



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)

November 20 - 21, 2020

## What's In The Box?

**TAT SOI:** This is the beautiful green in this week's box with light green stems and dark green, spoon-shaped leaves. Read more about this late-season green in this week's **Vegetable Feature** article.

**FRESH BABY GINGER:** We are happy to have had a good enough yield from this year's crop to include it in your boxes for a second week! Refer to last week's **Ginger Feature Article** for storage and use information.

**BEAUTY HEART RADISHES:** This is a winter storage radish also known as "watermelon" radish. They are white with green shoulders on the outside and bright pink on the inside! Occasionally we see a few that are pink on the outside and inside, so don't be surprised if you receive one of these rare radishes. It is not necessary to peel them, but you may do so if you prefer less of the radish bite. Eat them raw, add to stir-fries or roast them.

**ITALIAN GARLIC:** In Chinese cooking, garlic is often paired with ginger and scallions as the base for most dishes. While scallions are not in season right now, you will notice the classic pairing of ginger and garlic in several of this week's recipes including the sauce for the **Ginger Roasted Sweet Potatoes and Coconut Tat Soi**.

**SEDONA YELLOW ONIONS:** This is a Spanish onion known both for its sweetness as well as ability to store well. Use it to make the **French Onion Mac-and-Cheese** recipe in this week's **Cooking With the Box** article.

**PURPLE AND/OR YELLOW CARROTS:** If you still have orange carrots from a previous delivery, mix them with the purple and/or yellow carrots in this week's box to make rainbow roasted carrots. Some boxes will receive yellow and purple carrots while others may only receive purple carrots.

**RUSSET POTATOES:** We saved these russet potatoes until the end of the season because they are a good storage potato as well as a good variety to use for making mashed potatoes, a classic Thanksgiving dish!

**COVINGTON SWEET POTATOES:** This week's variety is characterized by more of an orange skin and flesh. Notice the subtle differences in flavor and sweetness compared to last week's Burgundy sweet potatoes.

**BROCCOLI ROMANESCO OR CAULIFLOWER:** We weren't sure they would survive the cold weather, but they did and we harvested them late last week. The heads are small, but we couldn't stand to leave them in the field! So, enjoy this year's final, and cutest, cauliflower and Romanesco.

**BRUSSELS SPROUTS:** These sprouts are storing remarkably well this year! Some may have a few spots or a bit of a yellow outer leaf, not uncommon to see after they've been in storage. Trim the base of the sprout and this outer leaf will fall off. Store them in the refrigerator in a plastic bag.

**BLACK FUTSU PUMPKINS OR HEART OF GOLD SQUASH:** If you're not familiar with the unique Black Futsu Pumpkins, refer to our **Vegetable Feature Article** from October. This vegetable has a pumpkin-like shape with buff-brown, ridged skin. Heart of Gold squash has cream skin with green and yellow markings. It's similar to an acorn squash, but is much more flavorful and sweet!

**CILANTRO:** We didn't think it would survive the frost, but this is some of the most beautiful cilantro of the year! Use the stems and the leaves. If you see some purple leaves, don't worry about it. It is common to see in cold weather, but the leaves are still entirely usable.

**CELERIAC:** This is the knobby, roundish, slightly gnarly root. It may be eaten raw or cooked, but should be peeled first. The easiest way to do this is to cut it into quarters so it's easier to hold. Use a paring knife to remove the outer peeling.

**PARSNIPS:** We pushed the final harvest of parsnips as long as we could and just harvested these two weeks ago. Refer to this week's **Cooking With the Box** article which features recipes where parsnips are roasted, used in a silky creamy soup, and are paired with chocolate and cherries in a delicious cookie!

## Vegetable Feature: Tat Soi

By Chef Andrea

We are trying as hard as we can to keep green vegetables coming in your boxes for as long as possible! This week we were lucky enough to have a few afternoons that were above freezing to return to the field and harvest some of our late season crops including the gorgeous Tat Soi! This time of year the flavor of tat soi is a very mild, slightly sweet mustard flavor and its green color is so deep and intense! While it can take some cold weather and frosty nights, repeated cold exposure can result in frost damage. We took the time to put wire hoops in the field and draped a double field cover over the tat soi, anchored with lots of sandbags to keep it in place even with the 30 mph winds we had! The cover added extra protection for them on frosty mornings the past few weeks. It's always a gamble as the tat soi may still freeze under the cover and by the time we're ready for it, sometimes it can look pretty rough. But this year's crop looks very nice and some of the tat soi were huge!

Tat soi is a relative of bok choy. It has spoon shaped dark green leaves and light green stems extending from the base. Nearly the entire plant, leaves and the stems, is edible and you'll find both to be tender enough to eat raw as well as cooked. One of my favorite ways to eat this green is as a raw salad tossed with shredded carrots and beauty heart and/or purple daikon radishes. This week I included a recipe for a **Maple-Mustard Vinaigrette** which has become my go-to vinaigrette to use throughout the year. Recently I've been adding pickled or fresh ginger to the dressing which is a nice complement to tat soi. I didn't include a full recipe for the salad, because you can make it whatever you want it to be. Turn it into an entrée by adding a protein such as seared beef, fish or tofu, top it with toasted seeds or nuts, get creative! I like to think of Tat soi, like many tender greens, as "Nature's Fast Food." Incorporate it

into a quick stir-fry or pasta dish such as this week's **15-Minute Sesame Ginger Noodles** or last year's **Ramen Noodles with Tat Soi**. It's also a nice addition to soups such as miso or hot and sour soup. I tend to pair tat soi with flavors such as ginger, sesame and soy, but really you can prepare it with many different ingredients and use it in place of other greens in recipes calling for bok choy, spinach, chard, mustard greens, etc. I have used tat soi to make **Red Lentils with Winter Squash & Greens**, featured in our newsletter in 2015. Another one of my favorite recipes to adapt to tat soi is for **Bok Choi Salad with Sesame Almond Crunch**, featured back in 2016.

