



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

June 25 - 26, 2021

VEGETABLE FEATURE: Beets

By: Chef Andrea Yoder

Description: Beets are typically available starting in mid to late June with availability extending through December and sometimes even into January and February. There are some beets better suited to harvest for storage and others that are intended for harvest with the green tops for fresh eating. We grow three different colors of beets including the traditional red beet as well as golden and Chioggia beets which have a bright pink skin and are candy-striped inside! A common question many ask is "What is the difference between the different colors of beets?" In general, all of our beets, regardless of color, are sweet and earthy. Red beets have more of the traditional earthy beet flavor. Chioggia and golden beets are generally more mild in flavor, but typically are as sweet or sweeter than the red beets. Individuals who don't care for beets generally like and will eat golden beets, which is a good place to start for those who are still learning to like them.

Preparation & Use: Both the beet root as well as the green tops are edible and both are very nutritious. Beet greens are generally eaten cooked, but may also be used raw. Beet greens are very similar to Swiss chard and these two vegetables may be cooked similarly and used interchangeably in recipes. Prior to use, wash them well in a sink of cold water and shake or spin off any excess water.

As for the beet root, this portion of the plant is typically cooked, however they may also be eaten raw. Thinly sliced or grated beets are a nice addition to salads and slaws. As for cooking, beets are generally either boiled or steamed on the stove top or roasted in the oven. The cooking time will vary depending upon the size of the beet. The general recommendation is to cook beets with their skins on and the root tail intact. For red beets in particular this minimizes the leaching of the water-soluble color compounds from the beet. Once the beets are cooked, the peel should be easy to remove. You know a beet is fully cooked when the beet easily slides off a skewer, fork or cake tester stuck into the middle of the beet.

What's In The Box?

GREEN TOP RED BEETS: Both the green tops and roots are edible. Check out this week's **vegetable feature** article to learn more about how to put both parts to use!

FENNEL: Nearly all parts of the fennel plant are edible and usable. Visit our **2019 HVF Fennel Blog** which includes a list of 25 Fennel-Centric Recipes!

GARLIC SCAPES: This will be our last week for garlic scapes. If you would like to preserve them for use during the winter, consider making **Pickled Garlic Scapes**.

PURPLE SCALLIONS: If you're looking for a super simple vegetable side dish, sauté peas with thinly sliced purple scallions. It doesn't sound like much but it's so delicious!

STRAWBERRIES: Sadly, this is our final week of strawberry harvest. Remember, our berry varieties are a bit more delicate than what you find in a store. Handle them with care, keep them cold, and eat within a day or two!

RAINBOW CHARD: Also known as "Swiss Chard," this early summer green may be used interchangeably in recipes calling for spinach or beet greens. Check out this week's **Cooking With the Box** article where you'll find links to two tasty dishes including a curry dish and a galette recipe! PS: You can eat the stems and the leaf part.

GREEN AND/OR SILVER SLICER CUCUMBERS: While we most often eat cucumbers raw, they can also be grilled such as in this simple recipe for **Grilled Cucumbers with Feta**.

ZUCCHINI AND/OR SUNBURST SCALLOPINI SQUASH: Use this week's zucchini to make a simple Italian pasta dish or in a recipe for fudgy brownies! Check out this week's **Cooking With the Box** article for links to these recipe suggestions.

KOHLRABI: If Kohlrabi is a new vegetable to you, read more about how to use it in **last week's vegetable feature article**.

BROCCOLI: To maximize the value you get from broccoli, eat the stem and the florets! You'll need to trim away a thin layer of the stalk, but inside you'll find the flesh is crispy, juicy and delicious!

SUGAR SNAP PEAS: These peas have an edible pod. Simply remove the string along the top before you eat them. They are excellent eaten raw, quickly sautéed or in stir-fry!

VIOLET QUEEN SALAD TURNIPS: These unique salad turnips are white with a bit of lavender blush on the roots and the green tops. The turnips are tender and mild as are the greens. You guessed it....eat them both!

Red beets do contain a water-soluble nutrient called anthocyanin. This is an antioxidant that also gives red beets their color. It will stain your hands (temporarily) and the color will bleed onto other ingredients if you're using them in a salad, soup, or otherwise. Golden beets and Chioggia beets don't lose their color or bleed color onto other ingredients. If you are looking to preserve the beautiful candy-striped interior of a Chioggia beet, it is best to roast them.

