



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 22 - 23, 2021

What's In The Box?

BABY OR BUNCHED ARUGULA: This is our final week for baby greens. Enjoy this week's arugula in a salad paired with fall fruit such as apples, pears or persimmons!

ESCAROLE: Escarole resembles a head of greenleaf lettuce, but it is not lettuce. Rather, it is in a class of vegetables known as "chicories" which are bitter greens. It may be eaten raw in salads or cooked. Read this week's **vegetable feature** article for more details.

LACINATO KALE: Pair this week's kale with baby arugula to make this tasty **Kale and Butternut Squash Salad with Pears and Almonds**.

ITALIAN GARLIC: Garlic will store for several months when kept in a cool, dry environment. While we store garlic in refrigeration, we recommend you store your garlic at room temperature as home refrigerators are typically more humid than is recommended for garlic storage.

RED ONIONS: Red onions are not only beautiful, but they are also high in natural sugars which makes them a good choice for caramelizing. Visit our blog this week where you'll find a link to a tutorial on **How To Caramelize Onions**.

MINI SWEET PEPPERS: We're nearing the end of pepper harvest this week as we strip the plants of every ripe pepper before frost settles into the valley at the end of the week. The mini-sweet peppers are packed in a clear bag with a zipper closure and vent holes. They are red, orange and/or yellow in color and have sweet, flavorful flesh.

HOT PEPPERS: This week's hot pepper selection includes one more bag of Korean chili peppers and jalapeños. They are packed in a clear bag as well, but the bag is tied off with a knot and there are no vent holes. The red, skinny Korean peppers are a medium-hot pepper. There is also one or two green jalapeños packed in the bag.

BABY WHITE SALAD TURNIPS: These turnips are thin-skinned, tender and mild in flavor. They are intended for eating fresh in salads, soup, stir-fry, or simply sautéed. No need to peel the turnips and don't forget to eat the nutritious green tops as well!

GERMAN BUTTERBALL POTATOES: This variety has gold skin and gold flesh that is waxy and moist. They are a good candidate for roasting, frying, pan-frying, soups, stews, etc. It's best to store potatoes in a cool, dry environment out of direct sunlight.

ORANGE KURI OR GREEN KABOCHA SQUASH: In Japanese, "Kuri" means "chestnut," which is why this variety is described as having a "nutty, chestnut-like flavor and a delightful buttery sweetness." This squash is bright orange on the outside with rich, orange flesh that is versatile in use. Green Kabocha has a similar type of flesh and can be used interchangeably. Use the flesh to make soup, purees, baked goods, pies, or simply roast or steam it.

STARRY NIGHT ACORN OR BUTTERKIN SQUASH: Starry Night is a trial variety this year. Historically we have not included acorn squash in our lineup as they generally are lacking in flavor and sweetness. This variety, however, was described as follows: "Selected for flavor, Starry Night stays reliably smooth and sweet when stored through the New Year." Let us know what you think! Butterkin looks like a squatty pumpkin with skin & flesh that resembles a butternut. Use it any where you would use a butternut.

ORANGE CARROTS: This week's carrots were grown by our friend, John Peterson from Angelic Organics. He's one of those farmers who farms because he loves farming, the connection with the land and the people he feeds. His carrot harvest exceeded the needs of his CSA this year and he was trying to find a home for his carrots. Our fall carrots are late this year and we anticipate our crop may fall short of our needs. We decided to work with John to bridge the gap in carrot availability until we harvest our own crop. We hope you enjoy the fruits of his labor and those who work with him!

CILANTRO: We are trying to harvest as much cilantro from our final crops as possible before its season is over. If you see some purple coloring on the leaves, it's still good. The color change is due to the cold.

VEGETABLE FEATURE: ESCAROLE

By: Chef Andrea Yoder

Description & Growing Information: Escarole is in a family of vegetables called chicories which also includes radicchio. Escarole has a pretty long growing season and some years it's hard to get them to full size. It is a cold-hardy green that is best suited for growing in the fall and is sturdy enough to be able to take some frosty, cold nights. In fact, we don't even think about harvesting escarole until it's had some chilly nights! The flavor changes dramatically after they've had cold treatment. This green does just fine uncovered when freezing temperatures are in the low 30's and high 20's, but it can sustain some damage when we get a hard freeze. So, some years we do cover this plant to protect it from freezing too hard on those really cold nights. Due to a warm fall this year, our escarole and radicchio crops are coming in a few weeks ahead of schedule. We've been hesitant to start harvesting them because they had not yet had that cold treatment. Thankfully, we did have several chilly nights last week and when we tasted them earlier this week we were pleasantly surprised by how mild their flavor is with a slight sweetness.

