



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

November 16-17, 2018

WHAT'S IT WORTH?

The article that follows was written by Shizue, Content Coordinator at Kickapoo Coffee Roasters. In a previous coffee newsletter, Shizue shared a glimpse into how pricing works in the coffee industry, connecting issues associated with commodity pricing to the impacts a volatile market have on the coffee producers. We invited her to share a slightly expanded version of this article with our broader membership as her article represents issues in our food system that apply to all of us, whether you are a coffee drinker or not. Commodity pricing plays a role in agriculture, perhaps more than any of us may realize. Anything from raisins to chocolate, coffee to potatoes, avocados to lettuce, milk, and the list goes on. As a farmer with fixed costs and family members to feed, working off of a volatile commodity market is less than reassuring and in many cases proves to be less than sustainable. When prices are based on perceived values and market demands instead of the true cost of production, it often leaves producers holding all the risk.

In this article, Shizue poses the basic question "How do we value our producers?" We encourage everyone to be an informed consumer and eater. The system will only change when we as consumers demand the change. How we value our producers—both those growing and producing in our local markets as well as those more distant from us who grow products we consume are important. The fact that many producers around the world are forced to sell to a market at a loss for their hard work is heartbreaking. Are we willing to pay the price our producers need to stay in the game and live a sustainable life? We're not talking about their ability to build extravagant homes, take vacations and drive expensive cars. We're talking about making sure the return they get for the product they produce is enough for them to continue to farm in another year, feed their families and provide for their basic needs, and hopefully have a little bit left over so they can invest in their future. The reality is, if we don't support our community of growers, we will continue to lose more small farmers. We hope you'll take a moment to read this article and want to thank you for being part of a more sustainable food system!

—Farmers Richard & Andrea

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What's In The Box?

RED & YELLOW ONIONS: Both of this week's onion varieties are intended for storage and are good for caramelizing due to their high natural sugars.

ITALIAN GARLIC: Use this week's garlic to make a **Garlic Infused Oil & Dipping Sauce** for bread. Serve it as an appetizer along with cheese, olives and slices of beauty heart radishes.

COVINGTON SWEET POTATOES: This week's sweet potatoes are the Covington variety. This variety is very dense with orange skin and flesh. They are known for storing very well. If you don't use them for Thanksgiving dinner, remember to keep them in a cool place for best storage (55-65°F).

ORANGE CARROTS: These carrots are great for making carrot fries. Check out this week's **Cooking With the Box** article for more information.

BUTTERSCOTCH BUTTERNUT SQUASH: This is a tasty variety of butternut squash that is intended to be smaller in size. If you see some wrinkling on the skin, don't worry about it. It is common to see this on this variety after it has been in storage for awhile. It's the result of the squash curing and dehydrating a little bit which only concentrates the sugars more making it the sweet and tasty squash we know it to be!

TAT SOI: This is the dark green vegetable with rounded leaves and long, slender stems connected at the base. See **this week's vegetable feature** for more information and recipe suggestions.

COLLARDS: We harvested these just before the really cold temperatures set in, so they were definitely frost-sweetened. Refer to our **previous vegetable features** about collards for more information.

CELERIAC: Need celery for the stuffing for Thanksgiving dinner? Use celeriac instead!

BEAUTY HEART RADISH: This is a winter storage radish that has a creamy white to greenish/pink or even hot pink skin and bright pink flesh. They are mild and sweet, but if they still have more radish bite than you prefer, peel them. They are delicious eaten raw, but may also be stir-fried or roasted.

SHALLOTS: This is not just another onion! Shallots are the more sophisticated cousin of the onion. We thought you might like to include something special for Thanksgiving dinner. See this week's **Cooking with the Box** article for suggestions.

PARSNIPS: While these look like a white carrot, carrots and parsnips are very different vegetables. Parsnips are good roasted, added to a root mash, or can even be shredded and used in baked goods.

WHAT'S IT WORTH?

By: Shizue Roche Adachi, Kickapoo Coffee Roasters

On August 20th, the international price for green coffee (C-Price) plummeted to less than 97 cents per pound, the lowest it's been in 12 years. And it's not bouncing back. With an average cost of production hovering around \$1.04 per pound, the market is now paying most farmers less than it costs to grow, cultivate, and process their coffee. Coffee farmers are already the least economically empowered players in the coffee supply chain, and now they are being asked to carry the financial burden of a system that's failed them.

So, how did we get here? Like many industries, the true economy of coffee has been manipulated by speculation. Composed of a relatively small group of individuals, the financial sector holds an immense amount of economic power over the market. And they wield that power for their benefit, profiting off of a volatile commodity price while producers face uncertainty and instability.

