



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

August 20 - 21, 2021

## What's In The Box?

**ITALIAN GARLIC:** We're switching varieties this week! Italian garlic is characterized by smaller cloves, but more of them per bulb in comparison to the porcelain garlic we've been sending.

**RED AND YELLOW ONIONS:** We're mixing it up this week with some red onions to complement the yellow ones! Both varieties are good for eating raw or cooking. Store them in a dry, cool place until you're ready to use them.

**GREEN, ITALIAN AND/OR YELLOW ZUCCHINI:** Zucchini and other varieties of summer squash are a staple vegetable in Mexican cuisine. Check out this week's featured recipe for **Calabacitas**, which means "little squash."

**GREEN AND/OR WHITE CUCUMBERS:** Cucumbers pair well with fruit including melon, watermelon and tomatoes. Combine these ingredients to make fresh salads and salsas. Head over to this week's **Cooking With the Box** article for a few suggestions.

**GREEN BEANS OR NAVAJO ROMANO BEANS:** This week you'll receive one of these selections in your box. The Navajo Romano beans are a flat, wide bean. They are best when cooked until tender.

**EDAMAME:** Edamame is a fresh soybean. The pods are not edible and it's easiest to extract the bean if you blanch, boil or roast the edamame first. You can also freeze them for later use, however it's best to cook them first. You can either freeze them in the pod or pop the beans out and freeze only the beans.

**SWEET CORN:** The run on sweet, delicious sweet corn continues! For optimal flavor and sweetness, keep it in the refrigerator and use within a few days after receiving.

**CHOCOLATE SPRINKLES, SUN ORANGE OR RED GRAPE TOMATOES:** Use these sweet little tomatoes to make a **Caprese Breakfast Casserole** along with fresh basil, garlic and mozzarella.

**JALAPEÑO PEPPER:** Make sure you find the single jalapeño pepper in your box! The variety we're picking right now is quite large and remember this is a hot pepper! If you don't need/want to use it all at one time, store the unused portion in the refrigerator.

**TOMATILLOS:** Read more about tomatillos in **last week's Vegetable Feature Article**. We also have lots of delicious recipes for tomatillos archived on our **website**.

**LARGE TOMATOES:** Some of the tomatoes are still a bit on the green side and will benefit from some ripening time. Ripen at room temperature, then eat when ripe or refrigerate briefly. Long term storage in the refrigerator negatively impacts the flavor.

**SUN JEWEL, FRENCH ORANGE, SWEET SARAH OR AMY MELONS:** Your box will contain one of these melon varieties. Our expert picking crew reads the signs of the plant and only pick melons that are ripe. However, melons will continue to ripen after they are picked. It's best to store them at room temperature if you want to ripen your melon a little more. As it continues to ripen it may change color slightly, become a bit soft at the stem end, and become very aromatic!

**RED AMARANTH:** This nutritious summer green may be used in any recipe that calls for cooked spinach or chard. Visit our **website** for some simple recipe ideas including **Summer Rice and Cheese Gratin with Zucchini & Amaranth**.

**RED SEEDLESS OR MICROSEEDED WATERMELON:** Enjoy this personal sized watermelon and the convenience of our seedless or micro seeded varieties! The micro seeds are edible and small enough they really don't need to be extracted.

**POBLANO PEPPERS:** This is a pepper with medium heat characterized by a dark green skin, blocky shoulders and a pointed tip. This pepper has thin skin which makes it excellent for roasting. Read more about it in this week's **vegetable feature** article.

**RED PRAIRIE POTATOES:** This variety is a waxy type that is best when roasted, boiled or pan-fried. It is also a good choice for potato soup or salad. If you want to mash them, do so very carefully as they'll become pasty if overworked.

**BONUS: GREEN BELL PEPPER**—Some boxes may also receive one green bell pepper as space allows.

### VEGETABLE FEATURE: POBLANO PEPPERS

By: Chef Andrea Yoder

**Description:** Poblano peppers are a standout pepper when it comes to hot peppers for one simple reason—Flavor! Some peppers are just hot, and then there are a few that balance their heat with flavor making the whole eating experience more enjoyable. Poblano peppers are dark green with wide shoulders and a pointy bottom. They have a thinner wall than bell peppers, but thick enough that they hold up to roasting very well. In fact, roasting is the process that amplifies and develops the flavor of a poblano. As I mentioned, poblanos are a hot pepper with a mild to medium level of heat.

**Preparation & Use:** Poblano peppers may be eaten raw, sauteed, grilled, or roasted. Roasting peppers is very easy and can be done over a direct, open flame or in the oven. If you have a gas stovetop, roast the poblanos directly on your burners over a high flame. If you have a small rack, you can put that over the burner. The other direct flame method is to roast them on a grill. If you want to use an oven, it's best to roast them under a broiler. Roast until most of the skin is blackened. You'll have to turn them periodically to blacken all sides evenly. Stay close and don't walk away because sometimes this happens quickly, especially under a broiler. Once the skin is charred, put the peppers in a covered bowl or a paper bag so they can

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steam and cool slightly for about 10 minutes. Once cool enough to handle, use the back of a knife to scrape away the skin. Remove the stem and scrape away all the seeds from the inside of the pepper. Now you're ready to add roasted poblano peppers to whatever dish you're preparing!