It's best to store tat soi in a plastic bag in the refrigerator until you're ready to use it. Prior to use, turn it over and use a paring knife to cut the stems away from the base. Wash the stems and leaves vigorously in a sink of cold water. If you're using it to make a salad or stir-fry, make sure you pat the leaves dry or dry them in a salad spinner. If you're using them in a soup or just wilting them, just shake a little water off of them. Savor one of the last of this year's greens!

### Ginger Roasted Sweet Potatoes and Coconut Tat Soi

Yield: 4 servings

#### Sweet Potatoes:

2 lbs sweet potatoes,  
peeled and cut into 1  
inch pieces  
1 medium yellow onion,  
cut into 1 inch pieces  
2 garlic cloves, grated or  
minced  
2 tsp fresh ginger, grated  
½ tsp cayenne pepper  
¼ cup olive oil  
½ tsp Kosher salt  
½ tsp pepper

#### Tat Soi:

1 medium to large head  
tat soi, leaves and  
stems kept separate  
and cut into bite-sized  
pieces  
1 garlic clove, grated or  
minced  
1 tsp fresh ginger, grated  
2 Tbsp olive oil for  
sautéing  
½ cup unsweetened  
coconut milk  
Whole milk Greek  
yogurt, for serving  
(optional)  
Cilantro, coarsely  
chopped, for serving  
(optional)

#### Sweet Potatoes:

1. Preheat oven to 400° F. Line a baking sheet with parchment paper.
2. Add all the ingredients to a bowl and toss until well coated.
3. Transfer to the baking sheet and spread the potatoes out, making sure to scrape the bowl of all the ginger and garlic.
4. Roast for 35-45 minutes or until the potatoes are beginning to brown on the edges and the green onions are charred.

#### Tat Soi:

1. Just before the potatoes are done, heat the olive oil in a skillet over medium-high heat.
2. Add the tat soi stalks first and cook for about 3-4 minutes.
3. Add the garlic and ginger and cook until fragrant, about 1-2 minutes.
4. Add the tat soi leaves and sauté, tossing frequently until the leaves are tender and wilted but still green, about 5-7 minutes.
5. Pour in the coconut milk, tossing the greens so all are evenly coated.
6. Remove from the heat. Taste and adjust seasoning with additional salt and pepper as desired.
7. Pour the greens and all the juices into a serving dish. Top with the roasted sweet potatoes, and onions.
8. To serve, add a dollop of Greek yogurt and cilantro if desired.

Recipe borrowed and adapted from *olivejude.com*.

### 15-Minute Sesame Ginger Noodles

Yield: 4-5 servings

1 Tbsp sunflower or  
vegetable oil  
5-6 cups Tat Soi,  
leaves and stems  
chopped into bite-  
sized pieces  
8 oz rice noodles  
(may substitute  
spaghetti or any  
other long, thin  
noodle)

Toasted sesame  
seeds, for serving  
Cilantro, coarsely  
chopped, for  
serving  
Salt & Black Pepper,  
to taste

#### Sauce:

2 cloves garlic, finely  
chopped  
2 Tbsp fresh ginger,  
finely chopped  
6 Tbsp soy sauce  
2 Tbsp maple syrup  
1 Tbsp toasted  
sesame oil  
2 tsp crushed red  
pepper flakes

1. Prior to cutting the tat soi, wash the leaves and stems well, then cut into bite-sized pieces for 5-6 cups total. Keep the stems and leaves separate. Set aside.
2. Boil the rice noodles according to the package directions. When cooked, drain and set aside.
3. While the noodles are cooking, mix the sauce ingredients together in a small bowl. Set aside.
4. Heat 1 Tbsp sunflower or vegetable oil in a medium skillet or saucepan over medium heat. Add the tat soi stems and saute for 1-2 minutes. Add the sauce to the pan and bring it to a simmer. Once the sauce is bubbling gently, add the tat soi leaves. Simmer for about 2 minutes or until the leaves start to wilt.
5. Next, add the cooked noodles. Stir to combine the noodles with the vegetables and sauce, cooking long enough to ensure the noodles are heated through.
6. Remove from heat and adjust seasoning to your liking with salt and black pepper as needed. Serve immediately, garnished with toasted sesame seeds and fresh cilantro if desired.

Recipe inspired and adapted from *choosingchia.com*.

### Maple-Mustard Dressing

Yield: about 1 cup

4 Tbsp whole-grain or Dijon  
mustard  
4 Tbsp maple syrup  
¾ cup cold-pressed olive oil  
4 Tbsp apple cider vinegar

1 Tbsp finely chopped fresh  
ginger or pickled ginger  
Salt and freshly ground black  
pepper, to taste

1. In a small bowl, combine the mustard, maple syrup, apple cider vinegar, salt and black pepper. Whisk to combine.
2. Slowly drizzle in the oil, stirring as it is added. Once the oil is fully incorporated, stir in the ginger and taste. Adjust to your liking with additional salt, pepper and/or vinegar.
3. Store in a jar in the refrigerator for 1-2 weeks. Use to dress your favorite green salads!

Recipe borrowed and slightly adapted from Sarah Britton's book, *My New Roots: Inspired Plant-Based Recipes for Every Season*.