



News from Provident Organic Farm



www.providentfarm.org

Season 3, Week 13

“dedicated to a safe, just, and sustainable food system”

July 4th-10th, 2004

Notes from the Field, v. 3, #13

Jay is busy on a tractor, so there will only be a short newsletter this week [eds].



Sautéed Zucchini Ribbons

2 lb	medium zucchini, about 4
2 tbsp	olive oil, divided
1 tsp	garlic, thinly sliced
1/2 tsp	salt
1/4 tsp	black pepper
2 tsp	finely grated fresh lemon zest

Trim zucchini and cut lengthwise into 1/8-inch-thick slices.

Heat 1 tablespoon oil in a large skillet or sauté pan over moderately high heat until hot but not smoking. Add garlic and sauté several minutes, or until very lightly browned. Remove garlic and discard.

Add half of zucchini to garlic oil and sauté, turning and stirring frequently, until just tender but not golden, about 5 minutes. Sprinkle with half of salt and pepper. Transfer to a platter. Heat remaining tablespoon oil, then sauté and season remaining zucchini in same manner and transfer to platter. Sprinkle zucchini with zest and toss gently.

Serves 4.

Gourmet, Aug. 2003

Prep Tips: Use a mandoline or other adjustable blade-slicer for even thickness.

Stir-Fried Green Beans

1 1/2 tbsp	minced garlic
1 1/2 tbsp	minced fresh ginger
2	scallions, minced (white and green parts)
2 tbsp	dry sherry
2 tbsp	sugar
2 tbsp	soy sauce
1 tbsp	water
2 tbsp	oil, vegetable or peanut (NOT olive)
1 1/4 lb	green beans, stem ends removed
2 tbsp	water

Combine sauce ingredients in a small bowl; set aside.

In a large skillet or wok, heat the oil and stir-fry the beans until barely crisp-tender, about two minutes. Add the water and continue to stir-fry for another few minutes or until the beans are crisp-tender and water has evaporated. Add the sauce and continue to stir-fry until beans are tender but not overcooked, about 5 more minutes. Serve immediately.

Serves 4-6.

Adapted from *The Complete Vegetable Cookbook* by Lorraine Bodger, 1990.

Good Stuff, Cool Stuff

Don't forget that the Farmer's Market has moved! It is now at the corner of Rt. 50 and Rt. 13 in the District Court parking lot on Saturdays 8am to 1pm and Wednesdays 12 noon to 5pm.

We need plastic grocery bags, but please don't send us bags that have had contact with meat products. We also can't use small bags such as newspaper bags, English muffin bags, etc.

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Comments & Contributions

We welcome your comments and contributions, including recipes! Please send to ubuubok@dmv.com or Provident Organic Farm CSA, PO Box 62, Bivalve, MD 21814.