



NEWSLETTER

2024 CSA

WEEK 11

in the box

Salad-mix	½ lb.
Sweet yellow corn	5 each
Romano Beans	1 lb.
Parsley	bunch
Broccolini	bunch
Eggplant	2 each
Peppers – Red Bell	2 each
Potatoes – Carla Rosa	1.5 lbs.
Red Raspberry	half-pint

Carla Rosa Potatoes

Welcome to week 11. This week’s box features Carla Rosa potatoes. These potatoes are great roasted, scalloped, mashed, steamed, or fried.

Romano beans are back. These are also known as Italian flat beans. You can add these beans in a soup, stir fry, or sauté with oil, herbs, and garlic. To add these beans in pasta, blanch Romano beans and cook pasta separately until al dente. In a skillet, sauté garlic, chili flakes, and anchovies in oil. Add the cooked beans and pasta to the skillet and toss well. Finish with a squeeze of lemon juice, grated parmesan cheese, and fresh herbs.

I am also including a recipe that uses potatoes and Romano beans together to make a delicious side dish. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby, G.

Potatoes & Romano Beans

Ingredients:

1 lb Romano beans, trimmed and cut into bite sized pieces	1 teaspoon paprika
1 lb potatoes, peeled and diced	½ teaspoon dried thyme
2 tablespoons olive oil	Salt and pepper to taste
1 onion, finely chopped	Fresh parsley, chopped (for garnish)
3 cloves garlic, minced	



Source: mangiawithmichele.com

1. In a large pot, bring salted water to a boil. Add the diced potatoes and cook for about 5 minutes until slightly tender. Add the Romano beans to the pot and continue cooking for additional 3-4 minutes until both potatoes and beans are tender. Drain and set aside.
2. In a large skillet, heat olive oil over medium heat. Add the chopped onion and sauté for 3-4 minutes until translucent. Add the minced garlic and cook for an additional minute until fragrant. Add the cooked potatoes and Romano beans to the skillet with the onion and garlic. Sprinkle with paprika, dried thyme, salt and pepper. Stir well to coat the vegetables with the seasonings.
3. Continue cooking for another 5-7 minutes, stirring occasionally, until the potatoes and beans are fully cooked and slightly golden. Adjust the seasoning to taste. Remove from heat and transfer to a serving dish. Garnish with fresh parsley. Serve as a side with grilled chicken or fish.

