



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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June Farm Update

By Farmer Richard

It's been 7 weeks since the last farm update we shared with you on April 19, written with a foot of snow on the ground! In that update we reported that this year sets the record for the coldest and wettest spring in the forty plus years since I started farming! Despite that crazy, wet, snowfall in late April, we were able to do our first spring planting on April 24 which is one full week later than any other year I've had farming. The late start to the season would suggest that all of the crops would be later and heat loving crops like tomatoes, sweet corn and peppers would be equally late and have a short season, barely making it before the first fall frost! Well folks, keep reading as I have some good news!!

We had to plan our greenhouse transplants for a "normal" year. We started planting in late February and actually had some really nice, sunny days in March. We have new plastic on all the houses, so our early seeded crops took off nicely and even when the days became more cloudy, the crops continued to grow and were ready pretty much on schedule. As soon as the skies cleared (and the snow melted away), we seized the few dry days we had to prepare ground, lay plastic (for some of our transplants like onions and tomatoes) and tried to keep our field plantings on schedule. When greenhouse transplants are ready, they really need to get to the field! However, just because you get a plant to the field it doesn't mean it's going to take off and grow, especially when it's cold as it has been this spring. We decided to invest the time and energy into covering some crops with row covers to help trap heat and accelerate plant growth. We cover some crops every year, but this year we had so many fields to cover that we had to fill an extra 1,000 sandbags and cut 1,000 new wire hoops to put over the beds to keep the covers from damaging the transplants under them. Without the hoops we risk giving the plants cover abrasion and we need the

What's In The Box?

POTATO ONIONS: These are the last of our overwintered onions, planted in the fall for harvest this spring. Use them as you would use any green onion.

ASPARAGUS: Sadly, this is our last week to harvest asparagus. We'll take advantage of the remainder of this growing season to allow the plants to capture energy in the form of sunlight and store it in the roots for next year's crop!

RHUBARB: As with asparagus, this is also our last week to harvest rhubarb. Rhubarb is easy to freeze. Simply wash it, cut it into smaller pieces, then put it in a freezer bag and freeze it raw. You'll enjoy pulling it out later in the winter to make a delicious rhubarb-apple crisp.

RED RADISHES: For those who prefer a mild radish flavor, spring is the best time of year to eat radishes as they become really hot and spicy in the heat of the summer. Dip them in a little salt and eat them with butter for a tasty and healthy snack.

RED OAK LETTUCE: This is the gorgeous dark red head lettuce in this week's box. Make sure you wash your head lettuce in a sink of clean water before using it. Try to remove as much water from the leaves as you can before using the lettuce or you'll have a soggy salad!

GREEN BOSTON LETTUCE: This is the green head lettuce in this week's box. The tender, thick leaves on this lettuce make great wrappers for a variety of fillings. Use them to make lettuce wraps stuffed with chicken or egg salad.

PEA VINE: This is also the last week for pea vine. See last week's **blog** post for more information about pea vine including serving and use suggestions and a recipe.

HON TSAI TAI: This is the bunching green in your box that has purple stems and yellow flowers, both of which are edible. You can use this green raw in salads or lightly cook it.

SALAD MIX: Our salad mix is a blend of baby lettuces combined with some spicy Asian greens and sometimes kale. Because of their delicate nature, it's best to dress them with a light vinaigrette instead of a thick, creamy dressing.

SPINACH OR ARUGULA: After a few weeks without spinach, we're happy to be harvesting spinach again this week. Check out this week's **Cooking With the Box** article where you'll find a link to a delicious salad featuring both spinach and pea vine! Making the **Turnip Pesto Pizza** in this week's newsletter? Add a handful of arugula just before serving!

BABY WHITE TURNIPS: Read more about these delicious little salad turnips in this week's vegetable feature article!

sandbags to hold all the covers in place! We couldn't have covered all of these crops without our amazing crew! When we had only a few dry days to plant and cover, they were asking "can we work late to finish?" They repeatedly tell me, "if we don't plant it and take care of it, we don't have a crop to harvest!" It's important to get the big picture!

