What’s in the box?
Red Butterhead Lettuce, *Red Cross OR*
Summer Crisp, *Magenta*
Spinach, *Renegade*
Chard, *Rhubarb Red*
Pac Choi, *Black Summer*
Golden or Red Beets, *Touchstone Gold, Red Ace*
Fresh Onions, *Bianca di Maggio*
Cilantro, *Santo*
Romano Beans,
Mixed Summer Squash, *Dark Star, Raven, Yellow Crookneck, Costado Romano and Lebanese*
Strawberries, *Seascape & Albion*
Avocado, *Bacon type*
New Potatoes, *Red Gold (with a few Yukon Gold)*

In honor of why we sow, weed, harvest and toil, this week’s Field Notes is all about vegetables. Recipes, food facts and other information intended to enrich your enjoyment of fresh, quality veggies.

Green beans (*Phaseolus vulgaris*) are native to Central America and the Andean region of South America. One of the “three sisters” along with squash and corn, the staples of the Native American diet, the bean traveled through Asia and Africa before arriving in Europe in the 16th century.

Also known as string or snap beans, green beans are not always green—sometimes they’re yellow or even purple. Fresh beans contain generous amounts of vitamins A, B1, B2, calcium and potassium.

From: *Fresh from the Farm & Garden, vol 1.*

Upcoming Workshop: Summer Pruning for Fruit Trees
Saturday, July 31, 10 am - 1 pm
Louise Cain Gatehouse, UCSC Farm

Summer pruning is one of the best ways to ensure the health and productivity of your fruit trees. Learn summer pruning techniques from pruning experts Orin Martin and Matthew Sutton in this demonstration workshop. Wear comfortable shoes and bring a snack. $15 for Friends’ members; $20 general public, payable at the workshop. No pre-registration necessary. Questions? Call 831.459-3240 or email casfs@ucsc.edu.
### Cooking Tips: Romano Beans

Like other snap beans, Romano beans are supposed to be eaten whole. They are considered ripe when they make a crisp “snap” if they are broken in half, and they have a very mild flavor and a tender texture. Romano beans are often braised with other summer vegetables and eaten as a side dish, and they can also be added to soups, stews, stir fries, and assortment of other dishes. You may also hear Romano beans referred to as Italian flat beans or Italian snap beans, but don’t confuse them with fava beans, which are sometimes labeled as “Italian broad beans.”

To use Romano beans, cook snap or trim off the ends and rinse the pods to remove any dirt from the field. Cook lightly to retain their crunchy texture. Take care when cooking the beans in a soup or stew, as overcooking will cause Romano beans to turn into a tasteless mush. Finally, beans can be blanched (dropped into boiling water and removed when bright green) and put in freezer bags. Add them to soups throughout the winter.

### Romano Beans with Garlic and Rosmary-Infused Oil

**from:** http://kitchen-parade-veggieventure.blogspot.com

- 1 cup olive oil
- a large sprig of fresh rosemary
- 5 garlic cloves, peeled and crushed
- 1 pound beans, ends snapped
- 1 tablespoon good bread crumbs, optional

**To make oil:** Heat oil, rosemary and garlic in a skillet (the larger surface area heats the oil more evenly and quickly) until the rosemary sizzles. Turn off heat and let rest for 20 minutes. Remove the rosemary and garlic.

**To cook beans:** Well-salted water enhances the flavor of green beans. Add 1/2 tablespoon of table salt (or a tablespoon of kosher salt) per quart of water. Bring the salted water to a boil. Add the beans and cook for 5 minutes or until done but still bright green. (They cook faster than regular green beans.) Drain and toss with the oil and bread crumbs. Season to taste.

### Potato and Chard Tian

**from:** healthy.delicious.com

- 1/2 bunch chard, chopped
- 1 clove garlic, minced
- 1 large potato, thinly sliced
- 1/4 cup chicken or vegetable stock
- 1/4 cup Guyere cheese
- 1/4 cup ground nutmeg

Preheat oven to 350. Cook swiss chard and garlic in a large skillet over medium heat until wilted. Set aside.

Layer 1/3 of the potato slices in the bottom of a 2-cup ramekin. Top with half of the swiss chard. Repeat, and top with remaining potatoes. Pour chicken stock over it all. Bake at 350 for 30 minutes, or until potatoes become soft. Mix cheese with nutmeg. Top the tian with cheese mixture and return to the oven for 5-10 minutes or until cheese melts.

Serves 2.

### Cooking Tips: Chard

Chard leaves are large and fleshy and the flavor is stronger and more robust than spinach. It is popular in France where it is baked with rice, eggs and milk in what the French call tians (baked layers of vegetables topped with cheese). The French also cook chard into a sweet tarted filled with raisins, pine nuts and apples—all bound together with eggs. Chard combines well with eggs in frittatas or tortilla.

For pies, frittatas and gratins, the leaves and ribs can be cooked together. Gently saute the ribs in butter and oil and then the leaves a minute or so later. Alternately, the ribs can be simmered in a little water until tender and the leaves added a few minutes later or steamed over the top. With large leaves, the ribs can be removed and the leaves blanched (dropped briefly into boiling hot water and removed when color brightens) and used to wrap little parcels of fragrant rice or other fillings.