



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

May 31 - June 1, 2019

What's In The Box?

POTATO ONIONS: Also known as a spring onion, this variety is called a potato onion because it is a multiplier onion planted from an onion bulb. We plant them in the fall, so it is also classified as an overwintered onion.

GREEN GARLIC: Green garlic and potato onions are easy to confuse. You can tell the difference by looking at the green tops. Green garlic has flat green tops and the onion tops are more rounded.

DIANA RADISHES: Spring is the prime season for radishes and there is a lot more you can do with them besides just eat them raw in salads or with salt. Check out this week's *Cooking With the Box* article on the blog where you'll find a recipe link for **Creamy Radish Dip**.

ASPARAGUS: Remember to keep the base of asparagus spears moist, either in a glass of water or wrapped in a moist paper towel or cloth. This week's *Cooking With the Box* article has a link to a tasty **Roasted Asparagus Grilled Cheese Sandwich**.

HON TSAI TAI: This is the bunched green with purple stems, green leaves and yellow flowers. Check out *last week's vegetable feature* for more information and a recipe for **Hon Tsai Tai and Shiitake Potstickers**

RHUBARB: This vegetable can be used in sweet desserts or savory dishes such as stir-fry and chutney. If you didn't see our feature article about rhubarb several weeks ago, you can find it on our blog.

BUNCHED ARUGULA: While this arugula is a bit more mature than our bagged baby arugula, you'll find the leaves are still very tender. Consider using it to make arugula pesto, which is delicious tossed with pasta, spread on toast with cream cheese, or mixed into scrambled eggs. This arugula would also be good wilted on an asparagus and prosciutto pizza.

BABY WHITE TURNIPS: This is our featured vegetable this week, so check out the newsletter or blog for recipes and to learn more about them! Both the tops and the turnips are edible!

BABY SPINACH: Spinach salad topped with radishes, roasted asparagus, chicken and croutons makes a nice light lunch or dinner. Top it off with a creamy green garlic dressing.

CILANTRO: Wrap with a moist paper towel and store in a plastic bag for optimal freshness. Check out this week's *Cooking with the Box* article for a **Cilantro Lime Rice** recipe.

CHOICE: GARDEN HERB PACKS—This week we have sent one herb pack for every other week Brown week vegetable shares, flex members who did not receive a pack last week as well as extra packs for those who requested one for delivery this week. We still have plenty of herb packs at the farm, so if you'd like another herb pack for yourself or your share partner would like one, please leave us a note on the notebook by the checklist at your site along with your phone number. If there are any extra packs remaining at your site this week, your site host will contact you so you can claim it. If there are no packs remaining, we can send an extra pack for your next week (June 6/7/8).

GARDEN HERB PACKS....Notes of advice from Farmer Richard

Plant your herbs in a garden space or in pots to keep on your patio, porch or kitchen window sill if you're limited on space. Choose good, loose garden soil mixed with lots of compost (up to 1" mixed into the soil if you're planting into a garden space). The plants will do best in well-drained soil with full sun. If you don't have a space with full sun exposure, partial sun will be ok too. If you have rabbits or other little herb-loving critters in your yard, you might need to fence your herbs to protect them.

Refer to this diagram to identify the different plants in your pack. You can also find more information about each herb on our blog. Check out the post we did on May 23, 2018 which includes pictures as well as more information about planting and using your herbs!

Sage	German Winter Thyme	Winter Savory
Greek Oregano	Chervil	Italian Parsley
Basil	Basil	Curly Parsley

VEGETABLE FEATURE: Baby White Turnips

By Chef Andrea

Classy, pristine, delicate, mild, tender & sweet...these are just a few of the words we find ourselves using to describe baby white turnips, one of our favorite spring vegetables. Baby white turnips are classified as a salad turnip and are also referred to as Tokyo or Hakurei turnips which are varietal names for turnips in this class. Both the roots and the green tops are tender, mild and edible. They may be eaten raw or lightly cooked.

