



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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Health is Our Wealth

By Andrea Yoder

"People are fed by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food."—Wendell Berry

Since the 1990's our food supply has changed dramatically. When I was a kid Cheerios were pretty safe to eat, but now they are laced with glyphosate residues. Now foods made from GMO (genetically modified organisms) crops are widespread within our food system and until recently we had no way of knowing if a food contained GMOs or not. Some products are now labeled, but there is still a big void for most consumers about the negative impact GMO crops and their production system are having on both human and environmental health. The six main GMO crops being produced now are corn, soy, cotton, canola, sugar beets and alfalfa. Additionally, GMO salmon, papaya, potatoes, apples, sweet corn, zucchini and yellow squash are also being produced but in lesser amounts.

Jeffery Smith is the founder of *The Institute for Responsible Technology* (IRT), which has become "a world leader in educating policy makers and the public about genetically modified (GM) foods and crops." Mr. Smith recently released a film entitled "*Secret Ingredients*" that is now available to the public. Richard and I had the opportunity to watch the movie earlier this week and would like to share a little glimpse of the movie as well as encourage everyone to take the time to watch it.

The goal of the movie was to bring greater awareness to the public about the relationship between foods containing GMOs and toxic chemicals such as glyphosate . . .

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

What's In The Box?

RED & YELLOW ONIONS: Onions are often used as a base ingredient in recipes, but they can be the main item as well. Consider using them to make baked or roasted onions. You'll find a recipe link in this week's **Cooking With the Box** article.

ITALIAN GARLIC: Roasted garlic has a more mellow, sweet, deep flavor that is rich and savory. Use it to make **Roasted Garlic Hummus**.

COVINGTON SWEET POTATOES: Remember to store sweet potatoes in a cool location, but not too cold. The ideal storage temperature is 60-65°F. Turn this week's sweet potatoes into a soup or maybe a pot of chili!

ORANGE CARROTS: Make carrot "pasta" by simply using a carrot peeler to shave off long ribbons of carrot. You can eat the "pasta" either raw or cook it lightly and use it as a base for any sauce for which you would traditionally boil fettuccine or spaghetti noodles.

SPAGHETTI SQUASH OR BUTTERKIN SQUASH: This is the last of our spaghetti squash, and when it's gone the remaining boxes will receive Butterkin Squash. Spaghetti Squash is bright golden in color while Butterkin squash is buff colored and looks like a little Cinderella pumpkin.

FESTIVAL SQUASH: This is a great squash for cutting in half and stuffing the centers. Check out this week's **Cooking With the Box** article to find a member-recommended recipe link for a stuffed squash recipe.

BLACK SPANISH RADISH: These are the round, black-skinned roots with a turnip like shape. They are snow white on the inside and the skin is thin enough you don't need to peel it. They are a more pungent radish when eaten raw but mellow when you cook them. Use them to make a dish featured earlier this season, **Roasted Black Radishes with Brown Butter and Rice**.

GREEN SAVOY CABBAGE: Despite the fact that we're done harvesting, we still have green leafy vegetables to enjoy! Use this cabbage to make raw slaws, add it to soup or just simply sauté it. Store it in the refrigerator in a plastic bag and just cut off the portion you need.

SUNCHOKES: These are the root vegetable that resembles a piece of fresh ginger. They have a thin skin with a white, crisp, crunchy flesh. They are excellent when roasted and make delicious soup.

KOHLRABI: This is a larger variety than we grow in the spring and it's intended for longer storage into the winter. You'll find the flesh to be crisp, sweet and delicious! While kohlrabi is often eaten raw in salads and slaws, don't be afraid to use it in soups, root vegetable gratin, or stir-fries. Store it in the crisper drawer of the refrigerator and peel before using.

PARSNIPS: Use these parsnips along with turnips and carrots to make the **Cornish Pasties (Meat Hand Pies)** or **Chicken Pot Pie with Biscuit Topping** recipes in this week's newsletter!

SWEET SCARLET TURNIPS: Read this week's **vegetable feature** for more information about storage turnips and how to use them.

Featured Vegetable: Storage Turnips

Friends, it's that time of year. We'll be ushering in the first day of December before the week is finished. We are officially done harvesting vegetables, but this week's box is still brimming with abundance as we pull from our stores of roots, cabbage, alliums, squash, etc. We plan for this time of year and make sure we have plenty of vegetables stashed away when the snow starts to fly. This is a new season of local fare and this week I want to turn our attention to the humble storage turnip. Some vegetables seem to scream "Look at me!" while others, such as turnips, seem to hang out in the shadows. But turnips are an important part of our winter diet and deserve a mention. They are much different from the tender, mild baby white salad turnips we grow in the spring and early fall. Storage turnips are much more dense and have a stronger flavor. They also have the ability to store for months (literally!) in cold storage.

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

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Cooking With This Week's Box!

I hope everyone had a wonderful Thanksgiving. Did you stick with the familiar traditional foods or did you try some new recipes? We're entering into our final month of the year, the cold has set in and the snow is flying. Doesn't it make you want to hunker down and cook comfort food?!

