

News from the farm:

I had the farm all to myself this past weekend. Geoff and the boys were away at a soccer tournament and our daughter was on a road trip. It was a tall order being left in charge of everything and I was really hoping for total cooperation by all the plants and animals.

I seldom get the opportunity to just mosey around the farm but in the early evening, after the intense heat of the day passed, I did just that. I rode my bike out to the middle of the farm and jumped off. I stuffed my face with berries as I weaved in and out of the rows--taking the long way to the chicken coop so that I could close up the laying hens for the night.

Next, I continued on my bike under a fantastic peach-colored sky out to the farthest fence where I could verify that the sheep were not up to their usual shenanigans. Instead, they were there to greet me and follow me around as I walked thru their paddock. The evening song birds pitched in with some nice background music for my stroll--nice touch!

And when the sun finally set, I made a final loop around the farm by moonlight--Super Moon light--to close up all the greenhouses. On my final pass thru the final greenhouse, I discovered the first ripe cherry tomato which I quickly popped into my mouth along with a leaf of basil. Total cooperation. It doesn't get much sweeter!

Here's what's in your box:

bunched carrots, fava beans, red cabbage, blueberries, rainbow chard, sweet onion, salad mix, cauliflower, and a head of garlic

Did you know? Life is a matter of perspective? And so is the task of shelling fava beans. Some of you may remember my fondness for the beautiful beans. And others--newbies to the fava-- may have no idea what you're up against. Well I won't lie and say 'it's a snap!' but I will say that these guys are only in season for a short window of time + the flavor & texture are out of this world = the work is well worth it. It's a simple equation.

Note, there is a hard way and an easier way to shuck favas. [CLICK this link if you're into the later.](#)

“What you see depends on how you view the world. To most people this is just dirt. To a farmer, it's potential.”

Doe Zantamata

Recipe: 5 Fantastic Ways to Cook Fava Beans

- 1. Tossed with Pasta:** I think the creamy texture of favas goes perfectly with smaller pasta shapes like campanelle and orecchiette. No need for a recipe (unless you want to follow [this one](#)). Just toss everything together with a really good olive oil or a sprinkle of cheese and dig in.
- 2. Mashed into a Dip or Spread:** Think "hummus" but with the fresh, green flavor of fava beans. I like to mix in a little sour cream or greek yogurt (like in [this recipe](#)) along with fresh chopped herbs like mint or dill. Fantastic with crackers when pureed until creamy or as a [spread on bruschetta](#) when left chunky.
- 3. Stuffed in Chicken Breasts or Fish:** It's like a side salad and your main course all in one! Inspired by this recipe for [Stuffed Chicken Breasts with Grapes and Hazelnuts](#), just cut a deep pocket into the side of a chicken breast or fish fillet, stuff with favas, and cook as usual. Toss the favas with olive oil, herbs, and a little feta or goat cheese before stuffing.
- 4. Made into Any-Vegetable Succotash:** No matter your feelings for corn-and-lima bean succotash as a kid, you've got to try it again with fresh favas. But don't limit yourself to just corn. Throw thin slices of zucchini, fresh peas, chopped asparagus, or any other seasonal vegetable into the pan along with those lima beans. Toss over high heat with some olive oil until everything is bright and crisp-tender, and you'll have a side dish to remember.
- 5. Grilled or Roasted:** One sure-fire way to get around shelling those fava beans is to toss the whole pods [onto the grill](#) or [under the broiler](#). Rub the pods with olive oil and salt, and then eat them edamame-style right off the grill or sheet pan. No peeling required.