We are well aware that it is our crew's dedication to getting the crops planted on time, covered for protection from cold and storms and willingness to work late some nights that has changed the picture from coldest/latest spring to bring us pretty much back on schedule! Does anyone remember that heat wave we had at the end of May?

See our **blog** for the rest of this article!

Cooking With This Week's Box!

Welcome to the first week of June! In our world, June means picking strawberries, sugar snap peas, and zucchini while still trying to stay ahead of the weeds. It's going to be a very busy month!

This week we will be saying good-bye to asparagus, rhubarb and pea vine. If there is something you've been thinking about making with any of these three things, this is the week to do so! I'm going to use the asparagus to make Heidi Swanson's **Asparagus Panzanella**. Panzanella is traditionally an Italian tomato and bread salad. This Asparagus Panzanella is a seasonal adaptation of this concept.

I want to try something new with the rhubarb this week. I stumbled across two delicious and interesting recipes this week. I haven't decided yet which one I'm going to make, but the choices are **Bourbon Roasted Rhubarb with Crème Anglaise** or **Strawberry Rhubarb Jalapeño Spread**. I'm leaning towards cutting up the rhubarb and freezing it so I can make the **Strawberry Rhubarb Jalapeño Spread** once I have strawberries and a fresh jalapeño. The author of this recipe gives suggestions for using this spread including serving it on bread or crackers with cream cheese.

There was some nice action last week in our **Facebook Group**. Several people decided to use the pea vine to make this **Pea Vine Quesadilla** recipe from our archives. Another member suggested this **Green Goddess Detox Salad** which uses spinach & pea vine to form the greens base of a simple, delicious salad that has a lot of green in it! In addition to the spinach and pea vine, this recipe also uses green onions and calls for garlic (substitute green garlic or garlic scapes). Another great suggestion from the Facebook group last week is these **Fried Greens Meatless Balls**. This recipe is a great way to use a variety of greens. Some members chose to use the hon tsai tai and pea vine to make this recipe, but you could also include your radish tops, turnip tops and/or spinach.

(See our [blog](#) for the rest of Chef Andrea's suggestions for utilizing every item in your box including recipe links!)

Featured Vegetable: Baby White Turnips

By Chef Andrea

Baby white turnips are a classy little vegetable we often describe as being "pristine." They are classified as a salad turnip and are tender with a sweet, mild flavor. Both the roots and the green tops are edible and may be eaten raw or lightly cooked.

We plant baby white turnips for harvest early in the season and again in the fall when the growing conditions are cooler. We harvest them while they are still small and tender, when the sweet flavor matches its delicate appearance. Compared to the common purple top turnip, or other storage turnips, salad turnips are much more mild and subtle in both flavor and texture. The turnips we grow in the fall are meant for storage purposes and have a thicker skin compared to the thin skin of a salad turnip. Baby white turnips also mature much faster than beets, carrots and fennel, etc so they are a very important part of our spring menus until other root vegetables are ready for harvest. To prolong the shelf life, separate the greens from the roots with a knife and store separately in plastic bags in your refrigerator.

To prepare the turnips for use, separate the roots from the greens and wash both well to remove any dirt. Salad turnips have such a thin exterior layer, they do not need to be peeled. They are delicious eaten raw in a salad, or just munch on them with dip or hummus. You can also cook these turnips, but remember to keep the cooking time short as it doesn't take much to cook them to fork tender. You can simply sauté them in butter, stir-fry or roast them. The greens may be added to raw salads, or lightly saute or wilt them in a little butter. When cooking baby white turnips, remember to keep the cooking time short and the preparation simple. Cook them just until they are fork tender. You can also stir-fry or roast them and they are a nice addition to light and simple spring soups.