Lets kick off this week's cooking adventure with two traditional recipes for winter comfort food that will make use of the sweet scarlet turnips which are this week's featured vegetable. The first recipe is my version of a **Chicken Pot Pie** (see below). While I usually make pot pie with chicken, you could also turn this into a vegetarian dish by omitting the chicken and using vegetable stock. Pot pies usually have a pie crust topping, but I've never been a fan of that so I always make mine with a crispy biscuit topping that includes a little cheddar cheese. This is hearty enough for a full meal, so we generally just eat it for dinner with a little bit of cranberry jelly on the side to complement the rich, creamy gravy. The second featured recipe this week is for **Cornish Pasties** (pronounced past-E) (see below). These are kind of like the original hot pocket and are a traditional food of Michigan's Upper Peninsula thanks to the Cornish miners who immigrated there in the 1800's. Pasties are one of their national dishes and they took them with them for lunch when they were working down in the mines. They generally consist of some kind of beef and/or pork along with potatoes, rutabagas or turnips, carrots, onions and in modern versions there may be some dried herb and garlic. They have a flaky, crispy, buttery pastry that encloses a hearty filling. They are sturdy enough that you can hold them in your hand and they reheat well.

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

Cornish Pasties (Meat Hand Pies)

Yield: 6 large or 12 small pasties

3 cups all-purpose flour, plus extra for rolling dough	12 ounces ground beef (uncooked)	1 tsp dried thyme
1 cup butter or shortening	½ cup carrot, small dice	Salt and pepper
Salt, to taste	½ cup turnip or rutabaga, small dice	1 large egg, beaten
1 cup cold ice water	½ cup parsnips, small dice	
	½ cup potato, small dice	

1. For the pastry: In a large bowl, whisk together the flour and salt. Cut in the butter or shortening using a fork or pastry cutter until the mixture resembles coarse crumbs. Add half the water and stir gently with a fork. Add the remaining water and bring together the dough into a large ball. Flatten into a disc and wrap in plastic wrap. Refrigerate for 1-2 hours.
2. Preheat oven to 350°F. In a large bowl, combine beef, small diced vegetables, thyme and season with salt and pepper. Thoroughly mix to combine and set aside.
3. Remove the dough from the refrigerator and divide into 6 even pieces (if making large pasties), or 12 pieces (if making small pasties). Flour a work surface and roll out each ball of dough into an 8-inch circle (for large pasties). Put about ¾ cup filling on one side of the circle of dough. Fold the dough over to cover the mixture and crimp the edges to seal the pasty. You may flute or gently roll the edges for a decorative touch. Carefully lift the pasty onto a baking sheet (lined with parchment for convenience if you wish). Repeat with remaining pasties.
4. Brush the pasties with the egg wash using a pastry brush. Cut 3 small slits in the top of each pastry to prevent steam from building up and splitting the dough. Bake for 1 hour until the crust is golden brown and flaky and the filling is firm and thoroughly cooked. Serve warm, with ketchup or brown gravy if you like.
5. If you have leftovers, wrap in foil and store in the refrigerator for up to 5 days or freeze in an airtight container for up to 2 months. You can reheat these in a 350°F oven.

This recipe was adapted from a recipe for **Michigan Pasty** found at cookingchanneltv.com and a recipe for **Cornish Pasties** found at kingarthurfLOUR.com.

Chicken Pot Pie with Biscuit Topping

4 servings

½ cup diced onion	½ tsp dried thyme	8 ounces cooked chicken, diced
1 clove garlic, minced	2 ½ cups root vegetables (turnip, carrot, parsnip, celeriac, rutabaga), medium dice	Sea Salt, to taste
4 Tbsp unsalted butter, divided		Ground Black Pepper, to taste
¾ cup whole wheat pastry flour		Biscuit Topping (See Recipe Below)
2 pints chicken stock		

1. In a small saucepot, melt 2 Tbsp of butter. Sweat onion and garlic in butter until softened. Add the remaining 2 Tbsp of butter and melt. Stir in whole wheat pastry flour to make a roux. Gradually add chicken stock, stirring constantly to combine. Simmer over low heat for 10 minutes, stirring frequently to keep from scorching the bottom of the pot.
2. Add thyme, diced vegetables and season with salt and pepper. Simmer for another 10 minutes. Stir in chicken and pour into an 8 x 8 inch baking dish. Drop spoonfuls of biscuit dough evenly on top of filling. Bake in a 400°F oven for 35-40 minutes or until biscuits are golden brown. Remove from oven and allow to rest for 10 minutes before serving.

Biscuit Topping

1 cup whole wheat pastry flour	¼ tsp salt	3 Tbsp unsalted cold butter
1 tsp baking powder	¼ tsp ground black pepper	½ cup buttermilk
½ tsp baking soda	2 ounces grated sharp cheddar cheese	

1. In a medium mixing bowl, combine flour, baking powder, baking soda, salt and pepper. Cut in butter with a pastry cutter or fork until the mixture resembles a coarse meal.
2. Add cheese and toss to coat. Add buttermilk and stir to combine. Mixture should be stiff.

Recipe by Chef Andrea Yoder, Harmony Valley Farm