

# Summer Creek Farm

2009 CSA Newsletter

## Edamame

Edamame (pronounced eh-dah-MAH-meh) are fresh young soybeans. Japanese cuisine has long included these tasty tidbits as snacks, but only recently have Americans began to catch on, even though soybeans are the most widely grown bean in the world.

Edamame are high in protein, with 8 grams per half-cup serving, and only 3 grams of fat. They have a buttery flavor and firm texture.

To enjoy raw, wash the beans and use a brush to scrub some of the fuzz off the pods (optional). Squeeze the beans out of the pod and serve raw with a little salt.

If you choose to cook them, edamame can substitute for lima or fava beans in any recipe. They are younger beans, so lessen cooking time accordingly.

Store in the refrigerator for up to a week in a plastic bag. Edamame also last in the freezer for a few months if wrapped well.

Sources: [Cooking Light](#) and [How to Cook Everything](#), Mark Bittman, 2008



Week 12  
August 10, 2009

## From Farmer Rick

We are finally seeing the heat at the farm. We now are working faster to pick the produce while it is still young. Irrigation becomes more important to maintain good quality.

Finally we are seeing peppers to harvest. They are about 3 weeks late due to all the rain and cool weather.

I hope you are all enjoying the produce. Things are very busy trying to stay ahead of the produce.

-Farmer Rick

## Recipe Feature

### Edamame Succotash w/Shrimp

Recipe: adapted from [Cooking Light](#)

#### Ingredients:

- 1 1/2 cups blanched shelled edamame
- 3 bacon slices
- 1/2 cup chopped celery
- 1/4 cup chopped red onion
- 3 garlic cloves, minced
- 1 to 2 hot peppers, finely chopped
- 2 cups fresh corn kernels (about 2 ears)
- 3 tablespoons white wine
- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons chopped fresh parsley
- Salt and pepper

To blanch, boil water, add beans, cook 1-2 minutes, drain and set aside. Cook bacon in a large nonstick skillet over medium-high heat until crisp. Remove from pan, reserving 1 tablespoon drippings in pan; crumble bacon.

Reduce heat to medium; add celery, onion, garlic, and hot pepper to pan; cook 2 minutes, stirring frequently. Stir in edamame, corn, and wine; cook 4 minutes, stirring frequently. Add shrimp; cook 5 minutes or until shrimp are pink, stirring frequently.

Remove from heat. Stir in salt and pepper to taste; sprinkle with crumbled bacon and parsley. Serve immediately.

### Link of the week

WSU Vegetable Research and Extension - [more edamame recipes!](#)

## This week's box

- ☀ Tomatoes
- ☀ Edamame
- ☀ Italian beans
- ☀ Garlic
- ☀ Hot peppers
- ☀ Potatoes
- ☀ ...and probably more!

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)

Items may vary by location/pick-up day.