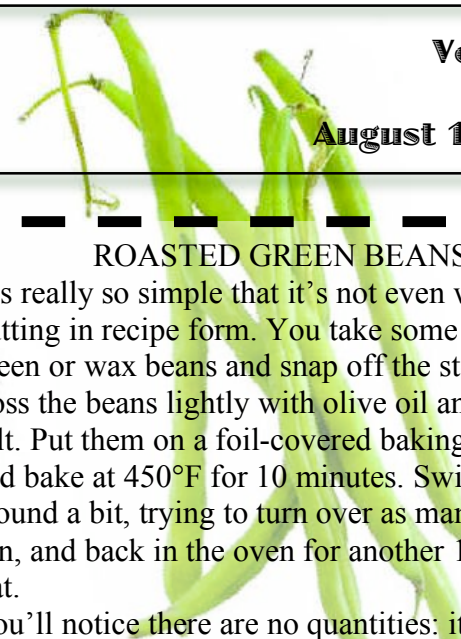


## THIS WEEK'S HARVEST

- Beets
- Carrots
- Cucumbers
- Green Beans
- Herbs → Parsley / Basil
- Kale
- Salad Mix
- Shallots
- Summer Squash → Zucchini / Patty Pans
- Tomatoes!
- Wax Beans



## ROASTED GREEN BEANS

It's really so simple that it's not even worth putting in recipe form. You take some fresh green or wax beans and snap off the stem ends. Toss the beans lightly with olive oil and a little salt. Put them on a foil-covered baking sheet and bake at 450°F for 10 minutes. Swish them around a bit, trying to turn over as many as you can, and back in the oven for another 10–12. Eat. You'll notice there are no quantities: it's a highly adaptable and forgiving recipe. (And if you put on too little salt, you can always add more later.) The foil is key, though: for one thing, it keeps your baking sheet from getting gunked up with oil; for another, the shiny surface helps the beans get crisp without burning.

## Green Beans and Shallots

Serves 4

- 1 pound green beans, ends removed
- Kosher salt
- 2 tablespoons unsalted butter
- 1 tablespoons good olive oil
- 2- 3 large shallots, large-diced
- 1/2 teaspoon freshly ground black pepper

Blanch the green beans in a large pot of boiling salted water for 2-3 minutes only.

Drain the beans immediately and immerse them in a bowl of ice water.

Heat the butter and oil in a very large sauté pan and sauté the shallots on medium heat for 5 to 10 minutes until lightly browned. Toss them occasionally.

Drain the string beans and add to the shallots with 1/2 teaspoon salt and the pepper, tossing well. Heat only until the beans are hot.

Note: I would suggest drying the beans on paper towels to make sure they're as dry as possible before adding them to the shallots.

## SHALLOTS



Shallots are perennial plants native to western Asia. In the US, the shallot is grown mainly in southern Louisiana. This plant has slender, green, tubular leaves and an underground bulb made up of separable, oblong sections called cloves. The shallot is closely related to the onion but is milder in taste.



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