

by Erin McKinney

Often we get asked at this time of year what we are filling the boxed shares with. Roots, roots, more roots and some squash is usually a good answer. It's just the way it goes when you want to eat locally and organically in central PA in February. A couple of years ago I began to think a little outside the box, wondering what else we could produce that would dazzle a winter share. Something that was different and exciting, yet familiar to most menus. Dried beans of course! A staple in my pantry since I am a vegetarian. Why shouldn't we try to grow some here? Of course they are so versatile in the kitchen, from dips and spreads to soups and main courses, the options seem endless.

We chose a black bean for our trial crop in 2009 called 'Black Turtle' that is known for its deep, rich flavor. According to our seed purveyor, this heirloom variety is believed to have originated over 7,000 years ago in Southern Mexico and Central America. Of course we all know that beans are high in lean protein and fiber as well as being low in fat. They also have a nice serving of omega 3 & 6 in a one cup serving as well.

Since this is our first go at them, we do not have a piece of equipment for cleaning the shells from the beans. So Steve and I were the piece of equipment and we did our best to clean the hundred pounds that we are distributing this week while still trying to be timely. To prep the beans for cooking it would be an understatement to say, "Just rinse the beans." Last night I put our one pound on a cookie sheet, removing larger pieces of stem and debris by hand, and then kind of blew the rest off over the sink. A hairdryer on cool would work well. Then I rinsed them in a colander several times, and that worked just fine. Of course they are the best beans I have ever tasted. Don't tell the chef, but they made a better Black Bean Soup at home than at the Columbia Restaurant!

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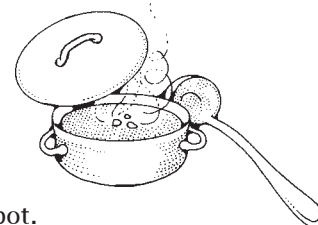


## Cook's Column By Steve Spanelli

### Black Bean Soup

Courtesy of Columbia Restaurant, FL

1 lb. black beans	1 TBS salt
3 qt. water	1/8 tsp. cumin
1 oz. olive oil	1/4 tsp. oregano
1/2 oz garlic	1/4 oz. sugar
1 1/2 oz. onions	1/4 tsp. black pepper
1 oz. green pepper	



- ~ Soak beans in the water overnight in a 4-qt pot.
- ~ Bring beans to a boil in the pot, using the same liquid they soaked in and then simmer.
- ~ Heat the oil and brown the garlic in a pan. Puree the onions and green peppers, then add the puree mixture to the oil and garlic, sauté for 4 minutes. Then add mixture to the beans simmering in the pot.
- ~ Add the salt, cumin, oregano, sugar, and pepper. Stir, simmer until beans are tender.
- ~ Serve over rice.

### Black Bean Hummus

1/2 lb. black beans  
2 TBS sesame oil  
1 TBS garlic, minced  
2 tsp. olive oil  
1 tsp. lime juice  
pinch cumin  
pinch cayenne  
salt



- ~ Soak beans in water overnight. Bring to a boil and then simmer until they are tender. Drain and allow to cool.
- ~ Combine all the ingredients in a food processor and puree until smooth.
- ~ Serve with pita or crusty bread.

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### Winter Hours

Mon-Sat ~ 10am - 5pm  
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Harvest Shop (814)466-3411  
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## COMMUNITY CALENDAR

### Distribution Dates

February 16 & 19  
March 2 & 5  
March 16 & 19



### COMPOST

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