

VEGETABLE OF THE WEEK

GREEN BEANS

Green beans (or yellow wax beans, or purple beans) are a classic summer treat. We don't grow green beans on the farm anymore because they are highly labor intensive to harvest by hand for our large membership (think hours and hours in the field!). We do buy them in a couple times during the season so members can enjoy this summer treat grown by another local farmer.

To store: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Handling: Remove strings and stems of fresh beans before cooking.

To cook: Steam or simmer fresh beans in boiling water for 5-10 minutes. Watch carefully for beans to brighten in color and become tender, but not soft or mushy.

To freeze: Blanch in boiling water for 2 minutes, rinse in cold ice water, drain, dry well, and pack into airtight containers.

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