



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

September 17 - 18, 2021

What's In The Box?

GUAJILLO CHILI PEPPERS OR KOREAN (Onalaska Site Only) **CHILI PEPPERS:** Both of these varieties are hot peppers. There are 5 ounces (0.30#) packaged in a brown paper bag to distinctly separate them from any sweet peppers. You can read more about this selection in this week's vegetable feature article which includes information about how to best utilize/store them as well as ways to enjoy them in small quantities.

BABY ARUGULA: While arugula can be a pungent, spicy green, its flavor is more balanced in spring and fall. It pairs well in salads with fall fruit such as apples, pears and citrus. It's also a good accompaniment to peppers and tomatoes in sandwiches and salads.

ITALIAN GARLIC: Include garlic in your meals every day and you have a built-in immune system booster! Check out this week's **Cooking With the Box** article for several tasty soup recipes utilizing garlic!

LEEKs: Refer to last week's **Vegetable Feature Article about Leeks** for more information about how to prepare and clean leeks. We also provided a tasty recipe for **Pear and Leek Galette with Goat Cheese and Walnuts**.

EDAMAME: This is our final picking of these tender, sweet beans! Don't forget, you can blanch and freeze edamame so you have something fun, tasty and green to eat this winter. They are excellent in fried rice and winter stir-fry!

SWEET PEPPERS: You will find several sweet peppers packed loose in the CSA Bag. Selections may include Orange or Red Italian Frying Peppers, Red Bell Peppers or Orange Ukraine peppers. Please do not mistake them with the Korean chili peppers that are packed in a little paper bag.

VARIETY OF TOMATOES: The tomatoes in your bag may be at various levels of ripeness, so first take a moment to assess the tomatoes. For those that need to be ripened further, store them at room temperature until they are ripe, then eat them!

CAULIFLOWER: Roasting cauliflower is a great way to enhance the innate flavor of the vegetable. Consider using this week's cauliflower to make a tasty bowl of **Roasted Cauliflower Soup!**

PETER WILCOX POTATOES: This potato is known for its tasty flavor profile. It has dark purple skin with golden, moist flesh. It's an excellent choice for pan-frying, roasting or using in soup! Don't forget to store potatoes in a cool, dark place away from light. If exposed to light for extended periods of time they will turn green.

ORANGE CARROTS: This staple vegetable is back in the box! Use them to add a base of flavor to late season tomato sauce or pair them with this week's celeriac to make a tasty pot of chicken & vegetable soup!

GREEN TOP CELERIAC: This is the vegetable that has a top that resembles celery and is connected to a knobby, gnarly root. The green top is more fibrous than celery, thus it's not the best for eating. However, it's packed with intense flavor so capture that flavor by putting these greens in the pot when you make stock, broth or even just a simple pot of soup. Leave the pieces long so it's easy to pull them out of the pot before serving the soup. As for the root, it's a dense, solid vegetable that does need to be peeled. Cut it into quarters to make it easier to handle, then use a paring knife to peel away the outer layer like an apple. The solid, white flesh on the inside is edible and may be eaten raw or cooked.

RED CABBAGE OR BROCCOLI ROMANESCO: Store cabbage in the crisper drawer of your refrigerator. If you're going to store it for more than 4-6 days, wrap it loosely in a plastic bag to keep it from dehydrating. Romanesco is similar to cauliflower and is a comparable substitute in most cases.

RED OR GOLDEN GRAPE TOMATOES OR BROCCOLI: These little gems make for a quick, easy snack. Of course, you may also turn them into a tasty salad, thread them onto a skewer, or roast them with garlic and herbs.

RAINBOW CHARD OR BROCCOLI RAAB: The colors of greens intensify in the fall and this week's chard is gorgeous! Use it to make **Potato and Chard Tacos**. Despite its name, broccoli raab is actually more similar to mustard greens. It's delicious sauteed with lots of garlic & olive oil.

BONUS--DANCER OR LILAC BRIDE EGGPLANT: Please note, not all boxes will receive eggplant this week. We included eggplant if there was room in your box, but this was one of those weeks when the box was very full by the time it reached the end of the line!

VEGETABLE FEATURE: KOREAN & GUAJILLO CHILI PEPPERS

By: Chef Andrea Yoder

While the majority of the peppers we grow are sweet ones, we do reserve a little space in our growing plan for some hot varieties too. We understand some of you are more into hot peppers than others, but we're hoping the selections we include in your boxes are ones everyone can enjoy. If you are not a fan of spicy food and hot peppers, I encourage you to read on and learn more about our Korean and Guajillo Chili peppers as these are two selections you can learn to use in small quantities to enhance the flavor of your food without burning your mouth!

This week we're featuring both Korean and Guajillo peppers. You will receive one of these selections in your box this week. They are just starting to ripen and the supply of each is a bit more limited, but we will be sending them again within the next few weeks so you'll have an opportunity to try both. While most of the information I'm going to share with you is relevant to both peppers, there are a few distinct differences so we'll start with a little description about each.

