



# BOANN'S BANKS

*Sustainable Agriculture Along the Broad River*

August 16, 2003

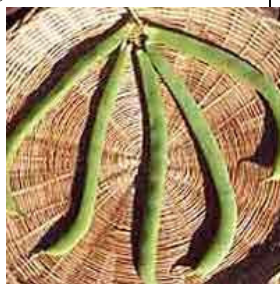
## This Week at Market

- String Beans "Kentucky Wonder"
- Snap Beans "Magpie"
- Tomatoes "Koralik", "Matt's Wild Cherry", "Aunt Ruby's German Green"
- Summer Squash "Yellow Crookneck"
- Zucchini "Cocozella di Napoli"
- Cucumber "Armenian"
- Basil "Lemon", "Red Rubin", Cinnamon", "Thai", & "Genovese Sweet"
- Fresh Pesto
- Sumac Berries
- Edamamé
- Eggplant "Turkish Orange"
- Jalapeno Peppers

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

## **Ensalada de Porotos Verdes (Green Bean and Tomato Salad)**

- 1 ½ pounds green beans, fresh
- 1 lemon, juice of
- 3 T olive oil
- 1 t salt
- 2 cloves garlic, minced
- 2 large tomatoes, cut into wedges or 1 pint of cherry tomatoes



Wash and trim green beans. Cut into 1 ½ inch pieces. Cook the beans in boiling water for about 10-15 minutes, just until tender. Drain the beans and set them aside to cool.

Combine the lemon juice, oil, salt, and garlic.

In a bowl combine the beans and tomatoes. Toss them with the dressing.

Hello! It's almost the official end of summer, schools are opening for another year, and we are only now getting our first ripe tomatoes. What a year it's been for growing! Like the old saying says, "All rain and no sun makes the gardener a dull boy." Well, maybe there isn't a saying like that, but there ought to be. Our list of available produce over to the left there is the longest it's been all year, but there isn't much of any of them. It's still a long time until the first frost, though, so hopefully we'll have enough to sustain our market stand through October.

The farm tours offered by the Locally Grown Cooperative (we're a member farm) and the Daily Grocery Cooperative (who carries our eggs,

among other products) are continuing next week with a volunteer workday and tour at Mills Heirloom Farm. Our tour and workday will be Sunday, September 7<sup>th</sup>. We'll have more info in the next few weeks, but if you're interested in attending, contact us or either cooperative.

You've shown your support for locally grown food by shopping at market today. If you are traveling, you can find local farms and markets where you'll be by visiting Local Harvest at [www.localharvest.org](http://www.localharvest.org). It is a young site, but a great place to learn about places like ours.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner  
[www.boannsbanks.com](http://www.boannsbanks.com)

## **Featured Vegetable**

This week's featured vegetable is one of the most commonly planted in the garden: *Phaseolus vulgaris*, or the green bean. Specifically, we're featuring the old heirloom "Kentucky Wonder". The origin of the bean is thought to be near present-day Guatemala, but by the time the Europeans arrived it had spread throughout North and South America. Most old-time varieties are "pole beans" that grow on long vines and produce all summer long, but most commercially-available beans are more modern "bush beans" that grown on a small plant and all come ripe at the same time, making things easier for machines to harvest the beans. Most bush beans lack the flavor and quality of pole beans, and we've found that no bean period can match the flavor of "Kentucky Wonder". Kathy Mendelson, of the on-line reference *The Heirloom Gardener's Assistant* (<http://www.halcyon.com/tmend/heirloom.htm>) has this to say about the variety:

"Introduced by 1864, this bean was originally known by the name 'Old Homestead.' Thirteen years later, in 1877, seedsman James J. H. Gregory & Son renamed this bean, calling it the 'Kentucky Wonder.' By 1907, the USDA described it as the best known and most widely grown pole bean in America. Two years later, seedsman H. W. Buckbee summed up this variety's qualities in just three words 'Has no equal'. Other seed companies, such as D. M. Ferry & Co. in 1926 praised its 'showy pods...of most excellent quality' and recommended the Kentucky Wonder as the best green pole beans for snaps.

"What made the 'Kentucky Wonder' a wonder was, in part, its size. The beans were extraordinarily long. Even specimens up to nine inches long were still tender, brittle, and free from fiber, three qualities of first-rate green beans. What also made this bean a wonder was its distinctive (and delicious) flavor. As good as they were, the 'Kentucky Wonder' had some faults. They looked rumped (rather than smooth) and had some strings. Even with these flaws, the 'Kentucky Wonder' was so good it survived for more than 100 years."

They taste best lightly steamed or boiled, but they are also excellent for freezing, canning, and even, when young, eating raw.