

Week of 10/13/08

## Wise Acre Farm

Mary Fahey

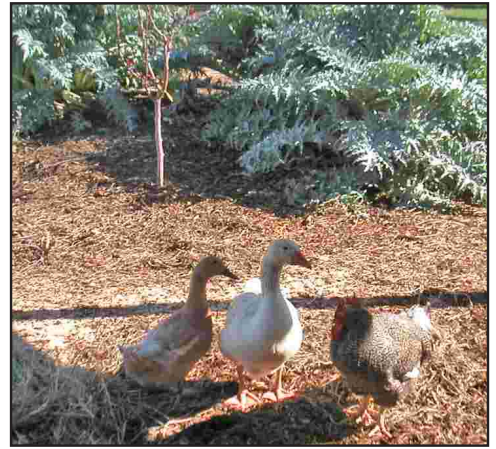
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For more information, and recipes, visit our website:

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**Please save your box & jars - I will pick them up next week.**



### This week on the farm:

Some of your vegetables may have some scarring on the outside, but they are still good on the inside. The scarring is due to the four straight days of high north winds that we experienced late last week and over the weekend. Winds like that really take their toll on the plants, dehydrating them, and causing injury when the fruit, stems and leaves are whipped together.

A note about cleaning your vegetables: be sure to wash your veggies before you use them. They don't have chemicals on them, but they do have dirt and dust and occasionally a bug or two. I do not generally wash the vegetables before you get them unless they are very dirty. Vegetables deteriorate a lot faster after being washed, so ideally they should be rinsed just before use.

### Here's what's in your box this week:

Summer Squash, Eggplant, Bell Peppers, Fortex Green Beans, Radishes, Carrots, Pomegranate, Sage, Fresh cut Flowers

#### **Fortex Bean Description** (*these are the beans in your box*):

The best-eating green bean! Extra long, round pods. Growing to over 11", Fortex has the longest pole bean pods. Early and very productive, the beans may be picked at 7" in length for extra slender, "filet" beans. Dark green, firm-textured, round pods are completely stringless and delicious at all lengths, even after the seeds enlarge.

**Sage:** Sage is delicious on poultry and potatoes. Use it fresh, or hang to dry.

#### **Sauteed Green Beans** by Robin Miller

2 cups green beans, trimmed

1 tablespoon butter

1/4 cup almonds, slivered or sliced

Salt and ground black pepper

In a skillet, saute the green beans in butter until tender-crisp. Season with salt and black pepper, to taste. Before serving, add the almonds to the skillet and heat through until the almonds are toasted.

\* You can add carrots and bell peppers to this recipe too if you want to use more of the veggies in your box.