

Lone Willow Ranch
May 3, 2007

Hello, Welcome new members....We start May the usual way. Windy and spotty rain showers and the May Day fair. We have just one showing this year. Good Luck to all.

This weeks box:

We have radishes, spinach, cilantro, fava beans, romaine lettuce, red leaf lettuce, arugula, fresh dill and sweet peas, and more. What no more Kale??? Just kidding. We had a really good crop this year we hope you enjoyed. We will have some more next week. I'm hoping to get a recipe from a member for Kale chips. I will forward it soon. We were at the farmers market in Firebaugh last Thursday and could not believe how many people that have never tried kale before. I have gotten some positive feed back, that they want more....Fava beans, they are just awesome to look at. Please... do not eat the shell. I have included some good recipes to use for them in case you haven't tried them before. They sugar peas are great. I like them fresh or slightly sautéed. They are sweet and crisp. Please be sure to wash your produce very good before preparing your dishes or storing

Farm Report: Cherries, Farmer John says we have a good crop if we can keep the birds out.

We have roughly 30 trees and last year I had them coming out of my ears. I made Cherry pie, Cherry Jelly, Cherry Ice cream, and of course we ate them fresh. In the Williams Sonoma catalog they have cherry pitters for \$12.00. Well worth their money! Last year I went through 3 from Linens and Things I think I paid 6.99 each. We should have squash and beets next week.

Vegetable FYI:

Fava beans [How To Store](#)

Store fava bean pods in a plastic bag in the crisper section of the refrigerator. Although best used within a few days, they will keep up to a

week. Store shelled cooked and peeled fava beans in a plastic bag in the refrigerator for a day or two.

[How To Prepare and Cook](#)

Fava beans need to be shelled (removed from their pods). To open the pods just pull on the stem at the top to unzip the string down either side of the pod, then gently push the pod open between your thumb and forefingers. Pop the beans out. Cook shelled beans in a large saucepan in plenty of boiling water until just tender, about 3 to 5 minutes depending on the size of the bean. Drain well and rinse with cold water to cool. Using the tip of a knife or your thumbnail, slit the translucent skin covering the bean, peel off and discard. Use the peeled cooked beans as appetizers, in salads or in recipes.

I included a dill dip that is just great with fresh sugar peas and other vegetables.

Farmer John & Shelby