



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

October 5-6, 2012

Meet Your New CSA Coordinator

by Megan Muehlenbruch

As your new CSA Coordinator, I wanted to take a minute to tell you, our wonderful members, a little more about myself, which I feel is important if I want to have a great relationship with all of you.

I was born in Madison and grew up and attended K-8 in Cross Plains, WI, a town about 15 minutes from Madison. Between my sister and I, I was the oldest by three years. My sister and I have always been close and I can quote my mom in saying, "What did I do right?" because to find the two of us fighting was, and still is, a rare occurrence.

I attended a pretty small school up through eighth grade and enjoyed playing volleyball during my time there. Call me strange, but I always loved school. My favorite subject was math and my first dream was to be a teacher so that I would never have to leave school. Surprisingly, that love of school has never left me.

High School was quite a shift for me as my class size increased from less than 30 to close to 500. My four years at Middleton High School flew by and I became a much more social and outgoing person in my time there. This is also when my desire to travel really took off and my need to start a vacation fund became rather apparent!

Aside from trips that my family often took, I began to attend annual mission trips to Florida where we helped out with Habitat for Humanity and the Boys and Girls Club. After my senior year I went on a school-organized 10-day trip to Honduras, where I lived with a host family with another friend. It was a very eye-opening and unforgettable trip.

When it came time for college I chose the same school that I predicted I would attend when I was in eighth grade - UW La Crosse. My initial degree was education, in hopes of being a high school math teacher. After one year, that changed to a marketing major. It was during a laid-back spring break in Arizona that I decided to take up a degree in Community Health Education for my junior year, inspired by my cousin that I was visiting, who was also a graduate of the program.

As my third year of college started, I knew I had found a degree I loved. In my time in the major I became involved with the Farm to Schools program and spent time introducing elementary school kids to new fruits and vegetables. I loved it. I enjoyed having the opportunity to further educate myself as well. Having grown up an extremely picky eater as a kid, I embraced my expanding food palette in college and found the Farm to School experience to

This Week's Box

PETER WILCOX POTATOES: We suggest leaving the peel on these potatoes for added beauty in your cooking. This waxy potato is excellent when boiled and tossed with butter.

PORCELAIN GARLIC: Mix fresh minced garlic with equal parts sour cream and mayonnaise. Thin it to a pourable consistency with a little milk to make a simple dressing or celery dip.

YELLOW ONIONS: Caramelize until golden brown and toss with roasted squash and apples.

CHEDDAR OR WHITE CAULIFLOWER OR BROCCOLI ROMANESCO: If you have never roasted cauliflower, try it this week! Lightly toss with oil and roast in the oven at 350°F.

CARROTS: Shave into ribbons with a vegetable peeler and serve alongside an iceberg salad.

CELERY: Enjoy this celery fresh now with your favorite vegetable dip or use it to make cream of celery soup, which is a fantastic way to highlight the crisp flavor. If you don't want to use this right away, dehydrate it and store it for the winter.

BROCCOLI: Check out the Broccoli Crunch Salad at 101cookbooks.com. It's one of my fall favorites!

ICEBERG LETTUCE: While this is a common salad or sandwich lettuce, it can also be used as a wrap for stir-fry or bean dishes. Shred the lettuce for a taco topping. Crispy, crunchy and so delicious.....the only Iceberg to eat is Wisconsin Iceberg!

BABY BOK CHOI: Tender enough to eat raw and the greens are delicious raw or lightly cooked. Toss with a light sesame vinaigrette for a simple salad.

RED RADISHES: We wanted to give you one last chance to enjoy these little jewels before we move into our winter storage radishes. These have been kissed by the frost, which has mellowed their intensity.

BABY WHITE TURNIPS: Tender enough to eat raw and the greens are delicious raw or lightly cooked. Toss with a light sesame vinaigrette for a simple salad.

DELICATA SQUASH: Our feature vegetable! See our article and recipes for great ideas.

SUGAR DUMPLING SQUASH: This is the yellow and green squash that is more rounded. See our feature vegetable article for more information about this and other squashes.

be a great way to do this. These days I will try just about anything set in front of me. I'm still working on my tolerance for spicy foods though, which the chefs and others at Harmony Valley Farm learned about me after the first few days of spicy food served for lunch.

