



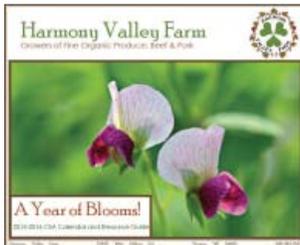
Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

July 3-4, 2015

"A Year of Blooms"-What's Inside Our CSA Calendar & Resource Guide?

Is it really July already!? Time to turn another page in the calendar...the **2015 HVF CSA Calendar** that is! Our new calendars are finally here and have been at your sites for the past few weeks now. If you haven't had a chance to pick one up yet, we'd like to encourage you to do so. Our hope is that you'll enjoy the beauty of this calendar, but also consider this calendar to be part of your connection to your farm and an important resource guide. If you are thinking.... "I really don't need another calendar to hang on the wall," I'd like to mention that this calendar is more than just pretty pictures and dates to hang on your wall. It is actually a very useful tool to guide you through your CSA experience this season. We had extras made, so feel free to take more than one per household if you'd like to have them in more than one location. Read on to find out what's inside!



Our CSA calendar is our way of connecting you to our farm throughout the entire year. Yes, there are pretty pictures to look at each month and hopefully you'll enjoy the theme of this year's calendar-- "**A Year of Blooms.**" Throughout the season we captured pictures of different flowers in bloom. Some of them are from fruits or vegetables and others are wildflowers. Our hope is that you'll keep this calendar handy and hang it in a convenient place where you can enjoy its beauty, but also refer to it regularly. Beyond the pretty pictures, you'll find that our calendar has been customized to include our **delivery schedule**. If you're a little unclear about all this 'Green Week' / 'Brown Week' business, refer to your calendar. We've laid out the entire delivery season complete with color coding for the different delivery weeks. You can even go a step further and mark your specific delivery dates on your calendar. We also highlight that time of year when our delivery schedule changes a little bit around the holidays. This can be a tricky time to remember when you are supposed to pick up your shares, so we encourage you to reference the calendar so you don't miss out on anything!

This Week's Box

RED SCALLIONS: Scallions store well in the fridge if you trim the root end slightly and place them in a glass jar filled with a couple inches of water. They are delicious in stir-fries, or try making the Scallion Pancakes from seriouseats.com

RED BOSTON LETTUCE OR MINI ROMAINE LETTUCE: Make a simple lettuce & red onion salad with parsley and a red wine vinaigrette.

STRAWBERRIES: If you don't eat them right out of the pint container, strawberries make a lovely addition to a morning smoothie. If you're feeling more indulgent, make a strawberry milkshake instead!

BROCCOLI: Fresh broccoli is wonderful when lightly steamed with just a little bit of salt. You could also mix things up a bit & try the recipe for Slow-Cooked Broccoli with Crunchy Lemon Breadcrumbs over at thekitchn.com.

SUGAR SNAP PEAS: Check out last week's newsletter for recipes and the featured vegetable article! Sugar snaps are delicious for raw eating as a snack, tossed into salads, or added at the end of a stir-fry for a sweet crunch. Don't forget, the pods are edible!

SNOW PEAS: Snow peas are flat with very small peas inside. Their pods are also edible. They are often used in stir-fries, but have a mild flavor and can be served raw or cooked. Add them to your next stir-fry, or check out the Food Network's recipe for Glazed Snow Peas

GREEN & YELLOW BEANS: Yellow beans are identical to green beans in all aspects except the color. Steam them for a simple, easy side dish. You could also saute them with garlic, olive oil, and a bit of soy sauce.

ZUCCHINI: Slice fresh zucchini & serve with hummus or your choice of dip. You could also shred it and make zucchini bread!

CUCUMBERS: Cucumbers contain up to 95% water and are high in Vitamin E, providing us with a refreshing summer treat! Try making a cucumber cooler: take ½ of a cucumber, 2 apples and ½ oz. of cilantro and blend.

LACINATO KALE: Also known as Tuscan or dinosaur kale, this variety has rich, dark green leaves. Thinly sliced kale is a nutritious addition to a salad or lightly sautéed for an easy side dish.

FENNEL: See this week's vegetable feature for more information.

CHIOGGIA BEETS: In addition to their unique color, pink on the exterior and candy-striped inside, these beets are especially sweet. They add a beautiful pop of color when sliced raw & added to salads. Roast your Chioggia beets whole to retain their candy-striping!

Some of the most important and useful information in the calendar is in the very last pages. If you flip to the back of the calendar, you'll find all of the **site locations including site hours and contact information**. If you need to contact your site host for some reason during the season, it can be very handy to just flip to the back of the calendar for this information. You'll also find one of Farmer Richard's favorite pages in the calendar. He admires the "**Don't Rip That Box!**" page and hopes everyone will take a minute to review these important guidelines for breaking down the CSA boxes. If the boxes stay at the site and are broken down properly, we will be able to reuse them again instead of having to

throw it away after a single use.

Having a CSA calendar in your kitchen might be a handy idea, especially on delivery day when you're putting away the contents of your shares. Another important piece of information in the calendar is our "**Storage Tips**" section. If you're not quite sure how or where to store a particular item in your box, just flip to the back of the calendar and refer to the list of vegetables. This list will answer most of your questions, but we've also provided a few recommended resources for storage information that you may find additionally helpful.