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

Featured Vegetable: Tat Soi

Tat soi is one of my favorite fall vegetables. This is a gorgeous vegetable, but it's also delicious and packed with nutrients. You'll recognize the tat soi in your box this week as the large, dark green flower-like vegetable with long slender light green stems and rounded spoon-like leaves. Tat soi is a relative of bok choy and has a mild mustard flavor that has been sweetened by a few frosty nights. Both the leaves and the stems are tender and may be eaten raw or cooked.

Tat soi is one of the last greens we plant during the season with the intention to harvest it from the field as late as possible—early to mid-November. As the temperatures start to decrease, the plant lays itself flat to hug the ground for warmth. The result is a very open, flat rosette that has a deep, dark green color that intensifies with cold weather. Tat soi is very resilient to cold temperatures and can recover after being frozen. We did put hoops and a field cover over them to offer them some protection from the really cold nights. If you see some outer leaves on your tat soi that have a white to grayish hue, you're looking at a little frost damage. You might also see some stems that have kind of a wrinkled, loose appearance. This happens sometimes when the stem freezes and then thaws. These stems and leaves are still good to eat and those frosty, cold nights are what make this green taste so mild and sweet! We hope you'll be forgiving of a few frosted leaves as you appreciate the beauty and taste of this late season vegetable.

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

Cooking With This Week's Box!

It doesn't seem possible that we're down to our last three CSA boxes. Weren't we just harvesting ramps not too long ago? Thanksgiving will be here next week and Christmas will follow close behind. Whether you're looking for recipes to make for the holidays or just looking to find some tasty, seasonal recipes to try for weekly meals, this is a great time of the year to collect recipes from blogs, cooking magazines, etc. One of my favorite sites to peruse this time of year is *Food52.com*. I've already made a list of new recipes to try from their *Food52 Thanksgiving Menu Maker*. Check it out and you'll find a lot of really good ideas for fall and winter vegetables.

Ok, time to get cooking with this week's box and first on the list is our featured vegetable, the beautiful tat soi! If you aren't familiar with tat soi, please take a moment to read this week's vegetable feature article. Tat soi is a tasty and versatile green. This week I used it to make the featured recipe below, **Spaghetti with Roasted Butternut Squash & Tat Soi** (see below). This turned out to be a pretty simple dish to make and very beautiful with contrasting colors of dark green, orange and purple from the red onions. Unlike many pasta dishes that contain dairy, this dish is not only vegetarian but also vegan. The chopped nuts with lemon zest that are used as a garnish is a perfect finishing touch to complete the dish. This can stand alone as dinner itself or is tasty side dish with a seared pork chop, grilled salmon or roasted chicken.

*See our **blog** for the rest of Chef Andrea's suggestions for utilizing every item in your box including recipe links!*

Spaghetti with Roasted Butternut Squash & Tat Soi

Yield: 3-4 servings

2 ½ to 3 cups butternut squash, medium diced	1 tsp fennel seeds	Salt & Freshly ground black pepper, to taste
2-3 Tbsp olive oil	½- ½ tsp red pepper flakes	Juice and zest of one lemon
1-2 cloves garlic, minced	4 cups thinly sliced tat soi leaves & stems	½ cup toasted walnuts or almonds, finely chopped
1 medium red onion, sliced thinly	8 oz dried spaghetti	
¾ cup red wine		

1. Preheat oven to 400°F. Put diced butternut squash in a mixing bowl and drizzle with 1-2 tablespoons olive oil. You want just enough to lightly coat all pieces. Season with salt and pepper and spread the squash in a single layer on a baking pan. Roast for 40-50 minutes or until the squash is tender and golden. Remove from the oven and set aside.
2. In a small bowl, combine the finely chopped nuts along with ½ tsp salt and the zest of one lemon. The lemon zest is best done on a microplane so it is very fine. Alternatively, chop the zest finely with a knife. Set the nut mixture aside to use as a garnish when serving this dish.
3. Next, put on a large pot of salted water and bring to a boil. Cook spaghetti until al dente. Before draining the spaghetti, remove one cup of the pasta water and set it aside. Drain pasta and set aside.
4. While the squash is roasting and the spaghetti is cooking, heat 1 ½ tablespoons olive oil in a medium to large sauté pan over medium heat. Add onions and garlic and sauté lightly until they are softened and starting to caramelize. If they start to brown, reduce the heat. This will take about 15-20 minutes.
5. Once the onions are caramelized, add the red wine, fennel seeds and red pepper flakes. Simmer until the wine is reduced by half.
6. Add the roasted butternut squash and tat soi to the pan. Place the cooked spaghetti on top and stir to combine all of the ingredients. Add some of the pasta water and continue to cook over medium heat until the tat soi is wilted and tender.
7. Season with salt and pepper and add 1-2 tablespoons lemon juice. Add a little more pasta water if necessary and simmer for another 4-5 minutes. Taste and further adjust the seasoning with salt, pepper, and/or more lemon juice.
8. Serve the pasta warm and topped with the mixture of toasted walnuts/almonds and lemon zest.

Recipe by Chef Andrea Yoder