



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

September 4-5, 2015

Cookbooks, Blogs and Other Fabulous Culinary Resources

by Sarah Janes Ugoretz

I'm going to go out on a limb here and say that it's an understatement that we—our members and everyone at Harmony Valley Farm—love to eat. We take time to consider our food purchases and care about what we're putting into our bodies. Cooking is often part of that process, and when you're faced with a variety of fruits and vegetables that you may not have grown up eating, it can be overwhelming and even intimidating. Considering this, we wanted to tap into the creativity and the dearly held culinary resources of you, our members. Unfortunately we received more great resources than can be printed here. Visit our blog at www.harmonyvalleyfarm.blogspot.com for a full & unabridged list of the top suggestions we received! Without further ado, here are some of your favorite sources and sites to visit when you're holding a bunch of yukina savoy in your hand and thinking, "What the heck am I supposed to do with this?"

PRINT SOURCES.

Let me start by saying that our members have first-class taste when it comes to cookbooks! From locally to internationally known, we received over 30 recommendations. Here are a few of your favorite go-to vegetarian (or mostly vegetarian!) cookbooks.

Anything by Deborah Madison!: Deborah Madison has made it into our newsletters on numerous occasions. As a trained chef with decades of experience, she is dedicated to high quality, seasonal ingredients. Check out the following: *Vegetable Literacy*, *The New Vegetarian Cooking for Everyone*, *The Greens Cookbook*, *Seasonal Fruit Desserts*, *Local Flavors* and *The Savory Way*. I'll add that I often use *Vegetable Literacy* as a reference or for more hands-on recipes, whereas I find that *The New Vegetarian Cooking for Everyone* is a wonderful place to go for ideas and inspiration—especially since it is full of variations!

Good Food Book: A few of you mentioned Jane E. Brody's classic from 1985. You'll find Brody's book full of highly accessible and very "tweak-able" plant-based recipes. Oh, and she could care less if you're trying to watch your carb intake. Also look for Brody's *Good Food Gourmet*.

Farmers Market-based books: There is a growing number of cookbooks that cater to the bounty of farmers markets. For a selection by Wisconsin's own, check out

This Week's Box

GREEN TOMATILLOS: Chilaquiles Verdes are an amazing thing. Check out Food52's rather straightforward approach, which blends the sweetness of tomatillos with the heat of a few jalapeños.

GOLD POTATOES Potatoes, sweet corn and wild Pacific cod make a tasty chowder. Head online to Epicurious for the full recipe—Summer Corn and Cod Chowder—don't forget to add potatoes and a touch of chipotle!

CAULIFLOWER OR BROCCOLI OR BROCCOLI ROMANESCO: For a simple side dish, roast either of these veggies with shallots and garlic until golden. Top broccoli with Asiago cheese and pair cauliflower with Parmesan and chives. Add a dash of lemon juice prior to roasting for an extra burst of flavor.

ITALIAN GARLIC: Garlic is, of course, a powerful infuser. Use it to make savory garlic aioli, garlic butter or a garlic cream sauce.

RED CIPOLLINI ONIONS OR SWEET SPANISH ONIONS: Why not let onions be the star for once? Check out Martha Stewart's recipe for a Sweet Onion Salad. Our Sweet Spanish Onions will be a superb replacement for the suggested Vidalia onions.

ORANGE CARROTS: Shredded or julienned carrots are a requirement for freshly made Vietnamese spring rolls. For a hands-on guide, check out TheKitchn's cooking lesson on How to make Vietnamese Spring Rolls with Spicy Peanut Sauce.

ORANGE OR RED ITALIAN FRYING PEPPERS OR ORANGE UKRAINE PEPPERS: These are all sweet peppers and can be eaten raw or cooked.

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

MINI-SWEET PEPPERS: You just can't go wrong stuffing these little colored peppers with a soft cheese and tossing them onto the grill. They're also a sweet addition to a home-made pizza.

RED GRAPE TOMATOES: Roast these tomatoes—adding any seasoning that appeals to you—and pair them with olives and spinach for a simple yet decadent pasta dish.

VARIETY OF LARGE TOMATOES: How about a throw-back to your childhood with classic tomato soup (and grilled cheese!) or the always-delicious BLT sandwich?

RED SEEDLESS WATERMELON: Freeze some watermelon and lime popsicles with refreshing mint for the next hot day, or check out Food52's Boozy Watermelon Rosemary Lemonade (leave out the gin for a kid-friendly version!).

GREEN JAPANESE OR FRENCH ORANGE MELON: Melons serve as a versatile summer-time salad base. Get creative, adding anything from feta and basil to edamame and candied almonds.

JALAPEÑOS: Include some diced jalapeños in your next batch of cornbread, or just pop them into a freezer bag and stash them away until you find yourself wanting a little heat in the middle of winter!

GREEN TOP RED BEETS: TheKitchn's Tahini Beets recipe is a no-brainer—quick, easy, delicious and nutritious! And don't forget to eat those greens.

CUCUMBERS OR ZUCCHINI: Cucumbers and pears make an excellent morning smoothie combo. Add some ginger for a bit more zing! Sauté sliced zucchini and portabella mushrooms—seasoning with salt, pepper, garlic, and red pepper flakes—for a unique taco combination.

Savoring the Harvest by Irene Cash and *Fresh Market Wisconsin* by Terese Allen. You'll find a list of over 30 cookbook suggestions on our blog.

MAGAZINES.

Magazines go hand-in-hand with anticipation. Every month, a fresh assortment of techniques, culinary tools and recipes awaits you, and you can pick and choose which to try your hand at. Below are a few of your favorites.

