



# Local Harvest

Foodlink Waterloo Region • Issue 47 • Summer 2011

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## Local Farm Profile: J & N Martin Produce



*It's worth the drive down the long laneway where you'll find a lot more than just beans!*

Their motto “grown and sold fresh from the farm” very nicely sums up the philosophy behind J & N Martin Produce. Things have changed a lot since Joseph and Nancy first bought their 100-acre farm located on the eastern border of Waterloo Region in Ariss some 25 years ago. In the beginning the Martin’s were primarily beef and pork producers but like many local farmers they changed their focus to produce a few years back around the time of the BSE crisis.

“The children began selling flowers at the end of the laneway for some extra pocket-money,” recounts Nancy, “but increasingly customers were inquiring about local produce”. And so the family began growing and selling beefsteak tomatoes, soon followed by other fruits and vegetables. Their end-of-the-lane farm stand continued to evolve along with their offerings of fresh, local produce and flowers. Four years ago they built an attractive farm store where they are able to showcase all of their own fruits, veggies and plants along with that of some of their neighbouring farmers. For customers it offers the convenience of local food one-stop shopping and the guarantee that everything is fresh and authentic.



*J & N Martin's newly-constructed farm store features a wide selection of produce, preserves and flowers.*

Today Joseph and Nancy farm approximately 15 acres of their land on which they grow strawberries, tomatoes, melons, onions, peppers, peas, beans and sweet corn. Another one of their specialties is plants—they offer cut flowers, hanging baskets, bedding plants and fall mums! While they have long since had a plant greenhouse, they recently built a second greenhouse where they grow tomatoes, peppers and beans. This enables them to start many of the plants early in the year thus expanding the growing season.

A few different types of beans are grown on the J & N farm. In addition to the fresh green and yellow beans (sometimes referred to as “string” or “runner beans”), they also grow a special heirloom variety. The ‘Speckled Bird’s Eye’ bean is generally dried but can also be eaten green. It has been likened to a lima bean.

The Martin’s have been selling through EPAC (Elmira Produce Auction Cooperative) for the past several years. “We primarily sell produce that we have vast quantities of such as broccoli, watermelon, squash and pumpkins”, says Joseph. He has also been a member of the EPAC board for the past three years.



**Local Farm Profile continued**

At the J & N farm store customers will find more than just produce. There is an extensive line of preserves, jams, jellies, pickles, honey, maple syrup and summer sausage in addition to turkey and chicken raised on the J & N Martin farm. To augment their fruit selection, they also feature in-season Niagara fruit such as peaches, pears and plums.

The J & N farm is listed on both the Wellington and the Waterloo Buy Local Buy Fresh map, drawing customers from Guelph, Elora and Fergus as well as Waterloo Region. The Martins have noticed a marked increase in interest in local food in the past few years. They regularly get asked questions like “when was this picked, did you grow it here, and did you use any chemicals on it?” recounts Joseph. Many of our regulars are retired farmers and families who want their children to see where their food comes from”, points out Nancy.

For both Joseph and Nancy one of the greatest rewards of their farm business is making customers happy. They recognize the importance of customer service and clearly take pride in offering fresh, top-quality local food grown on their very own farm. It’s no surprise that their customers keep coming back!

*J & N Martin Produce is located at 5982 Eighth Line, Ariss, 519-823-1995. The farm store is open Monday to Saturday, 9am-7pm from mid June to November. ♦*



*The Martin's grow tomatoes, peppers and beans in their greenhouse enabling them to extend the growing season considerably.*



## Finding Local Beans in Waterloo Region

Many local farm markets in Waterloo Region sell beans throughout the spring and summer. Why not consult Foodlink's new *Buy Local! Buy Fresh!* Map for a listing of farms close by that grow and sell beans. Please call for hours and availability.



