

by Intern Caitlin Smith

Americans have been slow to appreciate the enchanting attributes of the fava bean.

The ancient fava bean is one of the oldest cultivated plants on earth, perhaps because it is one of the easiest to grow! The fava has been feeding people in Asia, the Middle East, South America, North Africa and Europe for quite a long time. The beans are high in fiber and iron, and low in sodium, cholesterol and fat- the perfect ingredients for growing robust civilizations on Earth. Now, after some 5,000 years, the fava seems to be taking hold in the New World. And we grow them right here at Tait Farm so you can take in all the history, wonder, and lovely nutty flavor when you pick up your beans at CSA distribution.

Also on the vine here at the farm, are summer squash and the beginnings of some cute little Sun Gold tomatoes. The peas are just about done for the season, but who cares? We'll have broccoli soon! And lots of fresh dill and basil to boot.

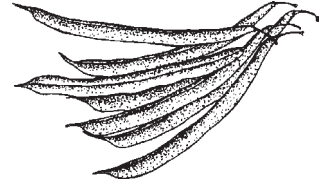
In the greenhouse, I have been experimenting with my own enchanting vegetable-to-be. Way back in October, I was given a giant pumpkin seed by a one armed Canadian farmer. Armed with love alone, and a little compost, Lawrence grows the biggest giant pumpkins in all of New Brunswick. These babies weigh close to 300 pounds if you take good care of them! He gave me one of those seeds with express directions to grow a piece of New Brunswick back in the United States. Lawrence and I take fostering the seeds of cross cultural understanding very literally. However, Steve and I planted it, and have been waiting and waiting to no avail. We might give the seed casing a little poke to help life spring through the tough seed shell. But I fear that it may be a dud. So much for my visions of Tait Farm's own magnificent giant pumpkin.

So for now, it may not be a giant pumpkin, or a magic growing beanstalk, but I will settle for the extraordinary in the ordinary fava bean. Having had such a hand in the nourishment of mankind, that I tip my hat to the humble fava bean. Small wonder.



Cook's Column
By Steve Spaghetti

Stir-Fried Garden Beans



- 2 tablespoons tamari (soy sauce)
- 1 garlic clove, minced
- 1 ½ teaspoons sesame seeds, toasted
- 2 teaspoons honey
- 1 tablespoon peanut butter
- pinch of cayenne pepper
- 1 pound beans (purple, green, etc.), trimmed & cut in half
- 2 tablespoons oil

- ~ Combine the tamari, garlic, seeds, honey, cayenne, and peanut butter in a small bowl and combine.
- ~ Heat a wok or large sauté pan over medium-high and fry the beans for a few minutes, cook until they are crisp-tender. Add the sauce mixture, toss to coat and remove from heat.

Grilled Summer Squash

- Zucchini, yellow, or patty pan squash, cut in ½ length-wise
- ¼ cup peanut oil
- 1/3 cup lemon juice, fresh
- 3 garlic cloves, crushed
- ¼ cup basil, chopped
- 1 tablespoon parsley, chopped
- sea salt and fresh black pepper



- ~ Fire up the grill!!! (You can use the broiler if you don't have a grill).
- ~ Combine all but the squash in a bowl and whisk well. Toss in the squash and coat.
- ~ Brush the squash with the mixture as you grill it. Cook till tender.

COMMUNITY CALENDAR

NEW PHONE NUMBER

Community Harvest has a new phone number. Please call 466-2386 if you need to contact us.

Thanks!

State College Farmers Market
Fridays ~ 11:30am to 5:30pm
on Locust Lane

Summer Hours

Mon-Fri ~ 9am to 6pm
Saturday ~ 9am to 5pm
Sunday ~ 10am to 4pm
(814) 466-3411

taitfarmfoods.com

IN THE HARVEST SHOP

Local Fruits



**Cherries, Peaches,
Blueberries**



Local Corn Coming Soon!

IN THE GREENHOUSE

Plant Sale!

**50% off most plants
25-50% off pots**

Community Harvest members receive a 10% discount on Harvest Shop purchases.
(excluding consignment & sale items)