



July 13, 2002

This Week at Market

- Summer Squash “Yellow Crookneck”
- Zucchini “Cocozella di Napoli”
- Mixed Field Peas
- Lambs’ Quarters
- Carrots “Red Core Chantenay” and “Kuttiger”
- Rutabaga “Joan”
- Beets “Albina Verduna”
- Eggs from Free Range Hens

Eggs in a Tomato Nest

1 or 2 medium heirloom tomatoes
per serving
1 or 2 eggs per serving
butter
salt and pepper

Cut the tops off the tomatoes and hollow out some of the center. Add 1 teaspoon of butter into the cavity. Crack one egg into the cavity. Sprinkle with salt and pepper. Place in a baking dish and bake at 350°F until the eggs are firm (about 15-20 minutes). You can also add shredded cheese and chopped parsley before baking for added richness.

Steamed Eggs and Squash

1 zucchini and/or summer squash, cubed
5 eggs, beaten
½ cup cottage cheese
salt and pepper

Sauté the squash in a tiny bit of olive oil until just heated through. Set up a double boiler (two nested sauce pans with an inch of water in the bottom will be fine). When the water comes to a boil, add the eggs, cottage cheese, and seasonings. Slowly stir constantly. When the eggs have just begun to set, add the squash. Cook a little bit less than you like them as they’ll finish cooking on the plate.

Boánn’s Banks

Sustainable Agriculture Along the Broad River

Hello! The cloudy rainy week we’ve had has done wonders for both the crops and the farmers. If our “meal plan” subscribers haven’t already bought them all, you’ll see the first of the summer bounty this week.

We got another chance to marvel at nature this week when the tomato horned worms found our plants. It is always amazing how these moths can discover tomatoes, even when there’s not another garden within a half-mile or more. The worms can do a tremendous amount of damage in even a single day, but even they have their use.

Our hens think the worms are the best treat possible. Another “pest” discovered the farm this week; a deer got into the field and walked right down the cucumber and bean beds, eating as she went. The plants largely survived and deer netting is now up, so it was only a minor inconvenience. A few beans are fair trade for having her and her fawn living in view of our back widows. Thanks for coming to market this week. Eat well!

-- *Chris and Eric Wagoner*
www.boannsbanks.com
706-245-9774

About our Eggs

If you’ve only known eggs from a supermarket, then you may think an egg is an egg is an egg. White or brown, they’re all the same on the inside. If you’ve once had a farm-fresh egg from a hen that’s allowed to roam, you know there’s a huge difference between those and supermarket eggs.

The most obvious difference (besides the wonderful taste) is the color of the yolk. A hen with access to green grass and plenty of bugs produces eggs with a yolk that is vividly yellow, nearly an orange. Hens that spend their life in a cage produce a pale yolk whose color is largely derived from marigold petals and other coloring agents mixed in the feed. The rich color from our eggs will do wonders for your recipes, too. You’ll see cake batter and homemade ice cream the color it was meant to be. Your omelets and deviled eggs will look much more pleasing.

You’ll notice a difference from the freshness, too. Our eggs will have been laid no more than a week before you buy them. Fresh eggs have a much firmer white, resulting in thicker fried and poached eggs. The yolk is also firmer and more resistant to breaking, making sunny side up eggs a breeze to make. Many restaurants specifically request older eggs because their fried eggs look larger on the plate or sandwich, since they run out into the skillet. One instance where you really do want them older is for hard boiled eggs. You’ve probably noticed when peeling eggs that under the shell are two distinct skins (the air pocket is between these two layers). In fresh eggs, the bond between these two is very tight, and that makes peeling very difficult. If you plan on making a large number of hard boiled eggs for Easter or deviled eggs or whatever, but them a couple weeks in advance and let them age in your refrigerator. Peeling will be much easier.

The state of Georgia requires us to grade our eggs before we sell them to you. These grades were developed for mass-produced eggs laid by caged hens, and our hens have refused to neatly match the state’s categories. So, we label ours “Grade B or better”. If color and shell uniformity weren’t factors, all of these would be Grade AA, the best they can be. Also, they are sized “Pee Wee or larger”, though you’ll find many of them are Extra Large or Jumbo. Hens lay smaller eggs when they just get going, so you’ll notice the average egg getting larger as the weeks go by.

Why are some of them green? They’re from our Ameraucana hens, a breed descended from a flock kept by a Peruvian tribe found a century ago. Inside, they’re the same as the others.