



Greenmarket Regional Grains Project Newsletter January 2017



Marafax beans on the picking line at Vermont Bean Crafters' new "Cleanery." Photo by: Joe Bossen, VBC

"It all starts with the choice of grain, which is first a question of place and time."

-- Karen Hess, A Century of Change in the American Loaf

The Greenmarket Regional Grains Project is pioneering the new frontier in local food: grains. With our partners, we're building the marketplace for grains grown and milled in the northeast. We are educating and connecting growers, processors, bakers and chefs -- sparking a rise in demand for local grains while helping ensure the crop supply and processing infrastructure are there to meet that demand.

The evidence is clear: Regional grains have arrived.

Upcoming Market Dates

The Grainstand is coming to Inwood this Saturday! The retail stand also continues its weekly presence at Union Square on Wednesdays and Saturdays. Here is our full schedule through February:

- o January 28, Inwood, Bk, USQ Saturday
- o February 1, USQ Wednesday
- o February 4, USQ Saturday, Grand Army Plaza, Brooklyn
- o February 8, USQ Wednesday
- o February 11, USQ Saturday
- o February 12, 79th Street, Manhattan
- o February 15, USQ Wednesday
- o February 18, USQ Saturday
- o February 19, Jackson Heights, Queens
- o February 22, USQ Wednesday
- o February 25, USQ Saturday, Fort Greene, Brooklyn

Pre-ordered bulk bags are available at Union Square Greenmarket every Wednesday. [Check availability and pricing here.](#) To pre-order and for more information, please e-mail us. Wholesale orders of \$250 or more can be delivered through [Greenmarket Co.](#), GrowNYC's wholesale distribution program.

News Highlight: A Banner Year for Beans

Farmers Grow More Acres of Heirloom Beans in Partnership with Vermont Bean Crafters; Greenmarket Shoppers Reap the Reward



Fanning and threshing at the Vermont Bean Crafters "Cleanery." Photo by: Joe Bossen, VBC

When **Vermont Bean Crafters** founder Joe Bossen isn't zipping between the 16 farms he sources beans from in Vermont, New York and Maine, he can take a moment to appreciate just how far VBC has come.

"A few things have been happening these past few years that are great to see," he told the GRGP last week. Chief among them is University of Vermont's stepped up efforts to develop and field-test bean seed varieties. "When we started seven years ago, staple foods were .5% of Vermont's agricultural economy," said Joe, citing a statistic from the Vermont *"Farm to Plate"* report. "We thought, we have all this acreage, 1.2 million in Vermont that's ag. land, and just a pittance in people food." Beans were a great place to start, he explained. "Beans are shelf stable, simple to prepare, and cheaper than any other protein you can put on your plate that's not from a CAFO."



Hutterite soup beans from Vermont Bean Crafters. Photo by: Joe Bossen, VBC

A northeast bean renaissance is now firmly afoot, thanks to the recent opening of VBC's new processing facility in Williston, VT. The "cleanery" lets VBC aggregate, clean and sell *hundreds of thousands* of pounds of beans each year, a huge leap from even just a year ago, when the most

they could handle was a few *thousand* pounds each year. That limitation was because farmers who are cultivating heirlooms usually grow just a few acres -- seed stock is still severely limited and market demand is low since consumers are only just beginning to learn about these varieties. Smaller growers lack the necessary expensive harvesting and cleaning equipment owned by large operations farming the more mainstream, "combine-ready" varieties such as pintos, blacks, kidneys. Back when the state of Vermont sent railroad carts of beans down to Boston more than 150 years ago, the average farm grew its own staple crops and had its own fanning mill. "It was part of the annual flow," said Joe, adding "We forfeited that long ago."

To help the smaller growers bulk up acreage for these crops, Joe had been running an impromptu and very time-consuming mobile cleaning operation, trucking his fanning mill from farm to farm across three states. Those days are over. At the new facility, beans are threshed and winnowed on a fanning mill, then sent on the picking line for a final pick-through that catches any last imperfections, pieces of stover, or bean-sized stones.

Today the challenge is filling the gap between big farmers growing thousands of acres, and small farmers who only want to sell at their local farmers market.

To do that VBC has zeroed in on two main types of farms: Diversified produce farmers who work legumes into their crop rotation; and large-scale operations that grow soy beans and feed corn. Growing heirloom beans to their rotations, helps them add high value crops and provides a strong economic hedge to the commodity markets, said Joe. "We can offer higher gross revenue per acre than the crops they were growing, and help lower the cost of inputs." Using a cereal-legume rotation followed by a cover crop or a pasture mix breaks up disease and pest cycles while cutting farm inputs by over 90%.

