



KEEWAYDIN NEWS



Golden Tomatoes, Patty Pan Pyramid, Aurora eating the real breakfast of champions

August 3 / Week 10

This Weeks Box

Head Lettuce

Potatoes

Green Beans

Slicing Cucumbers

Red Onion

Carrots

Beets

Saladette Tomato

Yellow Tomato

Green Pepper

Summer Squash

Beet Walnut Salad

Ingredients

- 1 small bunch beets 3 cups
- 1/4 cup red wine vinegar
- 1/4 cup chopped apple
- 1/4 cup chopped celery
- 3 tablespoons balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon water
- 8 cups fresh salad greens
- Freshly ground pepper
- 3 tablespoons chopped walnuts
- 1/4 cup Gorgonzola cheese, crumbled

Directions

Steam raw beets in water in saucepan until tender. Slip off skins. Rinse to cool. Slice in 1/2-inch rounds. In a medium bowl, toss with red wine vinegar. Add apples and celery. Toss together. In a large bowl, combine balsamic vinegar, olive oil and water. Add salad greens and toss. Put greens onto individual salad plates. Top with sliced beet mixture. Sprinkle with pepper, walnuts and cheese. Serve immediately.

"One who plants a garden, plants happiness." —unkown

How to freeze fresh green beans

Freezing is accomplished in a few very simple steps.

- 1) Choose the freshest green beans you can find.
- 2) Rinse your green beans in cool water. Drain.
- 3) Cut the ends of the beans off. Cut the beans to whatever length you prefer.
- 4) Put the green beans into rapidly boiling water, cover the pot and time them for 3 minutes. (You can re-use this water three to five times)
- 5) Use a large slotted spoon to remove the green beans from the boiling water and immediately plunge them into a bowl of ice water to stop the cooking. Keep them in the ice water for 3 minutes. Drain them.
- 6) If you have a FoodSaver a great time to use it is right now. If you don't, put the green beans into ziplock freezer bags. Make sure you get as much air out of the ziplock bag as possible to help prevent freezer burn.
- 7) Get ready to enjoy farm fresh green beans whenever you want!

Maple Carrots

- 1 1/2 lb of carrots, peeled and cut into half-inch thick rounds.
- 1/2 cup of water.
- 3 tablespoons of butter.
- 2 tablespoons of maple syrup.
- 1 tablespoon of brown sugar.
- Salt and freshly ground blk pepper, to taste.

In a large skillet, bring all ingredients to boil.

Reduce heat to medium, then cover and simmer for 8 minutes.

Uncover and cook until the juices are reduced to glaze (4-5 minutes).

Season with salt and freshly ground black pepper.

