

In The Bag
Potomac Vegetable Farms
Week #11: August 14, 2012
Featuring: Green Beans

This is what we anticipate will be in your bag. It could be slightly different.

Mini: garlic, potatoes, squash, beans, peppers, cherry tomatoes, lemon basil, tomatoes

Regular: garlic, onions, potatoes, squash, beans, Juliets, chard, tomatoes

Robust: garlic, onions, potatoes, squash, beans, peppers, Juliets, chard, lemon basil, tomatoes

Tomatoes go on the counter. Squash and garlic do well there, too. Basil is happy in a glass of water (the fridge is too cold). Potatoes go in a cool, dark place. Beans, chard and peppers are happy in the fridge.

Featuring: Green Beans

You'll get a few different varieties of green beans throughout the season. We grow the standard round beans as well as the wider and flatter variety, Magnum. Our friends over at Cox Farms in Leesburg also keep us stocked up with beautiful pole beans in different shapes and sizes. All of the beans you receive can be cooked in the same way--like you'd cook your standard green beans. I've canned dilly beans with the wide, flat beans with great success. Don't be scared by the size or shape, they're all fresh, juicy and delicious.

Preserving Green Beans

I know of two ways to preserve green beans--can 'em or freeze 'em.

Freezing is easy. Trim your beans, blanch them for 3 minutes, then dry them and pack them in quart sized bags in the quantities of your choosing. Here's a website with step-by-step instructions for those wanting more details:

<http://www.pickyourown.org/beansfreezing.htm>.

Canning is pretty simple as well. Dilly beans are one of my favorite things. But, you may also can straight beans for a side dish later or get more creative than my boring old dilly beans.

Dilly Beans: <http://www.foodinjars.com/2009/07/dilly-beans/>

Canned Green Beans: <http://davesgarden.com/guides/articles/view/2585/#b>

Pickled Green Beans with Rosemary and Lemon:

<http://rosemarried.com/2011/08/31/preserving-the-harvest-pickled-green-beans-with-rosemary-and-lemon/>

Fermented Green Beans in Salt:

<http://newoldfashionedgal.wordpress.com/2007/10/01/fermented-green-bean-in-salt/>

Curried Green Beans for Canning: <http://www.food.com/recipe/curried-green-beans-for-canning-232551>

Cooking Green Beans

Garlicky Romano Beans: <http://www.potomacvegetablefarms.com/recipe/garlicky-romano-beans/>

Green Beans with Lemon and Pine Nuts:

<http://www.potomacvegetablefarms.com/recipe/green-beans-with-lemon-pine-nuts/>
Green Bean-Chile Stir Fry: <http://www.potomacvegetablefarms.com/recipe/green-bean%E2%80%93chile-stir-fry/>
Feisty Green Beans: <http://www.potomacvegetablefarms.com/recipe/feisty-green-beans/>
Green Bean Dumpling Soup: <http://www.potomacvegetablefarms.com/recipe/green-bean-dumpling-soup/>
Green Beans in Oil (Loubieh): <http://www.potomacvegetablefarms.com/recipe/green-beans-in-oil-%E2%80%93loubieh/>
Warm Fingerling Potato and Green Bean Salad:
<http://tastykitchen.com/recipes/salads/warm-fingerling-potato-and-green-bean-salad/>
Green Bean and Black Quinoa Salad:
<http://www.sproutedkitchen.com/home/2011/7/7/green-bean-black-quinoa-salad.html>
Roasted Green Beans with Mushrooms, Balsamic and Parmesan:
<http://www.kalynskitchen.com/2009/01/recipe-for-roasted-green-beans-with.html>