This turnip variety thrives in the cool of spring and again later in the fall. 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 storage 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 which is why we value them as an 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, wash both the roots and greens 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 and the preparation simple. You can simply saute 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. Two of our favorite baby white turnip recipes from past newsletters include **White Turnip Salad with Miso Ginger Vinaigrette** and **Turnip Greens Pesto Pizza**. We hope you enjoy these tasty little gems!

Creamy Turnip Grits & Greens

Yield: 4 servings as a main dish or 6 servings as a side

1 bunch baby white turnips	3-4 cups water	5-6 oz bacon, cut into ¼-inch pieces and cooked until crispy (optional)
1 Tbsp butter	1 ½ tsp salt, plus more to taste	<u>Brown-Butter Hot Sauce Vinaigrette:</u>
¾ cup minced green garlic and/or green onions (lower portion)	¼ tsp ground black pepper, plus more to taste	4 Tbsp butter
¾ cup thinly sliced green garlic and/or green onion tops	¼ cup cream	2 Tbsp lemon juice
1 cup grits	½ cup grated Parmesan or cheddar cheese	1 Tbsp hot sauce
		¼ tsp salt

1. First, cut turnips from the tops, wash thoroughly and cut into small dice. Thoroughly wash the greens. Shake off excess water and thinly slice them. Set aside
2. Heat 1 Tbsp butter in a medium saucepan over medium heat. Once the butter is melted, add the diced turnips. Cook, stirring periodically, until turnips are tender and lightly browned. Once browned, remove turnips from the pan with a spoon, leaving the extra butter in the pan. Set turnips aside.
3. Add minced green garlic and/or onions to the pan. If necessary, add a little more butter. Sauté over medium heat until fragrant and softened.
4. Add 3 cups of water to the pan and stir in the grits along with salt and pepper. Bring the grits to a gentle simmer and try to hold this temperature steady through the cooking. Stir the grits frequently to prevent them from sticking to the bottom of the pan and keep the heat gentle. (Alternatively, you can cook the grits in a double boiler pan so you don't have to worry about them sticking). Gently simmer for 20-40 minutes. When you first start cooking them, they'll look grainy and separated. As they cook they'll start to soften and become thicker and creamy. The cooking time will vary depending on how coarse the grits are, so you'll have to observe and taste them to determine when they are done. You'll know they are done when they are soft, tender and do not taste starchy. If they get too thick, you may need to add more water to thin them out. You want them to be the consistency of moderately thick oatmeal.
5. When the grits are fully cooked, stir in ¼ cup of cream and the cheese. Once fully incorporated, stir in the turnips as well as the greens. Stir and continue to simmer for just a few more minutes to allow the greens to fully wilt down. Once fully wilted, remove from heat and taste them one more time. Add additional salt and black pepper as needed. You can also adjust the consistency at this point if they are too thick. (just stir in a little warm water)
6. Just before serving, make the brown-butter hot sauce vinaigrette. It's best to have all the ingredients measured out in advance because this is a quick cooking process!
7. In an 8-inch saute pan, melt the 4 Tbsp of butter. Do not use a cast-iron or black bottomed skillet for this because you will not be able to see the butter browning. Once the butter melts, it will foam and fizz and eventually start to brown a little on the bottom. When you see this beginning to happen, make sure you swirl the pan around so that all the milk solids brown evenly. Do not walk away! Once the butter is nutty in color as well as aroma, carefully stir in the lemon juice, hot sauce, and salt. Let it bubble up for about 15 seconds, then pull it off the heat and get ready to spoon it over the hot grits!
8. Serve the grits in a bowl garnished with the thinly sliced green garlic and/or onion tops, crumbled bacon (if using), and a drizzle of the brown-butter hot sauce vinaigrette. Enjoy!

This recipe was written by Chef Andrea with inspiration and guidance from Chef Vivian Howard's cookbook, *Deep Run Roots*. The recipe for **Brown-Butter Hot Sauce Vinaigrette** is 100% credited to Chef Vivian!