



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

July 23 - 24, 2021

What's In The Box?

PORCELAIN GARLIC: You may notice the garlic is drying down more and the outer skin is more paper like. The cloves are still crisp, juicy and bursting with that fresh, full flavor. Use this week's garlic to make a batch of **Homemade Garlic Butter Rolls!**

SWEET WHITE ONIONS: Please forgive the scraggly appearance of this week's onions. They are in that awkward stage as the tops are starting to naturally die down. This variety of onion is meant for fresh eating, thus it does not develop much of a skin. You may find you need to peel away a little bit of a thin outer layer, but most of this has already been washed off.

ZUCCHINI AND/OR SUNBURST SCALLOPINI SQUASH: We are now picking from two crops of zucchini! Check out the link in this week's **Cooking With the Box** article for **Savory Zucchini Pies: 5 Easy Recipes!**

SWEET CORN: Just a few ears in this week's box to kick off the 2021 sweet corn season! This week's variety is 'Sweetness'. Remember the key to maintaining sweetness in sweet corn is to keep it cold! Thus, refrigerate until you are ready to eat it and eat within a few days.

BROCCOLI: We are now harvesting from our final spring planted crop of broccoli and will likely see harvests tapering off in the next week or so. This week's **Cooking with the Box** article contains a link to **Instant Pot Broccoli Cheddar Soup**, made summer style with zucchini & carrots too!

WHITE CAULIFLOWER: Is it time to pick back your Italian Basil plants in your herb garden? If so, make a batch of pesto and use it to make **Pesto Roasted Cauliflower**. This is a super easy summer side dish to serve alongside grilled meats or for brunch with a side of eggs and toast!

GREEN TOP CARROTS: This will likely be our last week of carrots harvested with the green tops. Remember, the tops are edible too and full of nutrients! While we seldom recommend peeling carrots, there really is no need to peel these early season, tender carrots as they are super fresh and the skin is very thin. Just wash and eat!

NEW RED POTATOES: In just one week these potatoes have had noticeable growth and we were pleased to see higher yields! This week's box contains 2.5# of potatoes. These are still "new potatoes," which means the skins are tender and the potatoes are crisp and juicy. They will not store as well, so be sure to eat them within about a week.

THAI BASIL: Read more about this unique herb in this week's **Vegetable Feature Article**. When you unpack your basil, take it out of the bag and put the stems (cut side down) in a glass of water. You can keep it this way at room temperature until you are ready to use it. Change the water daily and use within 2-3 days for best results.

YELLOW AND GREEN BEANS: This week's bean varieties were selected for their ability to germinate in cold soil when we plant them early in the spring. They are more fibrous than some of our later varieties, thus benefit from cooking to help tenderize them.

EGGPLANT: This week you will receive one of our four eggplant varieties. Refer to our **blog** where you'll find pictures and descriptions for each variety. Eggplant does need to be cooked and should not be eaten raw. It is best when cooked until it is tender as the texture becomes silky. The flavor of eggplant is very mild, making it a good carrier for the flavor of other ingredients such as olive oil, garlic and herbs.

GREEN TOP RED OR GOLD BEETS: Check out this week's **Cooking with the Box** Article for two tasty beet recipes including a **Peach and Beet Salad** and **Roasted Salmon, Beets & Potatoes with Horseradish Cream**. Both recipes are perfect for this mid-summer slot.

VEGETABLE FEATURE: Thai Basil

By: Chef Andrea Yoder

Description: Thai basil is a unique herb that is actually a member of the mint family. It's characterized by thin, slender, pointy green leaves that grow on dark purple stems. The plants also have purple flowers which are edible and usable when they are young and tender. Thai basil has a flavor that is kind of a combination of basil along with a subtle anise or licorice flavor.

Preparation & Use: To use Thai basil, pluck the leaves and tender flowers off the stem. The stems are not very fragrant, so you can discard the stems. Thai basil is often used in the cuisine of southeast Asian countries including recipes and dishes from Thailand, Vietnam and Laos. You'll often see it used along with a variety of other herbs including cilantro, sweet basil, and mint. Whole or roughly torn leaves are often used in fresh vegetable salads, but are also used in spring rolls or added at the end of cooking to stir-fries and curries. You may also add it to dishes such as a traditional Vietnamese Pho as well as soup, noodle or rice dishes. You can also use it to make fragrant beverages such as lemonade, hot or cold tea or cocktails.