Korean chili peppers are a smaller, skinny, long red pepper often described as having a medium level of heat. Personally, I think this is a pretty hot pepper that is at least equal to if not hotter than a jalapeno. We've only been growing this pepper for several years and have come to appreciate it for its complexity goes beyond being just hot, but also is flavorful with some sweetness when you let them ripen to fully red. The "real" name for this pepper is *Dang Jo Cheong Yang* and it is one of the most consumed vegetables in Korea! Guajillo chili peppers are a little larger in size both in length as well as width. They are more mild than Korean and jalapeno peppers, but slightly hotter than poblano peppers. They are ripe when they turn fully red. We save seed for both of these pepper varieties and continue to refine the seed from year to year as we select peppers with the most desirable characteristics as the ones we save seeds from. We still have some work to do on uniformity, so you may see some variability in the size and shape of the peppers you receive.

Both Korean and guajillo peppers are typically used in their dried form. Dried Korean peppers are used extensively in Korean food (eg kim chi, barbecue, gochujang sauce, etc) and often in the form of a dry powder or dried flakes. Guajillo peppers are used extensively in Mexican mole and sauces where the dried peppers are usually toasted in a hot cast iron skillet or on a griddle before they are rehydrated. This helps to intensify the depth of flavor.

Now that we've laid out some of the basics, it's time to figure out what to do with these beauties! While both peppers are most often used in the dried form, you can also eat them fresh. In their fresh form you can use them in any recipe where you need/want the fresh chili flavor and heat. Add them to salsas, sauces, soups, stir-fry, etc. If you prefer to stick to tradition and/or you want to preserve them for use later, you can also dry them. This can be accomplished using a low heat oven, dehydrator or just by air drying (Visit our blog where you'll find links to online resources).

I would also like to recommend three other recipe ideas for things you can make with the fresh peppers. You can use either guajillo or Korean peppers to make any of these recipes. If you use guajillos the preparation will be more mild than if you use the Korean peppers. The three preparations include HVF Fresh Korean Chili Garlic Sauce, **Salt-Cured Chilies** and Hot Sauce. We have featured the first two recipes in previous years (recipes available on our website & blog), but they are the recipes I keep coming back to year after year. Fresh Korean Chili Garlic Sauce can be used in any recipe that calls for gochujang. Gochujang is a traditional fermented chili paste that takes months to prepare properly and is typically made with dried peppers. While this recipe does not fully match the traditional fermented chili paste, it is still very flavorful, can be kept in the refrigerator for several months, and once it's made you can use it in any number of recipes. The second preparation is for **Salt-Cured Chiles**. This is super easy to make and I keep a jar of these in my refrigerator all year long. It's a great way to preserve the fresh chili flavor and you can use a little whenever you need to add a little heat to a recipe. The third suggestion is to make your own hot sauce! I've included one recipe in the newsletter this week, with some references below for where you can find more information about making hot sauce, including fermented hot sauce. For the past few years we've worked with Fizeology in Viroqua to turn our Korean chili peppers into a tasty fermented hot sauce. The fermenting process enhances the flavor of the peppers, lasts a long time, and tastes great! We are planning to make another batch this year and will offer it for purchase likely in December.

I hope you enjoy experimenting with these peppers and find uses for them this week as well as in the future if you preserve them! Visit our blog where you'll find links to these online resources listed below!

2020 Korean Chili Vegetable Feature Including Links to Eight Recipes Using Gochujang

3 Ways to Dry Peppers for Food Storage

How To String Peppers For Drying

How To Dehydrate Chile Peppers and Make Chili Powder

Easy Homemade Hot Sauce (Fermented)

Chili Pepper Madness—A Website That Covers Nearly Every Topic Related to Hot Peppers!

15 Minute Hot Sauce

Yield: 1 cup

5 oz hot peppers (Korean, guajillo or jalapeño)

$\frac{3}{4}$ cup white vinegar or apple cider vinegar

$\frac{1}{4}$ tsp salt, plus more to taste

2 tsp minced fresh garlic

1. Put on gloves and wash the peppers.
2. Cut the tops off of your peppers and slice in half lengthwise.
3. Pour the vinegar into a saucepan/pot, add peppers, salt, and garlic. Bring to a boil and reduce heat to a low boil until peppers are soft (about 10 minutes).
4. Remove from heat and cool slightly. Pour everything into a blender and blend until liquefied (seeds and all!).
5. Taste the sauce. If it is not hot enough, blend in additional fresh hot peppers.
6. Store in the refrigerator for about one week, or freeze it for later use.

Recipe adapted from www.dontwastethecrumbs.com.

**Visit our Blog where you'll find one more recipe for
HVF Fresh Korean Chili-Garlic Sauce--Updated!**