

# GROUNDWORK ORGANICS



May 25, 2022

Just a few little Diva cucumbers for each box this week but wanted to include them all the same. We should start harvesting from another big tunnel or two in a couple of weeks, more to come soon!

**Fava beans** are an extremely seasonal spring treat with a relatively short season. Planted in the fall, a November 1<sup>st</sup> tradition in Italy, they germinate and grow a few inches before the weather turns cold enough to stop them in their tracks but hopefully not freeze them. Even at this point they are a remarkable crop, sequestering nitrogen from the soil, and storing it in little nodules on their roots. Many farms plant them as a winter cover crop for this reason. As it warms up towards the end of winter, the plants continue growing, then flower and produce beautiful pods in May and June.

To prepare, first remove the large beans from the pods. This doesn't have to be done delicately, the pods can be snapped in half and then pried open (a great task for a small kid you might know). Drop the shucked beans in a pot of boiling salted water for 1-2 minutes until they are bright green, then drain and dunk in ice water to quickly cool them. They can be used like this, especially in minestrone, soups or stews, but most people prefer to pop the bright green pea-like center out, using your thumb and forefinger, from the surrounding slightly tough skin for a much more delicate and sweet result. Toss into pasta dishes, composed salads or scatter over toasted country bread with fresh ricotta. The recipe below is an all-time favorite I have to make at least once every spring.

**Fresh garlic** can be used just the same as cured, though you can include the inner layers of skin which haven't papered up yet when you're chopping, if you wish. Store in the fridge to keep fresh. Thank you all! *Sophie*

## **Fava Bean Puree** adapted from [Chez Panisse Vegetables](#)

2 ½ pounds fava beans  
scant 1/2 cup extra virgin olive oil  
salt and pepper  
2 cloves garlic  
1/4 bay leaf  
1 small sprig each rosemary & thyme  
Juice of 1/2 lemon

Prepare fava beans as discussed above, popping out the bright green bean inside with a pinch of your thumb and forefinger. Warm most of the olive oil in a shallow, non-reactive sauté pan. Add the beans and salt lightly. Add the garlic, peeled and chopped very fine, the herbs, and a splash of water. Cook the beans at a slow simmer, stirring frequently, about 30 minutes, until they are completely soft and pale green. Add another splash of water from time to time to prevent the beans from drying out and sticking to the pan.

When the beans are done, remove and discard the herbs, and mash the beans into a paste with a wooden spoon, or puree with a food processor. Taste for seasoning and add a little more olive oil or a few drops of lemon juice to taste. If the flavor is at all dry, add more olive oil. Serve warm or at room temperature, by itself or spread on grilled bread. Makes about 2 cups, stores great in a jar in the fridge for 4-5 days.

## In your box

Bunched spinach  
Carrots  
Diva cucumbers  
Red Gold potatoes  
Italian parsley  
Fava beans  
Fresh garlic  
Sweet onion  
Strawberries

## **The UO Urban Farm needs your help!**

As you may know, the UO Urban Farm is set to be significantly impacted by a campus development project, and members of the Urban Farm Friends and Alumni Network are collectively leveraging their voices in search of a different outcome. KLCC published [an excellent summary of the issue](#) earlier this month, and other information is at [savetheurbanfarm.com](http://savetheurbanfarm.com)

The Urban Farm Friends and Alumni Network would love for any community members to join Winter Green Farm, Groundworks, Moondog's Farm and others in signing this [Community Letter to UO President Schill](#).