

# NEWSLETTER

2024 CSA

WEEK 13



## Romano Beans

Welcome to week 13. This week's box has lots of colors and flavors. Canadice grapes are ripe and ready. These grapes are widely used in making jams, jelly, and wine. Romano beans harvest is from a second planting this season.

I am including a recipe that uses kale, potatoes, and Romano beans from the box. This recipe is packed with flavors and goes great with sourdough bread on the side. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby, G.

## Smoky & Spicy Romano Bean Stew with Tomatoes & Kale

in the box	
Lettuce - Red Leaf	head
Kale - Lacinato	bunch
Potatoes - Yellow	1.5 lbs
Romano Beans	1 lb
Grapes - Canadice	1 lb
Pepper - Red Bell	2 each
Cucumber - Snacking	4 each
Parsley	bunch
Corn	5 each

<b>Ingredients:</b>	2 tablespoons tomato paste
1 tablespoon heat-tolerant oil	½ lb yellow potatoes, chopped into 1 inch pieces
1 medium yellow onion, small dice	1 ¾ cups cooked navy beans, drained and rinsed
1 medium carrot, small dice	2 teaspoon minced garlic
Sea salt and pepper to taste	2 cup diced tomatoes
1 teaspoon dried chili flakes, or to taste	2 cups vegetable stock
1 teaspoon smoked paprika	1 cup chopped Romano beans
1 teaspoon fresh thyme leaves, minced	2 cups chopped kale
2 stalks of celery, cleaned and diced	



Source: www.thefirstness.com

1. Heat oil in a medium sized soup pot. Add the onions to the pot and stir. Sauté the onions until translucent and soft, about 3 minutes. Add the carrots and celery to the pot and stir. Cook until the celery is softened and bring green, about 3 minutes. Season the vegetables with salt and pepper and stir.
2. Add the chili flakes, smoked paprika, thyme, and garlic to the pot and stir. Keep stirring until garlic is very fragrant, about 45 seconds. Add the tomatoes and stir. Break up the tomatoes with spoon and stir to coat vegetables.
3. Add the potatoes and navy beans to the pot and stir to coat in the seasonings. Season the potatoes liberally with salt and pepper. Add the crushed tomatoes to the pot and stir to combine everything. Pour in the vegetable stock and stir once more.
4. Place the lid on the pot and bring the stew to a boil. Once boiling, lower the heat to a simmer and remove the lid. Simmer until the potatoes are quite tender, about 20 minutes. Add the chopped Romano beans to the pot and stir. Simmer until Romano beans are tender, about 4 minutes. Add the kale to the pot and push it down into the stew with a spoon. Place the lid back on the pot so that the kale can steam a bit. Let the kale wilt for about 30 seconds.
5. Serve the stew hot with ground black pepper, extra chili flakes, and/or chopped herbs of choice.