I hope you're starting to see that this calendar really is more than just dates on the wall. We actually consider it to be

a **CSA Resource Guide**. In the front of the calendar you'll find **important reminders** about how you can make the most of your CSA experience. Please take a moment to read this brief information so you are fully informed about the details of pickup day, how to use the Choice & Swap boxes, etc. When everyone follows the guidelines we have smooth and successful pick up days and everyone leaves with the shares they signed up for!

Finally, we acknowledge that **learning to eat "out of the box"** is a transition and we want to remind you that you are not alone in this adventure. Page 3 of the calendar and resource guide highlights a few resources you might find helpful to guide you as you learn about storing and preparing the different vegetables in your box from week to week. It's a good place to turn to if you're stumped by a vegetable and looking for more information or places to turn to for recipes.

If you haven't picked up your calendar yet, or you'd like another one, please look for them at your site this week. We appreciate your support of our farm and hope you are enjoying your seasonal eating adventure!

--Farmers Richard & Andrea, Capt. Jack The Dog, and the Entire HVF Crew

Vegetable Feature: Fennel

by Andrea Yoder

Fennel is such a beautiful vegetable. As you walk between the rows of fennel in the field, you can't help but run your hand over the soft, feathery fronds. You'll definitely be able to identify fennel from other vegetables in your box this week as it has both a unique appearance as well as a distinct aroma. Most of the fennel plant is edible, however the white bulb at the base of the plant is the most commonly used part. The soft, fine, feathery green portion extending off the stalks is what we refer to as the "fronds." The fronds are also edible and can be used more as an herb, seasoning or garnish to add a bit of flavor to soups, salads, flat breads, pizza, beverages, etc. The stalks are often too fibrous to eat, however they have a lot of flavor in them and can be added to simmering soups, stocks, etc. If left to continue growing, a fennel plant will eventually produce seed and fennel pollen which can both be used in cooking as well.

Fennel has the flavor of anise, or mild licorice. The bulb is crisp and sweet and can be eaten raw or cooked. Raw fennel should be sliced paper thin and can be used to make a quick summer salad such as the recipe featured in the newsletter this week. Fennel contains a volatile oil called *anethole* which is responsible for its licorice flavor and aroma. When sautéed, roasted or otherwise cooked, the oils volatilize which lessens the intensity of the flavor and the sugars in the vegetable start to caramelize. Thus, cooking mellows and sweetens the flavor while the color changes from bright white to a golden hue. I'd encourage those who may not care for the intense flavor or raw fennel to try it in its cooked form. You might find you actually like it!

Fennel is often used in gratins, cream soups, seafood dishes, simple salads and antipasto platters. It pairs well with a whole host of other foods including lemons, oranges, apples, honey, white wine, olives, beets, tomatoes, potatoes, fish, seafood, pork, cured meats, beans, cream, parmesan cheese, feta cheese, cucumbers, dill and parsley.

Fennel has a lot of beneficial health properties as well. It is a good source of calcium, iron, magnesium, zinc, and vitamins C & A. The volatile oil I mentioned earlier, *anethole*, has been shown to reduce inflammation and help prevent some cancers. It is also a natural digestive and breath freshener.

Fennel should be stored in the refrigerator, loosely wrapped in plastic. When you are ready to use it, you may need to peel off the outer layer of the bulb. Cut the bulb in half and make a V-shaped cut into the core at the base of the fennel bulb. Remove most of the core, then slice thinly or cut as desired.

Shaved Fennel Salad

Recipe featured on 101cookbooks.com by Heidi Swanson

Serves 4-6

1 medium-large zucchini, sliced into paper thin coins
2 small fennel bulbs, trimmed and shaved paper-thin
¾ cup loosely chopped fresh dill
½ cup fresh lemon juice, plus more if needed
½ cup extra virgin olive oil, plus more if needed
fine grain sea salt
4 or 5 generous handfuls arugula
Honey, if needed
½ cup pine nuts, toasted (may substitute almonds)
⅓ cup feta cheese, crumbled

1. Combine the zucchini, fennel and dill in a bowl and toss with the lemon juice, olive oil and ¼ teaspoon salt. Set aside and marinate for 20 minutes, or up to an hour.
2. When you are ready to serve the salad, put the arugula in a large bowl. Scoop all of the zucchini and fennel onto the arugula, and pour most of the lemon juice dressing on top of that. Toss gently but thoroughly. Taste and adjust with more of the dressing, olive oil, lemon juice, or salt if needed. If the lemons were particularly tart, you may need to counter the pucker-factor by adding a tiny drizzle of honey into the salad at this point. Let your taste buds guide you.
3. Serve topped with pine nuts and feta.

Cucumber-Fennel Fizz

Recipe featured on food52.com

Yield: 2 drinks

1 cucumber
1 ½ tsp fresh lime juice
1 Tbsp unfiltered apple cider vinegar
4 ice cubes
1 inch fresh fennel
1 can club soda or ginger ale
2 short stalks fresh fennel for garnish
10 frozen blueberries
3 ounces gin (optional)

1. Skin cucumber, cut into 4 chunks, and toss into blender.
2. Add lime juice, apple cider vinegar, ice, and 1-inch fresh fennel. Add gin if using. Blend until smooth and foamy, about 2 minutes. Don't be tempted to add more liquid unless your cucumber is exceptionally dry and it refuses to blend. (In which case add a dash of soda.)
3. Share the cucumber mix between two glasses, adding either club soda or ginger ale in a 1:1 ratio. Add 5 frozen blueberries to each glass. Garnish with a sprig of fresh fennel.