Beets pair well with many other ingredients including vegetables such as fennel, celery, carrots, red onions, shallots, garlic, arugula and other salad greens along with other root vegetables. They also go well with fruits including apples, oranges, lemons, pears, avocados and pomegranates. Additionally, beets pair nicely with goat cheese, feta cheese, blue cheese, butter, nuts, sunflower seeds and pumpkin seeds, to name just a few ingredients.

Storage: It is best to store beets in the refrigerator. If you get beets with the green tops still on, remove the tops and store them separately in a plastic bag. Try to use them within 5-7 days. Store the beets in a plastic bag in the crisper drawer. They will last longer than the greens.

Health and Nutrition: Beets and their greens are packed with fiber, calcium, iron and vitamins A, C, and K to name a few. The greens have a higher content of iron compared to spinach. In natural healing circles, beets are known for their ability to purify the blood and the liver. Their iron content, though not terribly high, is of the highest and finest quality making it an excellent blood building food. These colorful root vegetables also contain powerful nutrient compounds that help protect against heart disease, birth defects and certain cancers, especially colon cancer.

Recipes:

Visit our blog where you'll find links to 20 recipes plus 2 recipe collections utilizing beets!

Beet Recipe Collections:

30 Beet Dishes That Will Convince You To Try a New Recipe

30 Delicious Beet Recipes You'll Go Crazy For!

20 Beet-Focused Recipes:

Penne Pasta in Roasted Beet Sauce	Chocolate Covered Beet Chips
Beet, Purple Cauliflower and Ginger Raw Slaw	Strawberry Beet Cupcakes
Beet Deviled Eggs	Curried Beet Soup with Tandoori Chickpeas
Beet Greens Dal	Beet Ketchup
Beetroot Leaves Thoran	Beet & Blueberry Smoothies
Roasted Beet and Fennel Burgers	Ginger Beet Muffins with Honey Cashew Frosting
Beet Pesto Pizza with Kale and Goat Cheese	Easy Beet Falafel
Fudgy Vegan Beet Cupcakes	Beet, Arugula & Goat Cheese Grilled Cheese
Beet Greens Omelet	Beet Hummus with Kohlrabi Sticks
Red Velvet Bundt Cake	How To Preserve Beet Greens

Omelette with Beet Greens

Yield: 1 serving*

2 cups chopped beet greens (and thin sliced tender stems)	1 Tbsp olive oil	Kosher salt and fresh ground black pepper
2 cloves garlic (may substitute 1-2 garlic scapes), minced	¼ cup shredded Parmesan cheese	
	2 eggs	
	½ Tbsp butter	

1. Chop the beet greens. Mince the garlic.
2. Sauté the filling: In small 8-inch nonstick skillet, heat the olive oil over medium high heat. Add the greens and cook for about 1 minute. Just before tender, add the garlic, Parmesan cheese, and 1 pinch kosher salt and cook until just bright green. Remove from the heat and place the greens in a bowl.
3. In another small bowl, whisk the eggs, ½ tsp water, ⅛ tsp kosher salt, and a few grinds of black pepper until fully combined, about 20 seconds.
4. Cook the omelette (takes about 1 minute total): Heat the same nonstick skillet over medium-high heat, with the pan handle facing towards you. Add the butter and swirl the pan to fully coat. Wait until the butter starts to become foamy with large bubbles, then pour in eggs. When a skin just starts to form (10 to 15 seconds), add the greens in a line from left to right.
5. Run a small spatula under the far edge of the omelette to release it from the pan. Start to pull the eggs up and shake and tilt the pan to spread out any uncooked egg and allow it to cook. Using the spatula, roll the eggs up and over the cheese. Cook another 10 to 15 seconds until just barely set. The outside should be a pale golden and the inside soft and creamy (for a harder cooked omelette, you can cook it several seconds longer). Turn off the heat.
6. Flip the omelette out of the pan: Hold a plate in one hand. Pick up the pan with your right hand, thumb up, and quickly turn the pan upside down over the plate so that the omelette rolls onto the middle of the plate, folding over itself into a rolled shape. Serve immediately.

*This makes 1 omelette—double, triple, or quadruple as desired.

This recipe borrowed from acouplecooks.com.

See Page 3 of this newsletter or our blog for 2 more recipes!

