

ROLLING PRAIRIE

notes from rolling prairie farmers alliance

WEEK OF AUGUST 23
2009

Coming Up



Edamame

PREPARING AND EATING FRESH GREEN SOYBEANS (EDAMAME)

More and more people are familiar with edamame from their favorite restaurant, but don't know how to cook it. Here are the basics:

Preparation:

Serving size: select ½ to ¾ cup fresh soybeans per large serving.

1. Boil beans in shells; cover with unsalted water, boil for 7 min.
2. Butter sauce for dipping: melt 1 Tbls. butter in 1 Tbls. soy sauce per serving. Place in individual small bowls for serving.
3. Drain beans and serve in the shells.

Eating:

1. Eat soybeans one pod at a time. Dip a pod in your butter/soy sauce; hold on to the tip of the pod, place the whole pod in your mouth, and strip the beans out of the pod by gently closing your teeth and pulling out the pod, leaving the beans and the sauce (which clings to the pod) in your mouth.
2. Or shell your beans into your bowl of sauce at the dining table. Cooked beans shell very easily in this manner. Empty bowls on the table provide a place to put the discarded bean pods, which otherwise take up a lot of room on a plate.



MICHAEL POLLAN :
IN DEFENSE OF FOOD

FOOD FOR THOUGHT

EAT FOOD * NOT TOO MUCH * MOSTLY PLANTS

TOMATO TIME

Hard as it may be for some of us to believe, I have actually heard some subscribers fret about having too many tomatoes. Here is a recipe to help you out, from Angelic Organics, a successful CSA in the Chicago area popularized in the film, *The Real Dirt on Farmer John*.

Roasted Tomato Basil Pesto

This variation on pesto is so delightful it's amazing that it's not more common. The roasted tomato flavor is superbly highlighted by the sweet aromatic basil—but a very ripe regular tomato will work well too. Don't limit this pesto to just pasta; try it on pizzas and roasted potatoes, in an omelette, or over grilled vegetables. You can make an equally delicious variation by using cilantro instead of basil. Shareholder (adapted from the Seed Savers Calendar, 1998).
Serves 2

- 2 pre-roasted tomatoes or 1 large fresh tomato
- 2–3 cloves garlic, peeled, halved
- 3 tablespoons pine nuts
- 2 tablespoons extra virgin olive oil
- 1 cup fresh whole basil leaves
- 1/2 cup freshly grated Parmesan cheese
- 2 tablespoons butter, softened
- salt
- freshly ground black pepper

1. Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined.
2. Stir in the Parmesan cheese and butter and season with salt and pepper to taste.