My traveling desires carried through with me in college and before the start of my final year, I did a one month faculty-led study abroad trip to Ireland. While the majority of my time was spent in Galway, I made my way to various other towns throughout the country. Between the cliffs that look out to the Atlantic Ocean, the luscious greens, the amazing fish and chips, the friendly people, their music, and all the adventures, it's a trip I still talk about on a frequent basis.

My fourth year came and went pretty quickly and included two trips to Washington, D.C. for conferences and seminars. That year was followed by a summer doing a preceptorship (internship) as my final requirement for graduation. I spent that time back in Madison working with the employee wellness team at UW Health planning and implementing various wellness programs and promoting healthy options at the workplace.

Aside from the school and work components of life, I love spending time with my family and outdoors. Whether it is walking, biking, running, camping, boating, a drive

with the windows down or reading in a park, I embrace the opportunities to take in the fresh air. Fall is my favorite season and Harmony Valley Farm has proven to be a great place to enjoy it. The panorama of brightly colored trees is quite impressive around here!

The opportunity to become part of Harmony Valley Farm instantly grabbed my attention. I saw it as a unique experience that I could grow so much from. It was anything but a 'cookie-cutter' job for someone with my background, which I liked. In my time here thus far I have felt right at home, which is fitting considering everyone at Harmony Valley Farm already feels like family.

I'm very excited to be working with all of you. It was wonderful to meet many of you at the Harvest Party a couple weeks back and I hope that as the CSA seasons continue and change I will have the opportunity to meet and work with more of you. Now that you know a little bit more about me, go ahead and enjoy that scrumptious box of veggies that is just begging to be enjoyed!

Produce Plus

Red Shallots, 5 pounds - \$24

Red Cipollini Onions, 5 pounds - \$22

Baby Red Beets, 10 pounds - \$20

Please order by 5pm on Wed, Oct. 10th.
email csa@harmonyvalleyfarm.com or call
608-483-2143 x 2

Our Winter Squash Varieties Featuring Delicata Squash by Chef Chelsea Brannan

This week's veggie feature is a sweet fall treat. Delicata squash, also known as sweet potato squash, has pale yellow skin and long green stripes. Its flesh cooks to a beautiful yellow with flavor of sweet potatoes and butternut squash, sweet and slightly nutty. This is an oblong shaped squash, with thin edible skin and tender seeds great for roasting and snacking.

Delicata's can be stored at room temperatures up to 6 weeks or it may be peeled, deseeded and baked before freezing it. This tasty squash is wonderful baked and can be added to stews or soups. Delicata squash is an excellent source of potassium and vitamin A and does offer vitamin C, folic acid, panthothenic acid and copper. Winter squash such as this week's Delicata contain more carbohydrates and are higher in calories than summer squash. A great source of energy in the coming colder weather, and a sure sign that fall is here!

Cooking with winter squash has many applications in both savory and sweet methods. Aside from soups and stews, roasted, diced squash may be added to stir fries, risotto, salads, breads and cut in half and stuffed with wild rice and root veggies. For the sweeter side of squash recipes, look to add it to desserts or make a batch of cinnamon squash butter or cake similar to a pineapple upside down cake. Cut a Delicata into rings then slowly simmer in mulled apple cider until the cider is reduced to a glaze and the squash tender.

We choose varieties based mostly on flavor. Over the remainder of the season we will be packing a wide assortment of squash. In addition to Delicata, you may see Small Wonder Spaghetti squash, which when baked has a stringy flesh with good flavor and a great substitute for pasta. It is a modest keeper and is small and oblong in size with yellow flesh.

Another tasty example is the Orange Kabocha called Sunshine. Medium to large sized in a brilliant orange color. Its flesh is rich and dry and is excellent in baked goods. This squash is popular on the farm and is a good keeper.

A beautiful Festival Squash will surprise you with its yellow/orange and green ribbed skin and shape similar to acorn squash. Festival squash seeds are also edible and make a crispy snack. Despite its natural sweetness it is an excellent keeper. Try slicing this squash in half and stuffing it using one half per serving.

Both the Honey Nut and the Sugar Dumpling squash are produced by our friends at High Mowing Organic Seeds. The Sugar Dumpling is an improved Sweet Dumpling with very sweet and rich flesh. It too has seeds that are edible. Look to the Honey Nut for its unique small shape similar to the butternut squash. These two squash are amongst the most flavorful varieties we've tasted! Again, its seeds are edible, but we are a bit unsure of its shelf life. Though we are sure it won't last long enough in your house to be a problem!

