

News from the farm: It's my favorite time of year! The fruit and veggies are rolling in and it's time to start putting food by for the less abundant times of year. I've got strawberries, blackberries, raspberries, and blueberries in the freezer for jam and smoothies at a later date. Now it's time to can whatever peaches we can't stuff into our bellies and get some salsa, roasted tomatoes, pesto, applesauce and dilly beans going. I'm dreaming of fire side dining in our cozy, little farm house during a brisk fall storm.

If you're interested in making your own pesto, I'll be posting a bulk pesto package (basil, garlic & recipe) as well as some other bulk items to the shopping cart on our website. Any item marked as "CSA Add On: [name of item]" is available for delivery along with your CSA box.

Click here to access the shopping cart :
[Ospreyhillfarm.com>Shop>Produce](http://www.ospreyhillfarm.com/Shop/Produce)

Here's what's in your box: Rainbow Carrots, Yellow Wax Beans, Red & Green Romaine, Garlic, Heirloom Tomatoes, Patty Pan Squash, & Peaches

Did you know? "Make hay while the sun shines" which sounds like a euphemism for getting it on in the daytime, actually means to make good use of an opportunity while it lasts. In the days before modern farming equipment, farmers literally had to make their own hay: they had to cut, dry, and gather it by hand. This was a relatively lengthy, difficult, and risky process because of the immensity of the work, because forecasting the weather three or four days in advance wouldn't have been possible, and because hay is ruined if it is wet. So if the day was hot and dry, all the more reason to get the task done.

"The reward for work well done is the opportunity to do more"

John Hargrave

Yellow Wax Beans

The Basics: Wax beans, which are pale yellow in color, are a type of snap bean with a slightly mild flavor, similar to green beans. They are at the peak of their season from late July to late September.

To Use & Cook: Wax beans are great raw or cooked. Try them steamed and topped with fresh breadcrumbs or dressed with a vinaigrette. They can be roasted with a little olive oil, or boiled briefly and tossed with butter. They're also great raw in salads with cooked tuna or salmon, or served with a creamy herb dip. Swap green beans for wax in any of your favorite recipes.

RECIPE: ROASTED WAX BEANS WITH PEANUTS & CILANTRO

Ingredients

- 1 pound wax beans, trimmed
- 1 Tbsp vegetable oil
- Coarse salt and ground pepper
- 2 tsp soy sauce
- 1/4 tsp finely grated peeled ginger
- 3/4 tsp fresh lemon juice
- 1/2 tsp light brown sugar
- 1/4 cup unsalted peanuts
- 1/4 cup fresh cilantro leaves

Directions

Preheat oven to 450 degrees. On a rimmed baking sheet, toss wax beans with oil and season with salt and pepper. Roast until browned in spots and tender, about 15 minutes, tossing halfway through. In a medium bowl, combine soy sauce, ginger, lemon juice, and sugar. Add roasted beans, peanuts, and cilantro and toss to combine.