



May 24, 2003

Boánn's Banks

Sustainable Agriculture Along the Broad River

This Week at Market

- Radish “French Breakfast”
- Lettuce “Forellenschluss” and “Bronze Mignonette”
- Italian Dandelion
- Mountain Spinach “Ruby Orach” and “Golden Orach”
- Lambs’ Quarters
- Baby Turnip Greens
- Young Broccoli Greens
- Baby Collard Greens
- Baby Kale “True Siberian”

On the horizon: Turnip and Beet Greens and bottoms, Kohlrabi, Carrots, Rutabagas, and more!

Broccoli Greens Minestrone

- Dried beans
- 1-2 onions, chopped
- 4-6 cloves garlic
- Canned tomatoes (at least two 14-ounce cans)
- 1 chunk parmesan rind
- At least a double handful of noodles , any shape
- A couple of handfuls broccoli greens, coarsely chopped
- glug red wine
- 1-2 tablespoons chopped fresh oregano



Cover the bottom of a soup pot with dried beans, though the layer should be no more than two beans thick, and one is plenty. Soak the beans for at least three hours in warm water; overnight is better. Drain off the water, replace with some inches of fresh water and simmer gently over low heat until the beans begin to be tender. Add onions, garlic, tomatoes and parmesan. Simmer for another half-hour or so. Add noodles. Around the time the noodles just start to get tender, add greens, wine and oregano (you can also add a similar amount fresh basil). Salt and pepper to taste, and serve when the greens are tender with crusty bread.

Hello! This is the space we normally use to tell you what’s been going on at the farm this past week. This week, however, not much happened. It’s been raining every day for the past... actually, I don’t remember the last day it **wasn’t** raining. We’ve done what we can to prepare the summer beds for a planting that gets further behind each day. We’re nearly ready – only installing the drip irrigation lines and the actually planting remains. The forecast for this weekend looks good, so maybe it’ll all finally happen. The sooner the plants go in the ground, the sooner we can bring you the tomatoes, peppers, eggplant, beans, okra, squash, and so on!

In the meantime, we’ve been doing other work around the place. The young and old chicken flocks are nearly ready to integrate into one, so

we’ve been preparing their living quarters. There’s been plenty of record keeping to take care of, some of which will make future years easier. Much of that information so helpful to us will also be available to you on our website – www.boannsbanks.com. For example, if you want to know more about the Cherokee Purple tomato or how long it takes to go from planting to harvest for the Black Spanish radish, we’ll tell you.

This upcoming week should be productive. Besides finally getting the summer crops in, we’ll be establishing a bee hive and continuing to harvest for the Locally Grown cooperative.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
www.boannsbanks.com

Featured Vegetable

This week’s featured vegetable is a cabbage best known for its immature flower buds: broccoli, *Brassica oleracea italica*. Cabbage, broccoli, cauliflower, and Brussels sprouts are all the same species that have, over time, been bred for a specific trait. For broccoli, of course, it is the large head of dense flower buds. All of these plants first began as a wild cabbage tamed by a group of people who lived in present-day Turkey three thousand years ago, the Rasenna. A group of these people migrated to Italy and became the Etruscans. They brought broccoli with them, and the Romans found it to be one of their favorite vegetables. One story involves Drusius, the son of Emperor Tiberius, who so loved broccoli that he ate it to the exclusion of anything else for a whole month. When even his urine turned bright green, Tiberius made Drusius to eat normally. Broccoli didn’t catch on in the rest of Europe until the 1700s and was virtually unknown in the US until the 1920s when the D’Arrigo Brothers based their California farm around this vegetable.

Broccoli can be hard to grow in Georgia. By the time the farmers’ markets open, the growing season is nearly over. That didn’t deter us, though – the greens are just as good as the heads! They have nearly the same nutrition value, and the taste is similar but more mild. They can be diced and used raw in salads or steamed or sautéed like any other cooking green.