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Whatcom Locavore: Everson farm stand offers up Dragon's Tongue beans

NANCY GING - FOR THE BELLINGHAM HERALD

Cool shade and a nice breeze were a welcome relief when we arrived at Field of Greens, a cooperative farm stand in Everson. Owner Joy Monjure was also welcoming, and invited us to look around.

Joy explained that this was the second season Field of Greens has been open. Joy worked for the City of Bellingham for 23 years, but was laid off in 2009 as part of budget cutbacks. Though it was a shock at the time, she said she gradually began to see it as an opportunity, and started planning her farm stand business.



Joy's rustic stand, located at the corner of Kale and Everson roads, offers produce from three certified organic Everson farms - Broadleaf, Terra Verde and Rabbit Fields Farms. Among them they have 15 greenhouses, which extends their growing season and allows Joy to open earlier in the spring than many other produce stands. She is open from May 1st through Oct. 31 each year. Her goal is to carry fresh organic produce priced lower than the Community Food Co-op or the farmers markets.

Field of Greens has been successful since its launch in 2010. Regular customers include residents of Bellingham and Whatcom County, as well as Canadians who drive down to shop. Some customers even bike 22 miles from Blaine. "People love the ambience," Joy says, and the unusual varieties of fruits and vegetables that she is able to offer. For example, on the day I visited, Joy had Dragon's Tongue beans (see recipe below), Loma lettuce, and romanesco - all tasty and beautiful varieties which are hard to find.

Rural ambience at Field of Greens is pleasant and relaxing. The wooden structure itself was hand-built by Joy and her family. A grove of walnut and hazelnut trees along a grassy meadow make a nice place for kids to play while parents shop.

If you are doing canning or freezing and need large quantities of certain products, call ahead. Sometimes Joy's farmers offer special bulk prices when you buy 20 pounds or more. Joy can be reached at 360-303-7391 or by email at monjjoy@aol.com. Her website, www.fieldofgreens.biz, has a "What's Fresh" page where she lists produce available each week.

Field of Greens also sells vegetable notecards made by Rio Thomas. "We save all the weird things for Rio!" Joy laughs. Rio takes unusually shaped vegetables and fruits, arranges them into colorful designs, and photographs them for her notecards. They are fascinating and beautiful, and this description doesn't do them justice. You have to see them to fully appreciate.

Joy's stand is open Wednesday through Friday from 2 p.m. to 6 p.m., and Saturday and Sunday from noon to 4 p.m. Enjoy the short drive through beautiful farmland, and tell Joy I said hello. I promise you won't be disappointed.

SEPTEMBER IS "EAT LOCAL MONTH"

Sustainable Connections has been busy organizing special events to celebrate "Eat Local Month" this year. Over 20 food activities, participation by 14 local restaurants and the 4th Annual Whatcom Farm Tour are included among the festivities. Here are just a few of the highlights:

- **Saturday, Sept. 10:** Whatcom County Farm Tour 10 a.m.-5 p.m. Free self-guided tour of 13 Whatcom County farms. Pick up a tour map starting Aug. 29 at the Community Food Co-ops, Bellingham Farmers Markets and other local businesses. Special note: Whatcom Locavore (that's me!) will be at Bellewood Acres doing cooking demonstrations as part of the tour - be sure to stop by and say hello. Other farms will have special activities, too. The event web page is: sustainableconnections.org

- **Monday, Sept. 12:** Frances Moore Lappé 5 p.m. Ticketed reception, 7 p.m. Free talk and book signing, both at Leopold Crystal Ballroom, 1224 Cornwall Ave, Bellingham. Here's your chance to interact personally with Frances Moore Lappé, author of "Diet for a Small Planet" and most recently "Ecomind," who has made a significant impact on how we Americans think about food. Event web page: sustainableconnections.org/events/frances-moore-lappe-special-event target="_blank">sustainableconnections.org

- **Saturday, Sept. 17:** One Potato, Two Potatoes. 2-4 p.m. Do your kids know where their food comes from? This is a potato digging and cooking party especially for kids sponsored by Common Threads Farm at Agate Pond Preserve, 3695 Agate Bay Lane, Bellingham. Event web page: sustainableconnections.org/events/one-potato-two-potatoes target="_blank">sustainableconnections.org

- **Oct. 1-2:** Fall Fruit Festival Saturday 10 a.m.-5 p.m., Sunday 11 a.m.-4 p.m. at Cloud Mountain Farm. 6906 Goodwin Road, Everson. This event is not to be missed. Taste an incredible array of locally grown fruit, including literally hundreds of apple varieties.

With live music, activities for kids and much more, this is an event for everyone. Event web page is at: sustainableconnections.org

Read my article about last year's Festival at: whatcomlocavore.com

Other activities include author events at Village Books, special dining at participating local restaurants, a community barbeque at the Cordata Community Food Co-op and much more. Contact Sara Southerland at Sustainable Connections for more information 360-647-7093, ext. 114.

