



For the week of Sept 20, 2016

Apples  
Shelling Beans  
Beets  
Carrots

Celery  
Parsley  
Sweet Pepper  
Spinach

The spreading of the cover crop has begun! This is our annual ritual of spreading grain and pulse seeds over the areas where summer crops have finished and have been turned under. The seeds sprout and hold the bare soil in the rains, but the newly emerging plants have a cleansing effect. All the mistakes and problems of the summer are over and hope for next year is already starting!

The chefs have been seeking out our shelling beans - i.e. soup beans that haven't completely dried down. We thought we'd give you a chance to sample this specialty crop and see what you think!

### Bean & Olive Soup

1 TBSP olive oil  
1 cup chopped onion  
1 stalk celery, diced  
1 medium carrots, diced  
1-1.5 tsp salt  
1 tsp dried oregano  
1.5 tsp dried basil  
1 small sweet pepper, diced  
2-3 cloves garlic, crushed  
pepper to taste  
4 cups water  
3 oz. tomato paste  
1/4 cup dry red wine  
1 cup fresh shelled beans, cooked

1 cup sliced kalamata olives  
1 TBSP lemon juice  
minced parsley and diced fresh tomato for topping

Shell and pre-cook beans. Place in a pot with lightly salted water and bring to a boil. Simmer for 20-30 minutes, until tender but not crunchy.

Heat olive oil in a large soup pot. Add onion, celery, carrot, salt, and herbs. saute over medium heat 8-10 minutes, until veggies are just tender.

Add sweet pepper, and garlic. Saute another 5 minutes. Add a few grinds of black pepper.

Combine water and tomato paste. Add to vegetables, along with beans and remaining ingredients (except for the toppings). Cover and simmer over low heat for about 15 minutes.

Serve hot, topped with parsley and tomatoes. (adapted from Moosewood)

### News From the Farm

Sea Bluff Farm is planning to put in a new high density orchard this fall/spring. You might have seen one of these in the Okanagan where the trees are trellised on wires.

If you have a favourite apple, pear or plum variety, let us know and we might be able to add it in. The key to a high density orchard is the dwarf root stock and the pruning method when the trees are young.

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