Luckily for the Grainstand and GRGP customers, 2016 was a great year for beans! The warm sunny spring let them plant two weeks earlier than usual, which meant they could harvest a little sooner too, before the cold, wet fall could cause mold or other moisture-related problems. The dry weather in the Northeast also kept disease pressure low and the 2016 crop looks great.

Keep your eyes open for an eye-popping array of beans at [The Grainstand](#). There's the heirlooms we usually carry, Jacobs cattle, yellow eyes, soldier beans, marafax. And there are new varieties too! King of the early, a beautiful speckled large white kidney bean that also cooks really well and is performing well on Northeast farms. Hutterite soup beans, a staple for early New Englanders and stunning variety to boot. Adzukis, a small red bean popular in Asian cooking, and arikara, a cream colored bean with a reddish eye-ring great for baked beans this bean was originally grown by the Arikara tribe in North Dakota. Beans, beans. Come and get em while supplies last!

Events: Grains School and Glynwood

Third Annual Cornell Cooperative Extension Hudson Valley Value-Added Grains School

Friday, February 10, 2017
9:30 am - 3:30 pm
Pegasus Restaurant
10885 State Route 9W Coxsackie, NY

Join Cornell Cooperative Extension of Ulster County and the Capital Area Agriculture and Horticulture Program for the 3rd Annual Hudson Valley Value-Added Grains School and trade show.

The school is intended to support: 1) burgeoning interests in small grains for the artisan baking and craft brewing and distilling industries, and 2) interest in other grains, oilseeds, and marketing strategies with potential for producing significantly greater-than-average crop value.

The 2017 Program will include updates on Hudson Valley grain trials, understanding malting grain options for NYS markets, a big-picture

perspective on the growth of value-added grains markets nationwide, and grower talks on adopting malting barley into vegetable operations and on novel marketing approaches and strategies to add value layers to grain. For registration information and full event details on this year's Grains School visit [the event page](#).

For more information or help registering contact Carrie at 845-340-3990 ext. 311 or email cad266@cornell.edu.

Glynwood Farm Dinner Featuring Untitled at the Whitney and GRGP's Own June Russell

Thursday, February 16, 2017

6:30-9:30 p.m.

Glynwood

363 Glynwood Road

Cold Spring, NY

GRGP is honored to co-host this Glynwood dinner with chefs from Untitled at The Whitney, Suzanne Cupps and Jenny Jones.

Here is the invite from Glynwood:

From research to technical assistance for farmers to creating markets for local grains and fresh-milled flours, the Greenmarket Regional Grains Project (GRGP) works to integrate grains into the artisan food movement and increase grain production into the Northeast. Every baked good sold at NYC Greenmarket is required to have a minimum of 15% regional grains in their production or products, thanks to the work of June Russell, director of GRGP and a member of Glynwood's advisory council. At this dinner June will host an intriguing exploration into the importance of grains to our regional farm landscape and to our local food culture. Suzanne Cupps and Jenny Jones of Untitled at the Whitney, Chef Michael Anthony's (Gramercy Tavern) restaurant at the Whitney Museum of American Art, take command of our kitchen for a night of culinary revelation.

June Russell is the Manager of Farm Inspections and Strategic Development for Greenmarket, GrowNYC. She has spent the past twenty-five years in numerous capacities within the food business, from baker to chef to café and bar manager. Since 2007, she has spearheaded efforts to establish a regional "grainshed" and bring local grains and flour back into production in the Northeast through managing Greenmarket's Regional Grains Project.

Purchase tickets [here](#).

Featured Product:

Heirloom Beans



King of the Early beans growing in Warren, VT. Photo by: Joe Bosson, Vermont Bean Crafters.

Our bean cup runneth over! Keep an eye out over the next couple of weeks for the Grainstand's incredible new bean offerings now that all the freshies from the 2016 harvest have arrived.

We at GRGP love selling legumes for so many reasons. They are a key piece of diversified, sustainable farms, whether producing fruits and vegetables or grains and other field crops. A crop mix promotes biodiversity, decreases chemical inputs such as fertilizers and pesticides, and minimizes risk of total crop loss to the weather, disease or pests. Legumes - including clover, alfalfa and peas - are the most common rotation for grain growers. Alternating fields year to year from grains to beans disrupts insect and weed life cycles, letting farmers slash their use of outside inputs. Legumes also fix nitrogen through a symbiotic relationship with soil bacteria, producing a natural fertilizer for the following year's grain crop. A twofer!