Today's recipe is a good example of how little you need to do to produce extraordinary flavors when cooking with fresh, local ingredients picked ripe. There is so much natural flavor in Dragon's Tongue beans that a little butter, basil, salt and pepper are more than enough to round out the dish. Dragon's Tongue beans are a variety of green beans which are yellow like wax beans, but with vivid purple stripes. They are tender and sweet, with no tough strings. Just wash and steam! How easy can it get?

Note: Much of the purple color on Dragon's Tongue beans disappears while cooking. Does anyone know how to preserve the color?

Producers are listed after each ingredient.

DRAGON'S TONGUE BEANS

Ingredients

2 1/2 cups Dragon's Tongue Beans (Field of Greens, Everson)

2 tablespoons butter (Breckinridge Farm, Everson)

1 tablespoon fresh basil (home garden, Lummi Island)

Salt to taste

Tiny pinch of dried habanero pepper powder (friend's garden, Lummi Island)

Directions

Put 1 inch of water in a saucepan and bring to a full boil. Put the beans in a steaming basket over the boiling water and steam for 3-4 minutes. Remove from heat. Toss quickly with the remaining ingredients. Serve immediately.

Serves 2.

LOCAL RETAIL FOOD RESOURCES

Appel Farms Cheese Shoppe, 6605 Northwest Road, Ferndale; open Mondays to Saturdays 9 a.m.-6 p.m.;

Artisan Wine Gallery, 2072 Granger Way, Lummi Island; open for tastings Thursday and Fridays 4-7 p.m., Saturdays 1-5 p.m.;

Bellingham Farmers Market, Railroad at Chestnut, Saturdays 10 a.m.-3 p.m.; also at Fairhaven Village Green, 10th Street and Mill Avenue, Wednesdays noon-5 p.m.;

Boxx Berry Farm Store and U-pick, 6211 Northwest Road, Ferndale; open Mondays-Saturdays 9 a.m.-5:30 p.m. and Sundays 10 a.m.-3:30 p.m.;

Cloud Mountain Farm Nursery, 6906 Goodwin Road, Everson;

Community Food Coop, 1220 N. Forest St. or 315 Westerly Road, Bellingham;

Everybody's Store, 5465 Potter Road, Deming;

Ferndale Public Market, Centennial Riverwalk in downtown Ferndale, Saturdays 10 a.m.-4 p.m.;

Field of Greens, corner of Kale and Everson roads, Everson; open Wednesdays-Fridays 2-6 p.m., Saturdays-Sundays noon-4 p.m.;

Grace Harbor Farms, 2347 Birch Bay Lynden Road, Custer; open Mondays-Saturdays 9 a.m.-6 p.m.;

Green Barn, 8858 Guide Meridian Road, Lynden; open Mondays-Saturdays 9 a.m.-6 p.m.;

Half Acre Farm U-pick, 6211 Northwest Road, Ferndale (behind Boxx Berry Farm Store); weekly u-pick open Saturdays;

Hopewell Farm, 3072 Massey Road, Everson; open Thursday, Friday and Saturday 11 a.m.-6 p.m.;

Lummi Island Farmers Market, across from the ferry dock, Saturdays 10 a.m.-1 p.m.;

Lynden Farmers Market, grounds of Third Christian Reformed Church in downtown Lynden, Saturdays, 10 a.m.-3 p.m.;

Pleasant Valley Dairy, 6804 Kickerville Road, Ferndale; open Tuesdays-Saturdays 10 a.m.-6 p.m.;

Red Barn Lavender Farm (eggs), 3106 Thornton Road, Ferndale; Saturday at the Bellingham Farmers Market; or call for availability during the week, 360-393-7057;

Small's Gardens, 6451 Northwest Road, Ferndale; spring hours Tuesdays and Saturdays 9 a.m. to 6 p.m.;

The Islander, 2106 S. Nugent Road, Lummi Island;

The Market at Birch Bay, 8135 Birch Bay Square St., Blaine; open daily 7 a.m.-10 p.m.;

The Market at Fairhaven, 3125 Old Fairhaven Parkway, Bellingham; open daily 6 a.m.-11 p.m.;

The Market at Lakeway, 1030 Lakeway, Bellingham; open daily 6 a.m.-midnight;

Terra Organica, 1530 Cornwall Ave., Bellingham.

Reach NANCY GING at 360-758-2529 or nancy@whatcomlocavore.com. For complete weekly locavore menus, recipes, and more resources, read her blog at whatcomlocavore.com

Read more: <http://www.bellinghamherald.com/2011/08/30/2155629/whatcom-locavore-field-of-greens.html#ixzz1Wd7xGHSA>