Escarole resembles a head of green leaf lettuce, but it does have some distinct differences. First of all the leaves are more broad and a bit more thick when compared to leaf lettuce. The center of a head of escarole and the portion of the leaves near the base

are generally blanched to a light yellow or white. While all the leaves are edible, these light colored center leaves tend to be the most tender and mild flavored. As such, this is the portion of the plant you may wish to prioritize for eating raw and save the darker outer leaves for cooking.

Preparation & Use: Escarole may be eaten raw or cooked. When eaten raw, the bitterness is going to be more pronounced. You'll find that cooking mellows the bitterness and accentuates the sweet qualities. It's also important to note that different ingredients help to balance the flavor of escarole, both raw and cooked. Fatty ingredients such as sausage, prosciutto, bacon, duck, hard cheese, olive oil, olives and nuts such as pine nuts and hazelnuts provide a nice counter balance to the bitterness of escarole. Acidic ingredients also perform similarly, which is why you'll often see recipes for escarole that include vinegar or fruit such as apples, citrus, pears, persimmons and pomegranate. Of course it also makes sense to pair escarole with other fall vegetables such as garlic, onions, beets, potatoes and winter squash. Escarole is popular in Italian cuisine where it is often used in soups or sautéed and/or braised along with white beans, lentils, pork and garnished with a variety of cheeses.

There's a classic preparation for escarole that some Italian cooks call Scarola Affogata, which means "smothered escarole." In this dish, garlic is sautéed in olive oil until golden, then chopped escarole, salt and red pepper flakes and seasoning are added to the pan. The greens are cooked until they are soft and tender. This is then served as a side dish, or you can use the greens for another purpose, such as on top of a pizza or slathered on a piece of thick, crusty bread.

Storage: Store escarole in a plastic bag in the refrigerator until ready to use. When you are ready to use it, separate the leaves from the base and wash well in a sink of cold water. If you are using the escarole for a raw salad, shake or spin off excess water to dry the leaves. If you are cooking it or adding it to soup or stew, it's ok if there is still some water on the leaves.

Escarole with Lentils and Italian Sausage

Yield: 4 servings

1 cup dry lentils

3 cups chicken broth

1 Tbsp olive oil

1 pound Italian sausage

1 large onion, roughly chopped

3 cloves garlic, thinly sliced

1 head escarole, stems removed and roughly chopped

Salt and pepper, to taste

½ cup Parmesan cheese, finely grated

1. Place the lentils in a medium-sized pot. Pour in the chicken broth and season with a bit of salt and pepper. Bring the lentils to a boil, cover the pot tightly, and reduce the heat. Simmer until the lentils are tender, about 15-20 minutes. Remove from the heat. Drain most of the juices away and reserve the lentils. Leave just enough juice so the lentils don't dry out.
2. Heat the oil in a large skillet or frying pan over medium heat. Add the sausage and cook until browned and cooked through, about 10 minutes. If using links of sausage, transfer the cooked sausage to a cutting board and let rest at least 5 minutes before slicing into disks. If you are using bulk sausage, just crumble.
3. Add the onions to the pan and cook over medium heat until they are soft and translucent. Add the garlic and cook 1 more minute. Add the cooked lentils, escarole, salt and pepper and cook until the escarole is wilted, about 3-5 minutes. Add the sausage back to the pan and stir everything until fully incorporated.
4. Remove from the heat, garnish with shredded Parmesan cheese. Serve with crusty bread for sopping up the liquid.

Recipe created by Chef Jamie DeMents from **Coon Rock Farm** (www.coonrockfarm.com).

Escarole, Bacon and Roasted Butternut Squash Salad with Dried Apricots and Pepitas

Yield: 4 servings

2-3 cups butternut squash, peeled and chopped into bite-sized pieces

3 Tbsp olive oil

Kosher salt, to taste

1 head escarole, roughly chopped

2-3 slices bacon, cooked and chopped

½ cup dried apricots, thinly sliced

¼ cup roasted and salted pepitas

Vinaigrette:

1 shallot, minced

2 Tbsp fresh Italian parsley, minced

2 Tbsp whole-grain mustard

2 Tbsp honey

¼ cup red wine vinegar

¼ cup olive oil

Kosher salt, to taste

1. Preheat the oven to 375°F. Toss the squash with the olive oil and season with salt. Roast the squash for 15-18 minutes or until golden browned on the edges and fork tender. Set aside to cool.
2. In a small bowl, whisk together the ingredients for the vinaigrette and season to taste with salt.
3. In a large bowl, combine the escarole, cooked bacon, apricots and pepitas with the butternut squash. Just before serving, drizzle some of the vinaigrette over the top and gently toss to coat. You want just enough vinaigrette to lightly coat all the ingredients. Season to taste with salt and serve immediately.

Recipe created by Heather Christo and is featured at www.heatherchristo.com.