Of course, we can't forget about Butternut Squash. We grow Butterboy variety which is medium sized. It has the rich, sweet flavor people look for when making a batch of butternut squash soup. And with its small seed cavity, and high yield of flesh, you can get a lot out of this squash. Our Butterboy squash has a moderate keeping ability.

As we have more room in the box, we may be able to deliver squash faster than you choose to eat them. Don't worry, make an attractive display in your kitchen or dining area. Enjoy their beauty and turn them weekly. If a spot develops, eat that one first.

Delicata Squash and Black Bean Tacos With Salsa Verde and Lime Sour Cream

By Chef Chelsea Brannan

½ cup sour cream

1 lime

Salt and pepper to taste

1 Delicata Squash, peel left on, remove pulp and seeds and cut into ½ inch cubes

2 Tbsp Sunflower oil

1 can black beans (unless you make your own), drained and rinsed

1 medium onion, diced small

2 cloves garlic, minced

2 tsp cumin

½ tsp oregano

1 tsp dried chipotle chile powder

Corn tortillas

2 cups red cabbage, finely shredded

Salsa Verde (your favorite brand, or use our recipe from website)

-Place sour cream in small bowl. Zest lime and add to sour cream. Squeeze the lime juice into the sour cream as well. Leave the pulp in, it adds more flavor. Season with salt and pepper to your taste. Cover and place in the refrigerator until serving time.

-Preheat oven to 400°F. Toss squash with 1 Tbsp sunflower oil and place on baking sheet to roast until tender. When tender, remove from oven and toss with black beans. Set aside

-While squash is roasting, sauté onion and garlic in 1 Tbsp sunflower oil until translucent over med-low heat. Add cumin, oregano, chile powder stir until fragrant. Set Aside until you are ready for the next step.

-When the squash is tender, add the beans and roasted squash to the pan with the onion and garlic mixture. Stir to combine and heat the entire mixture over medium heat. Be careful not mash. Season with salt and pepper to your taste. Turn off heat and cover to keep warm.

-Warm tortillas as directed on package. To serve, fill tortillas with about ½ cup squash and bean filling. Top with shredded cabbage and a drizzle of salsa verde add a dollop of lime sour cream. Enjoy!

Roasted Delicata Squash and Quinoa by Chef Chelsea Brannan

1 tsp sweet smoked paprika

½ tsp cumin

½ tsp ginger

½ tsp cinnamon

¼ tsp nutmeg

¼ tsp red chile flakes

¼ tsp ground black pepper

½ tsp salt

1 Delicata squash peeled, seeded and cut into ½ inch cubes

2 shallots or 1 medium onion, thinly sliced

Olive oil

1 tsp brown sugar

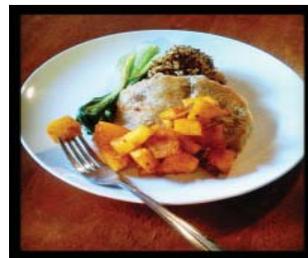
1 cup rainbow or red quinoa

2 cups veggie or chicken stock

¼ tsp kosher salt

2 to 3 baby bok choy, root end removed

2 cloves garlic, minced



-Preheat oven to 400°F. Combine all spices and ½ tsp salt in small bowl. Toss squash and shallots with 1-2 Tbsp olive oil, 1 tsp brown sugar and 1 tsp spice mix in medium bowl. Place onto a baking sheet and roast in oven until tender, stirring once or twice. Remove from heat and set aside in bowl with lid to keep warm.

-Meanwhile make quinoa. In a small sauce pot, add broth, 1 tsp spice mix, ¼ tsp salt and quinoa. Bring to a boil and reduce heat to simmer on low. Cover and simmer for 15 to 18 minutes or until liquid is absorbed and grains are tender. Turn heat off when finished cooking but keep covered to stay warm.

-While quinoa is simmering, prepare bok choy. In sauté pan, on medium heat, heat 1 Tbsp olive oil with minced garlic and a salt to taste. Toss bok choy with tongs, sauté just long enough to wilt greens and for the whites to begin getting tender. Remove from heat.

-Serve quinoa with bok choy on the side and top with a nice portion of the roasted squash.

-You can serve this as a salad on a bed of greens or as part of a larger meal with a pork chop. Happy eating!