**J. Steckle Heritage Homestead**  
811 Bleams Rd. Kitchener  
519-748-4690  
[www.stecklehomestead.ca](http://www.stecklehomestead.ca)



**Transpire Organic Farm**  
1209 Waterloo St. Baden  
519-886-4185 | [www.transpireorganic.ca](http://www.transpireorganic.ca)  
*\*find us at the Waterloo Farmers Market*



**Floralane Produce**  
2191 Arthur St. N., Elmira  
519-669-3154



**Garden Party**  
1528 Notre Dame Dr, St. Agatha  
519-885-8775 | [www.gardenparty.ca](http://www.gardenparty.ca)



**Windy Lane Acres**  
1041 Huron St., New Hamburg  
519-662-3889



**Clarence Knorr**  
2477 Lobsinger Line, Waterloo  
519-699-4007



**Fertile Ground Market Garden**  
1560 Carmel-Koch Rd., St. Agatha  
519-569-8690  
*\*find us at The Kitchener Market*



**Martin's Family Fruit Farm**  
1420 Lobsinger Line, Waterloo  
519-664-2750  
[www.martinsapples.com](http://www.martinsapples.com)



**Brian & Ann Martin**  
1261 Lobsinger Line, Waterloo  
519-465-7338



**Gaia's Gardens**  
3554 Erb's Rd., Philipsburg  
519-570-8940 | [www.gaiasgardens.ca](http://www.gaiasgardens.ca)



**Brubacher's Produce**  
1562 Halm Rd., West Montrose  
519-664-3214



**Middlebrook Country Farm Market**  
7192 Wellington County Rd. 18  
Elora | 519-846-0756



**Gmach Produce**  
1381 Huron Rd., New Dundee  
519-894-1834  
*\*find us at The Kitchener Market*



**Conestogo Garden Produce**  
1228 Northfield Dr., Conestogo  
519-664-0570



**Sunny Slopes Family Farm**  
1183 Northfield Dr. E, West Montrose  
519-664-1471



**Herrle's Country Farm Market**  
1243 Erb's Road West, St. Agatha  
519-886-7576 | [www.herrles.com](http://www.herrles.com)



**Garden Fresh Produce**  
144 Southfield Dr., Elmira  
519-669-4108



**Winroe Gardens**  
221 Katherine St. N, Winterbourne  
519-664-0556



## Keen on Beans!



Beans are an easy plant for the backyard garden, growing quickly in the spring to provide one of the first vegetables of the season. Providing a child with a trellis and a package of seeds is one sure way of nurturing a love for gardening and pride in one's accomplishments.

Fresh green beans, sometimes called "snap" beans, can be a colourful addition to many recipes and are featured in cuisine around the world. "String beans" are an older name for green beans because they used to have a string running length-wise down the side of the pod. Over time, this tough sinewy string was bred out of the beans, which caused their change in name to "green" or "fresh" beans. The first stringless bean was bred by Calvin Keeney of Le Roy, New York in 1894.

The term "snap" beans implies that they can be eaten whole – pods and all. While most varieties of fresh green beans can be eaten raw, they are more commonly steamed or boiled. Beans are simple to prepare and very versatile, making them ideal as a side dish or as ingredients in soups, stir fries and salads.

The haricot bean, haricots verts, great northern, navy bean, French navy bean, pea bean, California bean are all members of a large family of "white beans" and best known as the beans popularized by H.J. Heinz of Pittsburgh in 1886. "Haricots verts" simply means "green beans" in French.

### Been there done that: The History of Beans

Beans were the mainstay of aboriginal diets and they have withstood the test of time. Columbus discovered beans growing in Cuba and, about 15 years later, Jacques Cartier found them near the mouth of the St. Lawrence River. The plant was first domesticated more than 5,000 years ago; and, by the time of the arrival of Europeans, numerous varieties of varying sizes and colours were being cultivated in the North, Central, and South Americas.

The first samples to reach 16th century Europe were the dark red, kidney-shaped variety which earned them the name of "kidney beans". In France, its Aztec name of "ayecotl" was soon corrupted to haricot, a name which

also meant a meat (ragout), and derived from another word meaning to cut up (harigoter).

The haricot bean starts out as pencil-thin, green pods, hand-picked when just the right size. It is considered to be a great delicacy in France. In fact, beans are one of the top vegetables consumed in the country – the average French person purchases about 4 kg per year and this amount doesn't include those grown in home gardens. In comparison, Ontarians eat almost 2 kg per person every year.

