

### FRESH SHELL BEAN PURÉE ON GRILLED BREAD

1 pound Fresh Shell Beans (any variety or a mix)  
2 or 3 cloves Garlic, peeled and sliced  
Salt and Pepper  
few sprigs Summer Savory or Rosemary  
1/4 to 1/2 cup Extra-Virgin Olive Oil  
Grilled Country-Style Bread

1. Shell the beans. In a saucepan, cook the beans in lightly salted water until they are nearly falling apart. Drain them of all but a cup of their liquid.
2. To the beans in the saucepan, add the garlic; a little salt; the savory or rosemary; and about 1/4 cup olive oil. Cook and stir over low heat until the beans soften and begin to form a paste. Add more water if necessary. This will take 10 to 30 minutes. Taste while cooking and remove the herb sprigs when the beans have taken on enough flavor. (this is especially important with rosemary, which can become overpowering.) The garlic will soften and you can mash it into the beans; purée the beans and garlic in a food processor for a more uniform texture. Finish the purée with as much olive oil as your conscience allows and adjust the seasoning.
3. Serve on grilled country-style or levain bread toast that has been oiled and rubbed with a little garlic.

### PASTA WITH SHELL BEANS

2 pounds Fresh Shell Beans  
5 large cloves Garlic  
1/2 Onion  
6 Fresh Thyme Sprigs  
Salt & Pepper  
1/4 cup Extra Virgin Olive Oil, plus more for garnish  
2 tbs. chopped Italian Parsley  
1 tbs. chopped Fresh Sage  
1/2 pound Tomatoes, peeled, seeded and finely diced  
1 pound dried Pasta (rotelli, bowties, shells)

1. Shell beans and put in a large pot. Smash 2 garlic cloves and add to pot with onion, thyme and 6 cups water. Bring to a simmer, partially cover, and cook until beans are tender, 30 to 60 minutes. Season with salt and pepper and let cool in broth.
2. Mince remaining garlic. Heat 1/4 cup olive oil in a skillet over low heat. Add parsley, sage & garlic. Cook a minute or two to soften garlic. Add tomato and 1 cup of bean liquid. Season with salt & pepper. Bring to a simmer, cover, and cook, covered 20 minutes. Drain beans, reserving liquid. Discard thyme. Add beans to skillet and simmer for 10 minutes.
3. Cook pasta. Reheat beans, adding bean liquid if necessary—the beans should be brothy. Drain pasta, return to pot, add beans and sauce. Toss well and serve, drizzling with additional olive oil.



# WHISTLING TRAIN Farmletter

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## PEOPLE DECIDE TO TAKE PART

in a CSA program for various reasons. Some long for a closer connection to their food, some believe in supporting local farming families, some enjoy the surprise that comes with eating seasonally—and, of course some would agree with all those reasons. After receiving family food-loving stories from customers over the years, I want to share with you our dinner conversation from last night.

Our kids gobbled up some bits of sautéed broccoli and rice, then as they were eating the meat, 4-year old Della asked if that chicken was Brenda (last summer she named a white rooster Brenda.) I said no, we wouldn't eaten anything with a name. Except Licorice, our steer calf who will be butchered next year. We continued to talk about what animals we eat and why, and how they are killed, and where the peaches and nectarines we've been eating are from). I'm frank about these things—and the kids aren't fased about eating and talking about it, so we continued. "Mike the Butcher will kill Licorice, just like he kills the pigs for us, because they are big animals and he does a good job. We won't eat Beauty or Skunky (our milk cows) because they give us milk and baby cows. I will kill the chickens and ducks and put them in the freezer because they are smaller. Then we'll eat them this winter, and we won't have to buy meat at the store like other people do." (Last fall Della went on a sort of meat boycott after Mike the Butcher was here to do pigs. She started eating meat again this summer.) After all the talk about how the animals are killed and butchered, and packaged, she went back to eating her chicken. Then during a glass of milk and a cookie, Cosmo held up his glass and announced "Thank you Beauty-cow for making this yummy milk for me." I couldn't have coached him better, but he came up with it all on his own.

## THIS WEEK'S MENU:

Cauliflower  
"Black Coco" Shelling Beans  
Summer Squashes  
Green Onions  
Lettuce  
Cucumbers  
Tomatoes  
Basil  
FRUIT SHARES:  
Nectarines from  
Rama Farms in  
Bridgeport  
*Recipes on the back!*

## COMING SOON:

Spinach  
Arugula  
Carrots

**U-PICK SNAP  
BEANS ARE  
FINISHED —  
SHELLING BEANS  
WILL BE READY  
FOR U-PICKING  
SOON!!**