



# BOANN'S BANKS

*Sustainable Agriculture Along the Broad River*

August 9, 2003

## This Week at Market

- Summer Squash “Yellow Crookneck”
- Zucchini “Cocozella di Napoli”
- Basil “Lemon”, “Red Rubin”, “Cinnamon”, “Thai”, & “Genovese Sweet”
- Fresh Pesto
- Sumac Berries
- Edamamé
- Eggplant “Turkish Orange”
- Jalapeno Peppers

On the horizon: Cucumbers, Beans, many varieties of Heirloom Tomatoes, additional Peppers, and more!

## **Pasta with Edamamé and Kale**

- 2 tablespoons sunflower seeds
- 1 tablespoon olive oil
- 1 large yellow onion, thinly sliced
- 3 cloves garlic, minced
- 1-1/2 large bunches kale (12 ounces), stems removed and coarsely chopped
- 1 cup vegetable broth
- 2 cups cooked and shelled edamamé
- salt and hot red pepper flakes
- 1 pound pasta
- 6 tablespoons grated Pecorino Romano cheese
- Black pepper



In a 350-degree oven, toast sunflower seeds on cookie sheet 10 minutes or until lightly browned (watch closely). Set aside.

Heat oil in large skillet over medium-high heat. Add onion and cook, stirring frequently, about 5 minutes. Stir in garlic and kale; continue cooking until kale wilts, about 2 minutes. Stir in broth, edamamé, and salt and red pepper flakes to taste. Simmer, covered, until kale is tender, about 3 minutes.

Meanwhile, cook pasta in large pot of boiling water. Cook al dente according to package directions. Drain well. Toss pasta with edamamé mixture. Sprinkle with cheese, pine nuts and black pepper. Serves 4.

Hello! This week seemed to fly by. We still haven't gotten the fall beds ready, but the summer items are really starting to come in. The first of the eggplant are here this week, as are quite a few edamamé soybeans and hot jalapeno peppers. There are a half-dozen other types of peppers on the way, along with a more traditional eggplant variety, tomatillos, many green beans, acorn squash, and (of course!) tomatoes. The first tomatoes are a nice shade of yellow, so if we get any sun at all this week (not a sure bet, the way things have been so far this summer), we'll be bringing some to market next week.

We got more press this past week. If you find a copy of the summer issue of Northeast Georgia Living, you'll get to read a nice article about the many choices you have with conventional vs. organic and

“natural” eggs and meat. The article is good on generalities, and talks specifically about what we are trying to do with our farm.

Also, Villard Books just published a hefty book titled “Recipes from America’s Small Farms – Fresh Ideas for the Season’s Bounty”. We managed to get included, and were the only farm in Georgia to do so. A recipe from last year, Eggs in a Tomato Nest, is in there along with a profile of how we raise our hens. You can find a copy at your favorite book seller, and we should have some available at market soon.

We're still taking requests for specific varieties to plant both this fall and next spring. Let us know!

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner  
www.boannsbanks.com

## **Featured Vegetable**

This week's featured vegetable is one of nature's most perfect foods: Edamamé, or Vegetable Soybean. Edamamé is the Japanese word for soybeans that are picked right at the peak of maturity, when the pods and beans are still green, and then eaten either raw or lightly cooked in salted water. The end result is not unlike our boiled peanut – very tasty and mighty good for you. The earliest mention of soybeans can be found in one of China's early texts from the seventh century B.C. -- the *Shijing*, or Book of Odes. We don't see specific mention of edamamé until July 26, 1275, when a Japanese monk wrote a note of thanks to someone who left some edamamé at his temple. A text written in 1620 gives uses for the bean: “*Maodou* has green, hairy pods. It is also called *qingdou*. It is mentioned in the *Bencao* literature, which states that it has a sweet flavor, is neutral, and non-toxic. It can be used medicinally mainly to 'kill bad/evil chi.' It stops bodily pain, eliminates water, dispels heat in the stomach, reduces bad blood, and is an antidote to poisonous drugs... Boil the beans in the pods until done, then remove the beans from the pods and eat them. The flavor will be sweet and fresh. Or you can remove the beans from the pods before cooking, then cook the beans in lightly salted water. Or the beans can be placed on a metal screen over a charcoal fire to roast or dry them... They can be served with tea or fruits, as a snack.”

Though they've been enjoyed in Asia for centuries, they aren't that common here. The USDA tried to introduce them across the cotton belt prior to World War One, but they didn't catch on. They have recently begun gaining popularity, but over 70% of the edamamé eaten in the US is imported from Asia. Like the vegetables we more closely know, many varieties have been developed over the years. We have grown three, each with its own flavor and appearance- Black Pearl, Beer Friend, and Sayamusume.