Chocolate Beet Muffins

Yield: 12 muffins

4-5 oz cooked beets, peeled (about 1 cup quartered)	2 tsp vanilla extract	¾ cup unsweetened cocoa powder	Powdered sugar (optional)*
½ cup vegetable oil	1 cup sugar or ½ cup maple syrup	2 tsp baking powder	Semi-sweet chocolate chips (optional)*
3 large eggs	½ cup plain yogurt	1 tsp cinnamon	Flaky sea salt (optional)*
	1 ¼ cups all-purpose flour	½ tsp ground ginger	

1. Preheat the oven to 350°F. Grease a 12-cup muffin tray or line with muffin papers.
2. Put the cooked beets, oil, eggs and vanilla into a blender or food processor and puree. Add the sugar or maple syrup and yogurt and whiz again briefly to combine. Set aside.
3. Sift the flour, cocoa powder, baking powder, cinnamon and ground ginger into a medium mixing bowl and lightly mix to combine. Pour the liquid mixture into the dry mixture and stir just until combined. Pour the batter into the muffin pan, filling each cup about ¾ full.
4. Bake for 20-25 minutes or until risen and an inserted skewer or toothpick comes out clean.
5. Cool for 5 minutes in the pan, then remove the muffins from the pan and transfer to a wire rack to cool.

NOTE: If you'd like to jazz these muffins up a bit, here are a few suggested variations.

1. Sprinkle a few chocolate chips on top of each muffin before you put them in the oven.
2. Sprinkle with a pinch of flaky sea salt on top of each muffin before you put them in the oven.
3. Once baked and cooled, dust muffins lightly with powdered sugar.
4. Whip up a batch of Cream Cheese Frosting to spread on top of each muffin....which may turn it into more of a cupcake.

Recipe adapted from veggiedesserts.com.

Roast Beet and Kale Salad with Maple Candied Nuts

Yield: 2-3 servings as an entrée or 3-4 servings as a side dish

For the salad:

- 1 ½ cups raw beets, peeled and quartered
- 1-2 tsp extra virgin olive oil
- 1 cup walnut halves or pecans or coarsely chopped almonds
- 3 Tbsp pure maple syrup
- ¼ tsp sea salt, plus more to taste

- ¾ tsp fresh cracked pepper, plus more to taste

- 4 packed cups of green curly or lacinato kale, washed and sliced thinly into bite-sized pieces
- ¾ cup feta, goat or Boursin cheese (a diced avocado makes a great vegan and paleo alternative to creamy cheeses in salads!)

For the dressing:

- 3 Tbsp apple cider vinegar
- 2 Tbsp honey or maple syrup
- 1 tsp balsamic vinegar
- ½ tsp Dijon mustard
- 1 garlic clove grated very finely minced
- A pinch of sea salt
- ¼ cup extra virgin olive oil

1. Preheat the oven to 350° F. Place beets in a bowl and drizzle with olive oil, enough to cover each piece lightly. Spread beets in a single layer on a baking sheet and roast for 20-30 minutes or until tender. Remove from the oven and cool to room temperature.
2. While the beets are roasting, prepare the rest of the salad. Add the walnuts (or other nut) to a medium frying pan over medium-high heat. Cook until they are fragrant and start to brown in places, shaking the pan frequently. Quickly pour the maple syrup over the nuts and sprinkle with sea salt and fresh cracked pepper. Continue to cook, stirring constantly, until the maple syrup has almost evaporated, about 1 minute. Immediately remove the nuts from the pan and place them on a plate or baking sheet lined with a piece of parchment paper, separating them from each other as much as possible. Let cool to room temperature.
3. Make the dressing: Combine all the ingredients EXCEPT the oil in a medium-sized bowl. Stir to combine. Slowly add the oil in a thin steady stream while whisking the dressing constantly. If the oil starts to build up at all stop pouring it and whisk the dressing vigorously. It will take you about 1 minute to whisk the in the oil. Taste the dressing and season it with extra salt, to taste.
4. Assemble the salad: Place the kale in a large mixing bowl and sprinkle with a pinch of salt. Add the cheese and pour some of the dressing over the kale. You will likely not need all the dressing, so start with about half of the quantity and add more as needed to lightly coat all of the kale. Toss to combine and let rest for a minimum of 10 minutes before you finish assembling the salad. When ready to serve, either prepare individual portions on plates or make one large salad on a platter. Top the kale with the roasted beets and drizzle with a touch more dressing if desired. Sprinkle the maple candied nuts over the salad and serve!

Recipe adapted from theendlessmeal.com.