We New Yorkers get to see them in their glory in late fall, when all those beans are harvested



Cannellini beans post-harvest drying in the pods. Photo by: Joe Bossen, VBC

and made ready for yummy stews, salads, dips and more. Beans are an excellent source of protein, fiber, folate and iron while being low in calories and cholesterol. Many varieties, especially those with darker

colors, are also high in antioxidants. It gets even better: studies have shown that higher intake of beans may reduce the risk of heart disease, diabetes and some cancers. Another win-win.

We are excited that many farmers in the region are growing a variety of heirloom beans, as well as some more common ones like black and pinto, for our lunch boxes and dinner tables. Below are descriptions of the varieties found at The Grainstand.

Black Turtle Beans from Cayuga Pure Organic - Black, small, round. Pretty much a standard black bean with richer, fresher flavor. Soft texture, retains shape. Great in hearty stew with tomatoes and chilis or a light salad with corn and fresh herbs. Soak overnight, cook 50-60 minutes. Grown in New York.

Jacobs Cattle from VBC - Red and white speckled, large, oval. Medium-soft texture. Breaks down and thickens soups and stews, good sautéed with mixed vegetables. Nice flavor with fresh herbs and acids like citrus or white wine. Soak overnight, cook 60-75 minutes. Grown in Vermont.

Marafax from VBC - Amber color, medium, round. Soft, creamy interior, thick skin. Great in baked beans, stews, chilis. Takes on hearty, smoky flavors well such as tomato, peppers, molasses, maple syrup, apple cider, beef, sherry. Soak overnight, cook 50-60 minutes. Grown in Vermont.

Pintos from Lakeview Organic Grain - Light and dark brown speckled, medium, oval. Creamy, soft texture and meaty, earthy flavor. Baked beans, bean dip, refried beans, nachos, chili. Goes well with cheese such as cheddar or jack, hot chilis, cumin, coriander, cinnamon, beef, chicken, oregano. Soak overnight, cook 50-60 minutes. Grown in New York.

Red Kidneys from VBC - Red, large, oval. Standard kidney bean, fresh, full flavor. Large size, medium-soft potato-like texture. Good in stews, salads. Goes well with hearty, earthy flavors, especially tomato. Soak overnight, cook 60-75 minutes.

Soldiers from VBC - White with red "soldier" splotch, large, oval. Firm texture, light bite, potato-like consistency, large size. Great in soups, stews and salads. Can tolerate plenty of mixing and reheating. Soak overnight, cook 60-75 minutes. Grown in Vermont and Maine.

Soup Bean Mix from VBC - Blend of 11 varieties. Varied textures, flavors. Good in soups and stews, salads, sautés. Cook at the same rate. Soak overnight, cook 50-60 minutes.

Yellow Eyes from VBC - White with yellow spot, medium, round. Light, buttery, creamy white bean. Doesn't need much seasoning. Goes well with fresh herbs, light broth, chicken or pork, fish, fresh greens, light dressings. Soak overnight, cook 50-60 minutes. Grown in Vermont and Maine.

Recipe Highlights



Some recipes using regional beans available now from the Grainstand...

[Basic bean chili](#) from GRGP's resident chef and sales rep extraordinaire Henry Randall. Pictured left with She Wolf Bakery's sprouted rye bread, which, as Henry says, "tastes like Zeus came down from Olympus and baked it himself."

A [baked bean recipe](#) using yellow eye beans, and [another delicious variation](#) from the Greenmarket recipe series.

A basic [bean cooking guide](#) from Central Market in Washington State.

Donate to the Greenmarket Regional Grains Project

The Greenmarket Regional Grains Project is more committed than ever to building a resilient regional food system through linking urban and rural communities.

Make donations to GrowNYC [here](#). Be sure to note "**GRAINS**" if you'd like your donation to fund our project. Thanks!

The Greenmarket Regional Grains Project and the Grainstand are programs of GrowNYC, the sustainability resource for New Yorkers: providing free tools and services anyone can use in order to improve our City and environment. More gardens, Greenmarkets, more recycling, and education for all.

Learn more at www.grownyc.org

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