

News from the farm: Although we are anchored to the land now, Geoff & I spent our early days wild crafting in the hills, mountains, and ocean side. We lived everywhere and nowhere bumping around from campsites to friends houses and popping in to 'surprise' relatives. Somewhere along the way we were introduced to the world of wild edibles. Not long after we were full fledge members of the Snohomish County Mycological Society. The group took to us quickly. I like to think it's simply because we were likable, but I guess it probably had a lot to do with the 3 year old and new born we were toting around. Did I mention this group was made up almost entirely of retired folks--roughly grandparent age? Well, we hit it off well and had a blast as these guys showed us the ropes. I feel fortunate to be able to identify a whole slew of wild foods that would keep me going in a pinch. And, there are some pretty tasty yet elusive wild foods that are treasured because of their uniqueness and scarcity. So in the name of wild, tasty, unique: try sea beans on for size.

Here's what's in your box: Basil, Sweet Onion, Dark Cherries, Black Kale, Fresh Garlic, Fava Beans, Carrots, Salad Mix, Sea Beans

Did you know?

Sea beans shines as a garnish and in crunchy summer salads. You can also add it to a sandwich or a [frittata](#), or use it where you would asparagus or green beans -- just be sure to reduce the salt in the recipe. That saltiness naturally pairs well with seafood, too, so try cooking fish or shellfish on a bed of sea beabs (discard it after cooking). It can also be sautéed, stir-fried, or even [deep-fried](#): just take care not to overcook it or it'll lose its signature crunch.

Quote: I have long believed that good food, good eating is all about risk. Whether we're talking about unpasteurized Stilton, raw oysters or working for organized crime "associates," food, for me, has always been an adventure. -**Anthony Bourdain**

Recipe:

GRILLED FAVA BEANS WITH SEA SALT
serves 4

- 1 pound fresh fava beans in the pod
- 2 tablespoons extra virgin olive oil
- 1 teaspoon Fleur de sel or large flaked sea salt (or sea bean salt ↓)
- lemon wedges for serving

1. Build a medium-hot fire in a charcoal grill or preheat a gas grill to medium-high. In a large bowl, place fava beans and olive oil and toss to coat.

2. Place the fava beans on the fire and grill for 6 minutes, turning occasionally, until the pods are tender and lightly charred. Remove to a serving plate and sprinkle with salt. Serve warm with lemon wedges. Also try tossing the hot pods with red chili flakes and a dash of sesame oil or chopped garlic, a squeeze of lemon juice, and salt.

3. Eat by popping the beans out from the pods or if the pods are young enough and tender you can eat the pods whole.

Ideas--

- Get tricky in the kitchen & make [Sea Bean Salt](#)
- Egg & Veggies--Fava beans, garlic, and onion sautéed in olive oil. Lightly pan fry some prosciutto. Mix into freshly scrambled eggs. What?! Crazy good. You will eat like a pig. Seriously, lick-plate good.