

Week 26

**Winter Squash—Gold Nugget**

**Cabbage**

**Shelling Beans**

**Shallots**

**Carrots**

**Tomatoes**

**Sweet Peppers**

**Potatoes**

**Spinach**

**Pears**

Farm News: This is the last week for pears—they are a bit overripe, so you might want to cut them in half and cut out the center if it’s starting to turn brown. You have shelling beans this week—you might recognize some of them as overripe Dragon Langerie beans; others are off-types that sure look a lot like Rattlesnake, an excellent pole bean. You’ll want to treat them like you did the fava beans: steam them or microwave them until the pods are soft, then shuck out the beans and add them to a stir-fry or a soup. Now that the shelling beans are harvested, I can start tearing out those plants and replanting the beds for winter. The things I seed now won’t grow much until spring, but come mid-February, when the days start getting longer, they’ll spring into action. I’ll be seeding carrots, beets, salad turnips, spinach, and salad mix— and leaving some space for the first spring planting of peas.

LAMB AND CABBAGE STEW WITH FRESH SHELL BEANS by MOLLY STEVENS modified from BON APPÉTIT OCTOBER 2009

This North African-inspired stew is lighter than traditional stews because there's less meat and more vegetables. Shell beans add to the brightness and freshness of the dish. Start the stew a day in advance—the lamb needs to marinate overnight.

2 teaspoons coriander seeds

1 teaspoon caraway seeds

1 teaspoon dried mint, crumbled

3/4 teaspoon coarse kosher salt

1/4 teaspoon turmeric

1/4 teaspoon dried crushed red pepper

3 tablespoons extra-virgin olive oil, divided

1 3/4 pounds trimmed boneless lamb shoulder, cut into 11/2-inch cubes

2 cups chopped onions and/or shallots

1 quart fresh tomatoes, chopped, or 1 2/3 cups canned crushed tomatoes with added puree

4 garlic cloves, minced

1 small cinnamon stick, broken in half

1 bay leaf

½ bunch coarsely chopped carrots

1 green cabbage, quartered, cored, cut into 1/4-inch slices

Coarse kosher salt

1 1/2 cups water

3 tablespoons fresh lemon juice, divided

1 cup shelled fresh shell beans

1/4 cup chopped fresh Italian parsley

Ground cumin

Heat small skillet over medium-high heat. Add coriander and caraway seeds to dry skillet; toast until aromatic and slightly darker in color, stirring frequently, about 3 minutes. Finely grind in mortar with pestle or in spice mill (or in your coffee grinder or Cuisinart). Transfer spice mixture to medium bowl. Add mint, salt, turmeric, crushed red pepper, and 1 tablespoon oil; mix to paste. Add lamb; toss to coat. Cover and chill at least 8 hours or overnight.

Heat remaining 2 tablespoons oil in large pot over medium heat. Add lamb mixture and onions; sauté until outside of meat is no longer pink and onions begin to soften, about 8 minutes. Add tomatoes, garlic, cinnamon stick, and bay leaf. Bring to simmer. Add carrots, then cabbage; sprinkle with coarse salt and pepper. Add 1 1/2 cups water and 2 tablespoons lemon juice to pot; stir to combine. Bring to boil. Reduce heat to low; cover and simmer until meat and cabbage are tender, 1 1/2 to 1 3/4 hours.

Meanwhile, place shelled beans in small saucepan. Add pinch of coarse salt and just enough water to cover beans. Simmer uncovered until just tender, 10 to 30 minutes, depending on kind of bean. Drain.

Remove cinnamon stick and bay leaf from stew. Add cooked beans and 1 tablespoon lemon juice. Simmer 5 minutes to allow flavors to blend. Season to taste with salt and pepper.

Stir parsley into stew. Divide stew among bowls. Sprinkle with ground cumin.