In addition to the herbs listed previously, Thai basil also pairs well with garlic, ginger, lemongrass, chiles, limes, coconut, curry, eggplant, winter and summer squash, peppers, cucumbers, peanuts and cashews to name just a few ingredients.

This week's box contains a 1 ½ ounce portion which will yield about 1 cup of loosely packed leaves.

Storage: Thai basil is a more perishable vegetable once it is harvested. For best results, use it within a few days after receiving it. For optimal storage, put the cut end of the stems in a glass of fresh water and store it at room temperature until you are ready to use it.

If this herb is new to you, here are 15 Thai Basil Recipe ideas to get you started! Visit our Blog for the recipe links!

Thai Basil Daiquiri

Thai Basil-Ginger Spritzer

Thai Basil and Mint Iced Tea

Lime and Thai Basil Shortbread with Passionfruit Glaze

Thai Basil, Coconut and Lime Sorbet

Vegan Thai Basil Tofu with Green Beans

Cellophane Noodles with Pork and Thai Basil

Thai Basil Chicken Stir Fry

15 Minute Thai Basil Chicken

Masterclass: How To Cook with Thai Basil and an Easy Thai Basil Chicken Recipe

Better Than Take Out Thai Basil Chicken

20 Minute Red Curry Noodles with Fried Coconut Garlic

Thai Basil, Lime and Coconut Dressing

Thai Basil Fried Rice

Thai Basil Noodle Bowl

Thai Basil Pesto with Peanuts

Yield: ½ cup

2 cloves garlic

2 Tbsp dry roasted peanuts

1 cup Thai basil leaves, lightly packed

1 ½ Tbsp toasted sesame oil

2 tsp rice vinegar

¼ tsp red pepper flakes (or to taste)

1 tsp maple syrup

½ to 1 tsp soy sauce

2 tsp lime juice

Salt, to taste

1. Place the garlic and peanuts in the bowl of a food processor and process briefly to coarsely chop the garlic and peanuts. Add the Thai basil, sesame oil, rice vinegar, red pepper flakes, maple syrup, ½ tsp soy sauce and lime juice.
2. Process until it is mostly smooth, or to your preferred consistency. Taste and adjust to your preferences by adding salt, additional soy sauce and/or rice vinegar as needed.
3. Serve immediately or refrigerate until ready for use.

Serving Suggestions:

- Toss with cooked rice noodles, soba noodles, ramen or egg noodles.
- Serve as a condiment with grilled steak, fish or chicken.
- Toss with vegetables such as cauliflower, carrots and/or mushrooms and roast until tender.
- Add a spoonful to stir-fried vegetables and serve with rice.

Recipe adapted slightly from Jordan Kenna's recipe featured at <https://tasty.co>

Thai Basil Lemonade

Yield: 6 servings

6 large lemons

¾-1 cup sugar

½-¾ cup loosely packed Thai basil leaves

6-8 cups of water

Ice

1. First cut two of the lemons into quarters and remove the seeds. Place the quartered lemons in a large bowl along with the sugar and basil. If you like really sweet lemonade, use one cup of sugar. If you prefer a more tart lemonade, start with ¾ cup of sugar. Use a muddler or a wooden spoon to smash the sugar, basil and lemons together until the mixture becomes fragrant and the sugar starts to dissolve in the juices extracted from the lemons, about 2 to 3 minutes. Once muddled, put the basil mixture in a large jar or pitcher.
2. Juice the remaining 4 lemons. You will need 1 cup of lemon juice. If your lemons do not yield one cup, juice more lemons until you have a cup of juice.
3. Add the cup of lemon juice to the jar or pitcher along with 6 cups of water. Cover and refrigerate for a minimum of two hours or overnight.
4. Strain the lemonade into a pitcher and taste it. If it is too concentrated, add 1-2 cups more water. Serve chilled over ice.

Recipe adapted from www.rachaelraymag.com