



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 30 -31, 2020

What's In The Box?

ITALIAN GARLIC: A bit of garlic in your meals every day is nature's medicine! Start with minced garlic in your scrambled eggs for breakfast!

RED & YELLOW ONIONS: The key to making caramelized onions is patience. Keep the heat low, stir periodically, and let the moisture cook out of the onions. This process is what allows the sugars to concentrate making them sweet and delicious.

GERMAN BUTTERBALL OR RUSSET POTATOES: German butterball potatoes are similar to the familiar "Yukon Golds." They have a moist, delicious golden flesh with gold (ok, it's kind of brown) skin. They are excellent for boiling, pan-frying, roasting, salads, etc. Russets are a dry, starchy potato which makes them an excellent selection for mashed potatoes!

BROCCOLI ROMANESCO OR CAULIFLOWER: We cut as many heads of cauliflower as we could at the end of last week. There are still quite a few remaining in the field, but we'll have to see if they survived several nights of 20 degree temperatures we saw over the weekend and early this week. This week your box may contain Yellow, Purple or White cauliflower OR Broccoli Romanesco.

BROCCOLI OR GREEN KOHLRABI: This is likely the last of this year's broccoli. If you haven't eaten the broccoli stems this year, this is the week to do so as you'll find they are sweet, flavorful and full of crunch! Actually, they are very similar to kohlrabi! These kohlrabi were harvested this week, after being frozen solid! Notice how sweet, juicy and flavorful they are!

BLACK NEBULA OR ORANGE CARROTS: Black carrots are one of the oldest types of carrots and this variety has the most intense purple color of any vegetable we grow! Learn more about this unique carrot variety, and find two delicious recipes featuring them, in the vegetable feature article we published on our **blog last year**. We just finished the last harvest of orange carrots this week. We officially have a good supply to take us through to the end of the season!

MAGENTA RED SUMMERCRISS LETTUCE: We harvested these beautiful heads of lettuce last Saturday to make sure they were safe in the cooler before the temperatures dropped over the weekend! Wash well and pat dry before storing in the refrigerator.

BRUSSELS SPROUTS: You'll find a one-pound bag in your box this week. Read more about Brussels sprouts in this week's **vegetable feature** article where we cover the importance of cooking them properly!

PARSNIPS: They may look like a white carrot, but they don't taste like carrots! Parsnips have a unique flavor all their own and are delicious roasted, sautéed or boiled. Some boxes this week contain baby parsnips which may be cooked whole or simply cut them in half lengthwise.

KOREAN & JALAPEÑO PEPPERS: We thought we might be done picking peppers, but we had a cover over a small portion of the field in hopes that we could pick just a few more ripe Korean chili peppers! This is the official last delivery of peppers for 2020. The Korean peppers still have a medium level of heat. The jalapeños, which were quite hot in the middle of the summer heat, are much more mild now.

RED CABBAGE: There is a lot of vegetable tightly packed in these dense heads of cabbage! You don't have to eat it all at once. You can cut a chunk off and store the remainder for another time, just make sure you cover the cut side or store it in a plastic bag. Thinly slice it and add it to salads or slaw. It's also tasty braised or stir-fried.

PURPLE DAIKON RADISH: Check out our vegetable feature from this same week in 2019! In this article you'll also find a tasty recipe for **Soy-Pickled Daikon Radish**.

FESTIVAL OR HEART OF GOLD SQUASH: Both of these varieties are similar to the traditional acorn squash, but much better tasting! They have golden flesh that is light, sweet and flavorful. Both are good varieties to bake with a sweet or savory filling.

Vegetable Feature: Brussels Sprouts

By Chef Andrea

Brussels sprouts are a popular crop many members have come to adore when they realize how delicious they are when harvested fresh, in the peak of their season AND cooked properly. Brussels sprouts are another selection in the family of *Brassicacae* which include cauliflower, broccoli and cabbage. They resemble little cabbages and grow on stalks with leaves similar to collards. We start Brussels sprouts from seed in the green house in the spring and then plant the transplants to the field where they require a 4-6 month period to reach their full potential. Brussels sprouts are a hearty vegetable and can take cold temperatures. In fact, we like them to be "kissed by the frost" a few times before we even think about harvesting them. This year they were more than kissed, they were actually frozen solid! The cold exposure changes the flavor making them more sweet, which contributes to a better tasting sprout overall. While they can tolerate some frost, there is a point when the temperatures drop into the teens and the plants become susceptible to damage. Knowing we were going to see temperatures in the low twenties to high teens this week, we decided to make harvesting all the Brussels sprouts a priority. If we had tried to pluck them all off the stalk in the field, we never would've finished harvesting them! So, the crew stripped the leaves, cut the stalk at the base and brought them in on the stalk. By the end of the day Saturday we had 50 bins of Brussels sprouts in the cooler containing about 6,800 stalks! Now, on frosty mornings we work in the warmth of the greenhouse popping them off the stalks.