Turnip Greens Pesto Pizza

Yield: 4 Servings (One 12 to 14 inch pizza)

Turnip Green Pesto	2 Tbsp lemon juice	1 ball of pizza dough (homemade or store bought)
Turnip greens from one bunch baby white turnips, roughly chopped	½ cup extra virgin olive oil + more to thin if necessary	½ cup freshly grated mozzarella cheese
1 garlic scape or 1 stalk green garlic, chopped	Salt and pepper, to taste	¼ cup freshly grated Parmesan cheese
¼ cup pine nuts or pumpkin seeds, toasted	Pizza	Pinch of crushed red pepper flakes
¼ cup freshly grated Parmesan cheese	Olive oil	4 oz cooked bacon or sautéed mushrooms (optional)
	Turnips from one bunch baby white turnips, thinly sliced	

1. In the bowl of a food processor, add all of the ingredients for the pesto (except the oil). Process until a paste is formed. With the motor running slowly add the oil. Season to taste with salt and pepper.
2. Preheat the oven to 475°F. Heat a little olive oil in a large skillet over medium heat. Add the sliced turnips and cook for about 1 minute per side (you may need to do this in batches). Remove from heat and set aside.
3. Roll out your pizza dough onto a pizza stone or pizza pan. Spread the pesto on top of the crust and layer on the sliced turnips, bacon or mushrooms if using either, both cheeses, and sprinkle with crushed red pepper flakes. Bake in the oven until the crust is golden and crisp and the cheese is bubbling. About 13-15 minutes.
4. Remove the pizza from the oven. Slice and serve.

Recipe adapted from Andrea Bemis's Blog, *Dishing Up the Dirt*.

Spring Celebration Bowl

Yield: 4 servings

This recipe is from Andrea Bemis's book, *Dishing Up the Dirt*. Andrea is a farmer on the west coast and here's her intro to this recipe: "I like to cook up big batches of grains along with a few sauces or salad dressings on Sundays. This makes weekday mealtime (specifically lunch) really easy for us. Lunch is the toughest meal of the day because I have no prep time—but a simple bowl of grains, some veggies, fried egg, and a sauce makes for a stress-free and energizing midday meal. This soul-soothing bowl truly celebrates the bounty of spring."

Tahini Miso Dressing

¼ cup tahini
1 Tbsp white miso
1 Tbsp fresh lemon juice
¼ cup warm water, plus more to thin if necessary
Freshly ground black pepper, to taste

Celebration Bowl

1 cup dry quinoa
¾ to 1 pound asparagus
2 cups sugar snap peas*
Turnips from one bunch of baby white turnips, cut into
½ inch pieces
1 Tbsp olive oil, plus additional for frying eggs
4 eggs
3 to 4 red radishes, thinly sliced
1 bunch cilantro, minced
¼ cup sesame seeds

1. Prepare the dressing. Whisk together tahini, miso, and lemon juice with an immersion blender or hand whisk. Slowly add ¼ cup warm water, adding more, if necessary, until you reach your desired consistency. I like this dressing on the thicker side but feel free to add more water for a thinner sauce. Season with pepper and set it aside.
2. Prepare the quinoa according to the package instructions. Preheat the oven to 400°F. Toss the asparagus, sugar snap peas, and turnips with the oil. Place them on a rimmed baking sheet and roast until they are lightly browned and tender, 18 to 20 minutes. Toss veggies halfway through cooking.
3. When you're almost ready to serve, fry your eggs. Heat a little olive oil in a large nonstick skillet over medium. When the oil is hot, crack in the eggs. Cook until the whites are set and the yolks are still slightly runny, about 5 minutes.
4. To assemble, spoon quinoa into the bowls. Top each serving with roasted veggies, radishes, cilantro, and sesame seeds. Drizzle with the dressing and place a fried egg on top.

*Note From Chef Andrea: This recipe is very easy to adapt. I didn't have quinoa, so I used short grain brown rice instead. We don't have sugar snap peas yet, so in place of those I added steamed turnip greens. Use what you have in season and adapt this recipe as needed to match what's seasonal and available!