



ROBINETTE

Farms

MARTELL • NEBRASKA



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Our first egg of the year!

Most of our hens lay brown eggs, but we have a couple that lay white eggs and about 25 that lay blue-green eggs!

Hopefully we'll have eggs to offer by the end of July!

June 29th, 2011

Farm News

Your Share This Week

Basil

Beets

Broccoli

Fava Beans

Kale

Parsley

Scallions

Workday & Picnic

The CSA Workday and BYO Picnic is in just a few weeks! On **July 9th from 9am to noon** we'll be working on the Farm. If you'd like to stay, bring your own picnic lunch and enjoy the country air and the farm animals. See you then!

Weekly Meat

We are now selling Robinette Meats on a weekly, pre-ordered basis. Each Thursday look for our email with a link to what's available through our online store. Place your order and pick it up the next Wednesday...so easy!

WHAT ARE GENETICALLY MODIFIED ORGANISMS?

A genetically modified organism (GMO) is an organism whose genetic code has been altered via genetic engineering. This is contrasted with crossing plants or animals through natural sexual reproduction ("hybridization"), which humans have been doing safely for centuries.

Many of the vegetables and animals we raise on the farm are hybrids. These hybrids are the result of humans identifying beneficial traits from two organisms within a species and crossing them to create a hybrid that enhances these useful traits. Common red slicing tomatoes are typically hybrids, as are white hakurei turnips, and many other popular crops we grow.

In genetic engineering, single genes or combinations of genes are taken from anywhere in the plant or animal kingdom and inserted into other organisms so that the GMO displays traits not transferable via sexual reproduction. This creates an organism that carries a genetic sequence that would very likely never occur naturally. The new organism can reproduce sexually with other organisms and spread the modified traits.

The concern about genetic engineering in agriculture is that this very new technology could have an irreversible impact on our planet. And without any extensive and very long-term testing, we can't know or understand this impact and the consequences on human and animal health, the health of the environment, and the diversity of species on Earth.

Australia, some Asian countries and the European Union have labeling laws so consumers know if they are buying food containing GMOs. In the U.S. we have no way to know whether our food is genetically altered other than knowing your farmer. Buying local and organic is your best bet, so if GMOs concern you then keep supporting local farms!

For us at Robinette Farms, GMOs seem like one more example of humans trying to out-think Nature. We have impressive, unprecedented and potentially beneficial technology to be sure, but in the long run, we believe that there truly is no free lunch and that every choice comes at a cost. *And when you don't know the cost, don't buy the lunch!*

Recipes

Fava beans have a long tradition of cultivation in Old World agriculture, being among the most ancient plants in cultivation and also among the easiest to grow. It is believed that along with lentils, peas, and chickpeas, they became part of the eastern Mediterranean diet in around 6000 BC or earlier.

They are still often grown as a cover crop to prevent erosion because they can over-winter (in milder climates) and because as a legume, they fix nitrogen in the soil.

This is our second year growing fava beans in Nebraska, and although they prefer a drier climate, we are excited to offer this special treat! Fava beans have a bit more time intensive preparation, but are worth every minute of it. Many hands make light work, so get the whole family involved in shelling the beans!

How to Prepare Fresh Fava Beans

1. Shell the beans. Just like string beans or English peas, open up big pod and pop the beans out into a bowl.
2. Remove the second shell around the bean! Yes, there is a second skin. Steam the beans using a vegetable steamer for about one minute, or parboil for about one minute. Rinse under cold water and let cool.
3. Grip the bean on one end and give it a squeeze and out will pop the bright green, fresh, fava bean! From here you can eat it raw and fresh or sauté or steam lightly (in butter of course!).

[Click Here for a step-by-step shelling tutorial WITH pictures!](#)

Fava Bean and Basil Pesto

- 1 pound fava beans (or about 1 cup shelled favas)
- 1 large bunch basil (or about 1 cup basil)
- 1/2 bunch garlic scapes or 5 cloves of garlic, roughly chopped
- 1/4-1/3 cup olive oil
- Sea salt
- 1/4 cup pine nuts, walnuts, pistachios, almonds or hazelnuts (optional)

Prepare the fresh fava beans as mentioned above.

In a food processor, combine the favas, basil, garlic scapes, a couple generous pinches of salt, and the nuts (if using).

Turn the food processor on and drizzle the oil in through the feed chute.

Process until smooth and add more salt to taste. Use on pasta, bread, crackers, and whatever else you can think of!

Without the use of cheese, this pesto is a little lighter. After the pasta is cooked and drained, mix the pesto in and then add just another tablespoon of olive oil to help the pesto incorporate. At this point, you can add some Parmesan cheese on top!

[Click Here for a great NPR story about Fava Beans, and a few recipes...](#)



Fettuccine with Sausage and Kale

<http://www.epicurious.com/recipes/food/views/Fettuccine-with-Sausage-and-Kale-233976>

Roasted Beets with Parsley

<http://www.epicurious.com/recipes/food/views/Roasted-Beets-with-Parsley-15826>

Nine Ways to Use Fava Beans

<http://www.seasonalchef.com/recipe0506b.htm>