



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

July 2 - 3, 2021

VEGETABLE FEATURE:

Sweetheart Cabbage

By: Chef Andrea Yoder

Description: You can recognize sweetheart cabbage by its pointy head with tightly wrapped leaves. We plant most of our cabbage for harvest in the fall as cabbage thrives and tastes better when it is grown in more cool temperatures. However, one of the unique attributes of sweetheart cabbage is that it does fare well as an early-season cabbage, which is exactly the reason why we've selected it for this early summer slot. It is known as a "salad cabbage" because the leaves are tender enough to be eaten raw in salads and the flavor is mild and well-balanced. Another reason we grow this variety for summer harvest is that it gives us another option for a "salad green" during the part of the season when salad mix and other more delicate salad greens are more challenging to grow.

Preparation & Use: Sweetheart cabbage may be eaten raw or lightly cooked. Lightly rinse the outer leaves before using. If you don't use the entire cabbage for one preparation, wrap the remaining portion of cabbage and store it in the refrigerator until you are ready to use it. One cabbage typically yields 7-10 cups of shredded cabbage. You'll be surprised by how much cabbage is packed into these dense little heads!

If you're using it for vegetable slaws or raw salads, slice it very thinly or shred it. If you choose to cook it, I'd recommend a quick cooking method such as stir-frying or grilling and be careful not to overcook it!

Storage: Store your sweetheart cabbage loosely wrapped in plastic in the refrigerator until you are ready to use it. While it's not intended for long term storage, it will store for several weeks in the refrigerator. Just don't forget about it!

What's In The Box?

SWEETHEART SALAD CABBAGE: This unique, pointy cabbage is intended for eating raw as its leaves are tender! Read more about sweetheart salad cabbage in this week's **vegetable feature** article.

FRESH PORCELAIN GARLIC: You'll find fresh garlic cloves are super juicy and flavorful! The outer skin on these bulbs has not dried down yet because we just dug this garlic on Monday! As such, you'll have to work a little harder to peel it away from the cloves. Handle carefully as it is still a bit on the delicate side and can bruise if dropped. Leave it on the counter so it can dry down.

DESERT SUNRISE CIPOLLINI ONIONS: Slice these gorgeous onions thinly and add to fresh vegetable salads or sandwiches. They are also excellent when roasted or grilled! The green tops are useable, so don't discard them!

GREEN CURLY KALE: As with all leafy green vegetables, we recommend you wash kale in a sink of cold water before using it. Check out this week's **Cooking With the Box Article** for two tasty recipes including Kale Pesto!

ZUCCHINI AND/OR SUNBURST SCALLOPINI SQUASH: These selections are best stored on your countertop at room temperature as they will get cold injury at temperatures less than 45 degrees. Use them interchangeably in any recipe calling for zucchini or summer squash.

GREEN AND/OR SILVER SLICER CUCUMBERS: While green cucumbers are a familiar vegetable, the Silver Slicer cucumbers may be new to you. These are light yellow in color and are a little smaller than standard green slicing cucumbers. We like Silver Slicer cucumbers because they have a more fruity flavor, are crispy and store better than other varieties without getting soft.

BROCCOLI: If your refrigerator is full and you want to preserve something from this week's box, consider freezing broccoli. You need to blanch it first, just until it's bright green but not fully cooked. Immediately remove it from heat and put it in an ice bath to cool quickly. Drain off the water, put it in freezer bags, then pop it in the freezer!

SUGAR SNAP OR SNOW PEAS: Both varieties have edible pods and a string that runs along the top of the pod that should be removed before eating them. Sugar snap peas are more round and fat whereas snow pea pods are flat.

VIOLET QUEEN SALAD TURNIPS: This is a tender salad turnip with mild, tender greens. Check out this week's **Cooking With the Box Article** for two simple recipes that use both the turnips and the greens!

GREEN TOP RED BEETS: Check out **last week's Vegetable Feature Article** all about beets! If you read that article on our blog, you'll also find links to more than 20 recipes using beets!

RED BOSTON LETTUCE: Boston lettuce and Butter or Butterhead lettuce are similar and may be used interchangeably. The cup shape of these medium sized leaves is perfect for making lettuce wraps!

Kale Slaw with Creamy Mustard Dressing

Yield: 4-6 servings

Dressing:

2 Tbsp raw cashew butter
2 Tbsp water
1 small garlic clove, pressed
1 Tbsp unpasteurized apple cider vinegar
1 tsp ume plum vinegar
2 Tbsp whole-grain Dijon mustard
Sea salt, to taste
Freshly ground black pepper
3 Tbsp extra virgin olive oil

Salad:

5 cups thinly sliced kale
2 cups thinly sliced cabbage
1 medium carrot, cut in matchsticks
1 small bulb fennel, trimmed and thinly sliced
2 thinly sliced scallions
2 Tbsp toasted sunflower seeds

1. Make the dressing: Place cashew butter and water in a small bowl, and mix until smooth. Stir in garlic, vinegars, mustard, and a pinch of salt and pepper. Add olive oil, mix again until smooth and creamy, season to taste, and set aside.
2. Make the salad: Place kale, cabbage, carrot, fennel, scallions, and sunflower seeds in a large salad bowl; toss to combine. Drizzle with dressing; toss until slaw is evenly coated and serve.

Recipe borrowed from *At Home In the Whole Food Kitchen, Celebrating the Art of Eating Well* by Amy Chaplin.

Coconut-Quinoa Coleslaw with Minty Tahini Dressing

Yield: 6 servings as a main dish, 8 servings as a side dish

Quinoa:

½ cup quinoa, soaked if possible
Scant 1 cup water
¼ tsp fine sea salt

Minty Tahini Dressing:

½ cup tahini
¼ cup freshly squeezed lime juice
2 Tbsp cold-pressed olive oil
1 Tbsp pure maple syrup
¾ cup water
Pinch of sea salt, plus more as needed
1 packed cup fresh mint leaves

Vegetables:

4 packed cups shredded green and/or red cabbage
2 packed cups shredded kale
3 medium carrots, julienned
1 cup sugar snap peas, julienned
¼ cup freshly squeezed lemon juice
1 Tbsp cold-pressed olive oil
¼ tsp fine sea salt
1 cup unsweetened desiccated coconut

1. Make the quinoa: Rinse the quinoa well. In a small saucepan, combine the quinoa, water, and salt. Bring to a boil, reduce the heat to low, and cook, covered, until all the water has been absorbed and the quinoa grains are tender, about 20 minutes. Fluff with a fork.
2. Meanwhile, make the dressing: In a blender, combine the tahini, lime juice, olive oil, maple syrup, water, salt, and mint leaves; blend on high until smooth and creamy. Season with more salt as needed. Set aside.
3. In a large bowl, combine the cabbage, kale, carrots, and snap peas.
4. In a small bowl, whisk the lemon juice, olive oil, and salt together and pour over the vegetables. Toss well and lightly massage the liquid into the kale and cabbage, then let marinate for 5 to 10 minutes.
5. Preheat a dry skillet over medium heat. When hot, toast the coconut, stirring often, until golden brown and fragrant, 2 to 3 minutes. Immediately remove the pan from the heat and set it aside.
6. Finish the salad: Add the quinoa and coconut to the vegetable bowl. Toss well to combine. When ready to serve, dish out portions and allow guests to pour the dressing on their salads.

Recipe borrowed and adapted just slightly from *Naturally Nourished* by Sarah Britton