Now that you know fresh, frosted Brussels sprouts are going to taste the best, let's talk about proper cooking. In my youth I did not adore the drab, olive green little cabbages that made the house smell funny when Mom cooked them. In my adult life I realized that it was not the Brussels sprouts I disliked, but rather my mother's overcooked approach to preparing them! For just a moment let's talk about the science of Brussels sprouts. As with other vegetables in this family, Brussels sprouts are packed with phytonutrients that make them nutritional powerhouses! One nutrient compound they contain are glucosinolates, a sulfur containing nutrient that protects and benefits our bodies in many ways including protecting our cardiovascular system and providing anti-cancer effects. These sulfur containing compounds also contribute to their flavor, but this is where we need to talk about the fine line between a delicious tasting Brussels sprout and one that has crossed the line because it is overcooked. As you cook Brussels sprouts these sulfur compounds are released. When overcooked the flavor becomes strong, pungent and, in my opinion, just not very enjoyable. Brussels sprouts may be roasted, boiled, steamed, sautéed. Regardless of the cooking method you choose, it's important to cook them just until they become bright green and are tender, but still with a little bit of firmness remaining. The next stage after this is where they turn olive green, get soft and mushy and develop a strong smell from all the sulfur compounds volatilizing into the air! The other important thing to remember when cooking Brussels sprouts is to let them breathe. It's best to cook them uncovered as it lets the sulfur compounds dissipate into the air instead of building up in the pan under the lid.

To prepare sprouts for a recipe, use a paring knife to trim a little bit off the base of each sprout which will allow a few outer leaves to fall off. If the sprouts are small, you may cook them whole. If they are a little larger you may want to cut them into halves or quarters. I should mention that Brussels sprouts may also be eaten raw in slaws and salads. In their raw form they are generally sliced very finely. Brussels sprouts are a natural pairing with other vegetables including garlic, onions (especially caramelized onions), winter squash, root vegetables, sweet potatoes and mushrooms. They also pair well with fall fruits including apples, cranberries, pomegranate, and lemons. In my kitchen, they also have an attraction to butter! They also pair well with other dairy products including Parmesan, feta and blue cheese as well as cream. Their strong flavor goes well with salty, cured meats such as bacon and sausage as well as toasted nuts. A drizzle of maple syrup, honey or even balsamic vinegar is also a nice way to finish off a Brussels sprouts recipe.

Store Brussels sprouts in the refrigerator in the plastic bag we've portioned them in for you. They will keep for several weeks, but we recommend you eat them within a week or two. We are grateful to share the bounty of this year's harvest with you and plan to pack them in the next few CSA boxes! Enjoy!

Creamy Brussels Sprout Slaw with Apple and Toasted Almonds

Yield: 2 as a main dish or 4 as a side dish

<p>½ cup raw almonds</p> <p>1 packed cup flat-leaf parsley, leaves and stems</p> <p>½ pound Brussels sprouts</p> <p>1 apple</p> <p>2 tsp freshly squeezed lemon juice</p>	<p><u>Creamy Maple Vinaigrette</u></p> <p>2 Tbsp cold-pressed olive oil</p> <p>4 tsp Dijon mustard</p> <p>4 tsp apple cider vinegar</p> <p>2 tsp pure maple syrup</p> <p>¼ cup plain yogurt</p>	<p>2 pinches fine sea salt</p> <p>2 pinches freshly ground black pepper, plus more as needed</p>
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1. Prepare the slaw: Preheat the oven to 300°F. Spread the almonds on a rimmed baking sheet in a single layer and roast until fragrant and slightly darker in color, 20 to 25 minutes. Remove from the oven and let cool completely. Roughly chop the almonds and the parsley leaves, finely mincing the stems.
2. While the almonds are roasting, wash and trim the Brussels sprouts, removing any damaged outer leaves. Slice them as thinly as possible using a knife or a food processor with the shredding attachment. Place in a large bowl.
3. Core and slice the apple into thin sections. In a small bowl, immediately toss the apple sections with the lemon juice to prevent browning.
4. Make the dressing: Whisk together the olive oil, mustard, apple cider vinegar, maple syrup, yogurt, salt, and pepper.
5. Add the apples, almonds, and parsley to the shredded Brussels, pour the dressing over top, add a generous amount of black pepper, and fold to combine.

Recipe borrowed from Sarah Britton's book, *Naturally Nourished*.

Hoisin-Glazed Brussels Sprouts

Yield: 4 to 6 servings

<p style="text-align: center;"><u>Hoisin Sauce</u></p> <p>2 Tbsp grapeseed oil (or other neutral cooking oil)</p> <p>3 cloves of garlic, minced</p> <p>½ cup low-sodium soy sauce</p>	<p>3 Tbsp pure maple syrup</p> <p>2 Tbsp rice vinegar</p> <p>2 Tbsp tahini</p> <p>2 tsp sriracha hot sauce</p>	<p style="text-align: center;"><u>Brussels Sprouts</u></p> <p>1 ½ Tbsp grapeseed oil (or other neutral cooking oil)</p> <p>1 pound Brussels sprouts, trimmed and sliced in half or quartered if large</p>
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1. Make the sauce: Heat the oil in a large skillet over medium-high. Add the garlic and cook, stirring often, until fragrant, about 2 minutes. Add the soy sauce, maple syrup, rice vinegar, tahini, and sriracha. Cook, whisking occasionally until the mixture is thick and smooth, about 5 minutes. Pour the hoisin sauce into a jar and set it aside.
2. Prepare the Brussels sprouts: using the same skillet (no need to clean it), heat the grapeseed oil over medium-high. Add the Brussels sprouts and cook until they are a deep golden brown and lightly crisp on all sides, about 8 minutes. Stir in half of the hoisin sauce and continue to cook for an additional 2 or 3 minutes, stirring often. Serve warm or at room temperature with additional sauce on the side.
3. Store any extra sauce in an airtight container in the fridge for up to 5 days.

Recipe borrowed from Andrea Bemis' book, *Dishing Up the Dirt*.