Eating Well and Cooking Light: These magazines cater to the whole foodies among you, with ease and simplicity in mind. Those who eat with the seasons will likely find *Eating Well* and *Cooking Light* to be stellar resources. Their respective websites feature menu and meal planning apps as well as clean eating guides.

Saveur: With a nod to high quality, seasonal ingredients, *Saveur* may ask you to step out of your comfort zone. However, I have found that the recipes are, for the

most part, accessible. You'll also be regularly exposed to the culinary traditions of far away and not so far away places, from Spain and Germany to Baja, California and New Orleans.

ONLINE SOURCES.

While we know that our cherished, food-splattered cookbooks are irreplaceable, there is also a place in the kitchen for fancy schmancy food blogs, apps and other technology-based resources. Check out a few of your go-to sources below.

Food52: While Food52 is largely a recipe collective for home cooks, staff regularly try out recipes and provide their comments. You can save recipes for a rainy day and organize them any which way you'd like.

100 Days of Real Food: If you're interested in cutting out processed foods, then put this website at the top of your list. In addition to recipes, this blog provides a wide variety of helpful information, from recommended reading and cookbooks to kid-tested recipes and free week-long family meal plans on a budget.

The New York Times Cooking App: According to one of our members, this resource won her heart for its "ease and variety." With an impressive selection of filters ranging from ingredient and preparation method to meal type, your search will quickly be met with a plethora of recipe ideas.

There are a variety of other online resources to keep in mind, including TheKitchn, Martha Stewart, Pinterest, Food in Jars, and My Whole Food Life. Also, be sure to check out your favorite website, magazine or cookbook author on Facebook—they're likely to post recipe ideas regularly. Plus, this is another way to

tap into a community of like-minded cooks and eaters.

Many thanks to you, our members, for taking the time to share your favorite culinary gems with us. I know I've added more than a few new sources to my own list of favorites. May your time in the kitchen be an ongoing adventure in creativity and healthy eating!

Produce Plus

Produce Plus is a benefit of CSA membership, allowing you to buy some of your favorite items in bulk to put up (can, freeze, preserve) for later use.

Produce Plus Current Offers

Roma Tomatoes, 25 pounds-\$38.00

Orange Ukraine Peppers, 10 pounds-\$27.00

Mini-Sweet Peppers, 5 pounds-\$28.00

Baby Red Beets, 10 pounds-\$25.00

Baby Gold Beets, 10 pounds-\$25.00

Cross Plains, Mazo, Strathfield, Argyle & Local customers

-order by 5pm on Wednesday, September 9th for delivery to your pick-up site on **September 11-12th** Please mail your payment the same day as placing your order.

Madison customers -order by 5pm on Wednesday, September 9th for delivery to our farmers' market stand on **September 12th**. Please pay for your order at the stand.

To order, please call 608-483-2143 x2 or email csa@harmonyvalleyfarm.com

Please be sure to include your name, telephone number and pick-up location with your order!

Vegetable Feature: Poblanos

by Beth Brown-Lucas

Poblano peppers are classified as a hot pepper with a medium level of heat. While you won't need gloves or eye protection to cut up this pepper, the oils will be on your hands so be sure to wash your hands after handling. You can identify the poblanos in your box as the dark green, large peppers with blocky shoulders that taper to a point.

The skins/walls of these peppers are sturdy, making them perfect for stuffing as they'll hold up in the oven quite nicely. They are typically roasted and peeled when cooking with them, or dried. When dried, they are called ancho chilis. Poblanos are also commonly used in chile rellenos, a dish that originated in Puebla, Mexico. It consists of a stuffed, roasted fresh poblano pepper that is usually battered with an egg coating and fried until crispy.

Roasting poblanos will bring out their fruitier flavors. To roast the peppers, place them on a tray under the broiler, directly on the grill or directly on an open flame. Roast over the flame, turning as needed to make sure all sides of the pepper get lightly charred or blistered. Remove from the flame and place in a brown paper bag or a covered bowl and let them steam as they cool. Once they are cool enough to handle, scrape off the skin. You can use roasted poblano peppers in a wide range of dishes. Stuff them with cheese and make your own chile rellenos or try using roasted chopped poblano peppers as a topping for tacos and burritos.

Poblano peppers can be preserved either raw or after roasting. To preserve them in their raw form, remove the stem and seeds, then slice or chop and freeze. Both forms of preserved poblanos can be a great addition to salsas and winter soups & stews. Check out this week's featured recipe for an easy way to enjoy poblanos now, or save the peppers and recipe for later!

Caramelized Poblano Chile & Onion Dip

Original recipe featured in Martha Stewart Living magazine, August 2012.

Yield: 2 Cups

¼ cup vegetable oil

3 cups diced onion

3 poblano chiles, seeds and ribs removed, diced

1 Tbsp fresh coriander seeds, toasted and coarsely ground

Coarse salt

½ cup fresh lime juice (from 2 to 3 limes)

4 ounces cream cheese, room temperature

½ cup sour cream

Cayenne pepper, for sprinkling

HVF Serving Suggestions:

- Dice the poblanos now and freeze the raw peppers. Pull them out in the winter and make this dip to serve at a New Year's Eve or Super Bowl Party!
- Stuff the dip into mini-sweet peppers and pack them in your lunch.
- Mix the dip with fresh corn kernels and black beans. Stuff it inside a sweet pepper and bake until warmed through.
- Use this dip to create a tasty Quesadilla. Heat a large frying pan over medium heat and add enough oil to lightly coat the bottom of the pan. Spread the caramelized poblano chile & onion dip on a tortilla. For a vegetarian option, layer pieces of sautéed zucchini and/or eggplant on top of the dip and fold the tortilla in half. For an omnivore alternative, add slices of cooked bacon to the quesadilla. Cook in the warm saute pan until the bottom is golden, then flip it over and toast the other side.