The numerous varieties have adapted to various climates, countries, and market requirements. When dried they include navy beans, medium haricot beans, Borlotti beans, romano beans, marrow beans, kidney beans (cannellini), and Mexican black beans (turtle beans), to name a few.

Four popular varieties are French "haricots", Italian flat beans, purple pole beans and yellow wax beans.

- French "haricots" green beans are the smallest, skinniest of the fresh beans and have the smallest beans inside the pods. When these beans are popped and dried, they become small, white, oval-shaped and can be found in traditional dishes from the Middle East to Italy, France, Greece. They are the main ingredient in the classic American Boston Baked Beans.
- Flat-podded Italian green (flat or string) beans are an heirloom variety of runner beans known as Romanos. They are valued for their superior nutty, meaty taste and smooth, tender texture. They can be substituted for green beans in almost any recipe, and vice versa.
- Purple Green Beans – Magic...like Jack and the beanstalk, this purple variety turns green when cooked!
- Wax beans are a pale yellow type of green bean with a subtle flavour of their own. Yellow wax beans are uncommon in the United States due to a controversial patent issued in 1999 to John Proctor, who selected and named a strain of yellow bean from seeds he brought back from Mexico. The 'yellow bean patent' granted him exclusive right to import and sell yellow beans from 1999 through 2008. However, since then, the patent was rejected.

**Proud to Support  
"LOCAL"**

**Don's Produce**  
(519) 653-5553  
[www.donsproduce.net](http://www.donsproduce.net)

The advertisement features a photograph of a white delivery truck with a green and yellow logo, and a green tractor in a field. The text is overlaid on the image.



## Beans Around the World

Beans are delicious served with butter, fresh lemon juice, herbs, chopped green onion or minced garlic. For a German flavour twist, try sour cream thinned with a spoonful of vinegar and mixed with a little chopped onion. A typical Middle Eastern or Greek meal might feature steamed beans with olive oil and lemon, or slowly cooked fresh beans with tomatoes and cumin. The French often purée beans in soup or feature them in “salade nicoise” with tuna, hard-cooked eggs, tomatoes and olives. In China, they stir fry beans with slivered meat and hot peppers or soy sauce, and serve with rice.

## Spilling the Beans on Nutrition

Bursting with flavour and nutritional value, beans are a good source of Vitamins A, C and folacin. One cup contains only 35 calories. They are also a very rich source of dietary fibre fostering good colon health and reducing the risk of heart disease. In addition, beans contain healthy amounts of minerals like iron, calcium, magnesium, manganese and potassium which are very essential for body metabolism.



## Green Bean Antipasto Salad

*Here is a delicious recipe featuring fresh, local ingredients, most of which can be sourced from Joseph & Nancy Martin's farm.*

### What you'll need:

- ½ lb (250 g) green beans (1 - 1½ cups; 375 mL)
- 12 small mushrooms (optional)
- 8 thin slices or shavings of summer sausage (salami)
- ½ cup (125 mL) mozzarella cheese cubes
- 4 hard cooked eggs, cut in wedges
- leaf lettuce

### Dressing:

- 2/3 cup (150 mL) vegetable oil
- 1/3 cup (75 mL) red wine vinegar
- 1 clove garlic, minced
- 1 tbsp (15 mL) chopped parsley
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) basil leaves
- ½ tsp (2 mL) oregano leaves
- 1/8 tsp (0.5 mL) pepper

### Method:

Cook green beans in boiling water for 3 minutes. Rinse under cold water and drain well. Combine dressing ingredients in jar with tight-fitting lid. Shake well. Combine 1/4 cup (50 mL) dressing with beans and 1/4 cup (50 mL) with mushrooms. Cover and chill at least 30 minutes, stirring occasionally.

Arrange all salad ingredients attractively on lettuce on large platter. Serve immediately with remaining dressing.

*Servings: 4 Main Course Servings or 8 Appetizer Servings*

**Pym's Village Market**

**Buy Local!  
Buy Fresh!**

*Supporting Local Farm Families*

Mon-Fri 8am-9pm, Sat 8am-6pm, Sun 12-5pm

**(519) 656-2950**

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