces baby arugula

Preheat oven to 375°. Place walnuts on a rimmed baking sheet and toast in oven until fragrant, about 8 minutes. Let cool slightly, then coarsely chop and set aside.

Bring a medium saucepan of water to a boil. Add potatoes, and cook until tender, about 10 minutes. Using a slotted spoon, transfer potatoes to a colander to drain and cool. Set aside.

Prepare an ice-water bath; set aside. Return pan of water to a boil. Add green beans, and cook until tender and bright green, about 3 to 4 minutes. Using a slotted spoon, transfer to ice-water bath to stop the cooking. Drain.

Whisk together vinegar, yogurt, mustard and 1/2 teaspoon salt in a small bowl; season with pepper. Add oil in a slow, steady stream, whisking until emulsified. Set dressing aside.

Arrange arugula, potatoes, and green beans on a platter. Season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Drizzle with dressing and sprinkle with toasted walnuts; toss to coat.

Summer Green Bean Salad Recipe

From [101 Cookbooks](#)

I call for all green beans here, but if memory serves me correctly the Contigo version had a wonderful mix of Romano, haricot vert, and standard green beans. I think you'd want to cook each type of bean separately to make sure the thinner ones don't over cook. I'd also encourage you to dress the salad a bit more heavily than what you see in the photo - I always worry about over-dressing things before taking a photo, and now that I'm looking at the shot, the beans up there are looking a tad bit naked.

3/4 pound green beans, stems pinched off

1 teaspoon finely chopped chives
1/4 teaspoon finely chopped fresh thyme
1 tablespoon minced shallots
2 tablespoons lemon juice
2 tablespoons heavy cream
scant 1/4 teaspoon salt
tiny pinch of freshly ground pepper
1/3 cup olive oil
1 teaspoon honey (optional)

a handful of frisee or little gem hearts

a handful of small cherry tomatoes, each cut in half
1/2 cup hazelnuts, smashed and toasted

Start by making the dressing. Whisk together the chives, thyme, shallots, lemon juice, heavy cream, salt and pepper. Whisk in the olive oil with a fork, stirring until everything comes together. Taste and adjust for seasoning. Sometimes my lemon dressings have a puckery edge to them, and when that happens I just whisk in just a touch of honey to counterbalance the sour. Set aside.

In the meantime, bring two quarts of water to a boil. Salt generously and stir in the green beans. Cook for about 1 1/2 minutes. Just until the beans brighten up and soften a touch, I go a bit beyond "al dente" here for this salad. Quickly drain them and run under cold water to stop the cooking.

In a large bowl toss the green beans with the frisee, about 1/2 of the hazelnuts, with a big splash of the dressing. Toss well. Taste, and add more dressing, salt or pepper at this point. Toss again if needed. Add the tomatoes and toss very gently.

You can turn this out onto a platter or plate individually topped with the remaining hazelnuts.

Serves about 4.

Prep time: 10 min - Cook time: 10 min

Feisty Green Beans

From [101 Cookbooks](#)

Use a white wine that you'd want to drink after opening. And for those of you looking to speed things up, you don't need to slice the green beans, but it was a good call, the sauce gets into all the nooks and crevices.

1 pound green beans, thinly sliced (see photo)
1/2 cup / 2.5 oz / 70g golden raisins
1 tablespoon extra virgin olive oil
2 garlic cloves, thinly sliced
1/2 medium yellow onion, finely diced
3 bay leaves
1/3 cup / 80 ml white wine
1/2 teaspoon hot paprika
1 teaspoon ground cumin
1 teaspoon ground coriander
1/2 teaspoon curry powder
1/2 teaspoon salt
scant 1/2 teaspoon crushed red pepper flakes
6 ounces extra-firm tofu, cut into 1/2-inch cubes
2 tablespoons unsalted butter
1/3 cup / 120 ml crème fraîche or sour cream
1/4 cup / 3/4 oz / 20g sliced almonds, toasted
1/3 cup / one handful of finely chopped fresh cilantro
salt and pepper to taste

Cook the green beans in a pot of well-salted boiling water for about a minute, just long enough that they lose their raw edge. Drain and dunk in ice-cold water to stop the cooking. Drain again and set aside.

In a small bowl cover the raisins with scalding hot water for five minutes, drain and set aside.

Heat your largest skillet over medium heat. When the pan is hot, add the oil, garlic, onion, and bay leaves. Cook for 5 minutes, or until the onions and garlic start to brown just a bit. Add the wine and cook until it has mostly evaporated. Carefully remove the bay leaves. Stir in the paprika, cumin, coriander, curry powder, salt, crushed red pepper flakes. Stir in the tofu and raisins and cook until heated through, a minute or so. Add the butter and green beans and stir until the butter has melted. Remove from heat and stir in the crème fraîche, then most of the almonds and most of the cilantro. Taste and add more salt and some pepper if you like. Serve topped with any remaining almonds and cilantro.

Serves 4 to 6.

Prep time: 30 min - Cook time: 15 min

Green Bean–Chile Stir-Fry

From [Food and Wine](#)

2 pounds green or yellow wax beans
1/4 cup vegetable oil
1/2 teaspoon black mustard seeds
1 jalapeño, seeded and minced
1/2 teaspoon minced fresh ginger
10 curry leaves or 1/4 cup chopped cilantro
Salt

In a large saucepan of boiling salted water, cook the beans until crisp-tender, about 2 minutes. Drain, let cool and pat dry with paper towels.

In a large skillet, heat 2 tablespoons of the oil until shimmering. Add half of the mustard seeds and when they pop, add half each of the jalapeño, ginger and curry leaves and cook over high heat until fragrant, about 30 seconds. Add half of the green beans and toss until hot, about 30 seconds. Season with salt and transfer to a platter. Repeat with the remaining oil, mustard seeds, jalapeño, ginger, curry leaves and beans. Serve hot or at room temperature.

GREEN BEANS with LEMON & PINE NUTS

From [A Veggie Venture](#)

Hands-on time: 5 minutes for frozen beans, 15 minutes for fresh

Time to table: 25 minutes for frozen beans, 35 minutes for fresh

Serves 4

Water to cover

Table salt

1 pound frozen or fresh green beans

1/4 cup toasted pine nuts

Zest of a lemon

Juice of half a lemon

1 tablespoon olive oil

Salt & pepper to taste

Bring the water to a boil on MEDIUM HIGH. SALT the water. Add the beans, cover and let cook til done, about 10 minutes. Drain and return to hot pan. Stir in remaining ingredients. Serve and enjoy!

GARLICKY ROMANO BEANS

From [A Veggie Venture](#)

Hands-on time: 10 minutes (if oil is already done, 15 if not)

Time to table: 15 minutes (ditto, 35 if not)

Serves 4

GARLIC- and ROSEMARY-INFUSED OIL

1 cup olive oil

a large sprig of fresh rosemary

5 garlic cloves, peeled and crushed with flat of a knife

Heat oil, rosemary and garlic in a skillet (the larger surface area heats the oil more evenly and quickly) until the rosemary sizzles. Turn off heat and let rest for 20 minutes. Remove the rosemary and garlic.

BEANS

Salted water to cover (see Kitchen Notes)

1 pound beans, ends snapped

1 tablespoon Garlic- and Rosemary-Infused Oil

1 tablespoon good bread crumbs, optional

Salt & pepper

Bring the salted water to a boil. Add the beans and cook for 5 minutes or until done but still bright green. (They cook faster than regular green beans.) Drain and toss with the oil and bread crumbs if using. Season to taste.