While the shape of poblano peppers makes them a good candidate for stuffing with a filling, there are many other ways to use them. They pair well with summer & fall vegetables such as tomatoes, sweet corn, sweet peppers, potatoes, zucchini, winter squash, sweet potatoes and dried beans. They also pair well with cream, cheese, sour cream and dairy in general which is a nice complement to their heat. Creamy poblano sauce can be used to make potato gratin, pasta dishes, or as a sauce to top off enchiladas or grilled chicken or beef. If you don't have a recipe in mind already, I would recommend you take a look at the recipes we've included in past newsletters (**See our Blog for links or available on our website**). Many of the recipes in this list have received excellent member feedback!

### Calabacitas Con Crema—"Mexican Zucchini with Cream"

Author's Note: "Serve this as a side dish for grilled meats, chicken, fish, and milanesas, or as a filling for corn tortilla tacos and enchiladas and as a topping for tostadas."

Yield: 6 servings

2 large poblano peppers	2 cloves garlic, minced	Salt and pepper, to taste	½ cup crumbled queso fresco (or feta cheese), for garnishing (optional)
2 Tbsp vegetable oil	1 pound zucchini, cut into ½ inch pieces	1 tsp dried Mexican or Italian oregano	
1 medium yellow onion, chopped	¾ cup corn kernels (fresh or frozen)	1 cup Mexican crema or sour cream	

1. Roast the poblano peppers over an open flame on a gas stove or grill, turning for even roasting, 8 to 10 minutes. Place the roasted peppers in a paper bag and close it (or in a bowl with a lid), letting them steam for 5 minutes. When cool enough to handle, scrape off the charred skin by rubbing your fingers on the surface of the peppers. Using a sharp knife, cut a slit along the length of the peppers and remove the seeds and veins. Cut the peppers into strips.
2. Heat the oil in a large skillet over medium-high heat. Add the onion and cook for 1 minute, then stir in the garlic and quickly cook until it releases its fragrance, less than a minute.
3. Add the zucchini and cook for 5 to 6 minutes, stirring occasionally, ensuring that it doesn't stick to the pan. Stir in the corn, cook for 1 more minute, then add the roasted poblano pepper strips. Season with salt and pepper, and add the oregano.
4. Pour in the Mexican crema or sour cream, stirring to make sure it coats all of the vegetables, and gently simmer for about 2 minutes. It will start to thicken by this time, and all the vegetables will be cooked.
5. Serve garnished with the queso fresco or feta cheese (if using).

Recipe borrowed from **The Mexican Home Kitchen** by Mely Martinez.

### Arroz Verde—"Green Rice"

Author's Note and Variation: "You can add corn kernels and strips of roasted poblano pepper to your rice with the chicken broth in step 4, or as a garnish at serving time. You can also serve the rice with a dollop of Mexican crema or sour cream."

Yield: 6 servings

1 cup long-grain white rice	1 romaine lettuce leaf (optional)	2 Tbsps chopped yellow onion	2 Tbsp vegetable oil
1 large poblano pepper, roasted, seeded, and veins removed	Small handful fresh cilantro, chopped	1 clove garlic	Salt, to taste
		2 cups chicken broth, divided	

1. Place the rice in a large heatproof bowl and add enough hot water to cover the rice. Stir once, then let stand for 15 minutes. Drain the rice in a strainer, then rinse it under cold water until the water runs clear. Shake the strainer well to remove any excess water, as the rice needs to be as dry as possible. Set aside to continue drying.
2. Meanwhile, chop the roasted poblano pepper and place it in a blender, along with the lettuce leaf, cilantro, onion, and garlic. Add 1 cup of the chicken broth and blend until smooth. If it's not smooth, you will need to use a strainer to pour it over the rice in step 4. Set aside.
3. Heat the oil in a large saucepan over high heat. Once hot add the rice and fry it, stirring frequently, until it has a light golden color, 6 to 7 minutes. Once it's done, carefully tip the pan to one side and remove the excess oil using a spoon.
4. Gently pour the poblano sauce into the pan, without stirring too much. Let it cook for about 3 minutes over medium-high heat, then add the remaining 1 cup chicken broth and season it with the salt. Once it comes to a boil, reduce the heat to low, cover, and cook for 12 to 15 minutes. Once you cover the rice, it is important not to stir until it is cooked; otherwise, it will become mushy.
5. By this time, the liquid will have been absorbed, and the steam holes will have formed over the surface of the rice. Once the rice is cooked, remove from the heat and let stand, covered, for 10 to 15 minutes to let the rice continue steaming. Using a fork, lightly fluff the rice before serving, which will mix in any of the sauce that is at the bottom of the pan.

Recipe borrowed from **The Mexican Home Kitchen** by Mely Martinez.