



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

November 19 - 20, 2021

What's In The Box?

TAT SOI: This is the big, beautiful green with spoon shaped leaves and light green stems. It may be eaten raw or cooked. Use it in ways similar to how you might use spinach, chard or other greens.

RED & YELLOW ONIONS: Check out this week's **Cooking With the Box** article for a link to these **Cheesy Scalloped Potatoes with Caramelized Onions!**

ITALIAN GARLIC: Garlic is flavor for our food and medicine for our bodies, all in one! Add minced garlic to scrambled eggs, sautéed Brussels sprouts, or pair it with ginger as the base for a tasty stir-fry!

COVINGTON SWEET POTATOES: This week we switched to our second variety of sweet potatoes which is characterized by more of an orange skin in comparison to the Burgundy sweet potatoes we have sent previously. It's best to store sweet potatoes at a temperature of about 55-65 degrees. If you don't have a cool, dry location to store them in, just store them at room temperature in your kitchen. Do not store them in the refrigerator.

ASTERIX POTATOES: This variety has pink skin and yellow flesh. The flesh is more dry and starchy which makes it a good candidate for making mashed potatoes, frying, as well as roasting. Store potatoes in a cool, dry location and out of direct sunlight. To keep them from sprouting and/or turning green, drape a dark towel over them.

AUTUMN FROST SQUASH: In the seed catalog this is described as a "Specialty Butternut." While it looks like a decorative gourd, it's actually a tasty winter squash characterized by sweet flesh similar to butternut squash. You may use it in any recipe calling for butternut squash. It's also a good candidate for roasting, using to make soup, and for use in baked goods such as pies and bread.

ORANGE CARROTS: Use carrots as a staple ingredient to add background flavor and sweetness in dishes such as **Cranberry-Cider Braised Beef Stew with Rosemary Polenta**. Store carrots in the refrigerator in the plastic bag they come in. Give them a scrub before using. Peeling is optional.

RED BEETS: Some of you may receive baby beets, which we love not only because they are cute, but because they cook fast! You'll need to adjust cooking times to match the size of your beets if you are cooking them whole.

CELERIAC: This is the roundish, gnarly looking root vegetable in this week's box. It may be eaten raw or cooked and should be peeled before eating or cooking. Once you peel away the skin, all of the white, dense flesh inside is edible. Incorporate it into soups and stews, roast it with other root vegetables, or make a raw celeriac slaw!

BEAUTY HEART RADISHES: This is classified as a winter storage radish and can be stored for several months. The exterior is a light cream to green color. When you cut it open you'll find vibrant, bright, pink flesh inside. They are most commonly eaten raw, but you can also add them to soups and stews or roast them. Beauty heart radishes have more of a mild and slightly sweet radish flavor. If you find they are a little too intense for your taste, you may wish to peel them as a lot of the radish flavor is in the outer skin. Cooking also mellows the intensity of the radish flavor and brings out the sweetness.

BRUSSELS SPROUTS: For the longest storage potential, keep Brussels sprouts in the refrigerator in the plastic bag they are packed in. When you are ready to use them, trim the base of the sprout a bit and peel away any outer leaves that may be yellowing.

FRESH BABY GINGER: The skin on fresh, baby ginger is thin and as such, this ginger will not store for as long as more mature ginger with a thicker skin. Store at room temperature for up to 7-10 days. If you have more than you may use in a week, consider freezing it. Just wash it gently, cut it into smaller pieces and place in a bag in the freezer. When you take it out to use it, let it rest at room temperature for just a few minutes before you chop it for use.

COLLARDS: This is the bunched green with round flat leaves. Collards have thicker leaves that benefit from longer cooking time in liquid to make them tender. They are often added to soups and braised in flavorful liquids seasoned with pork products, onions, garlic, etc.

VEGETABLE FEATURE: TAT SOI

by Andrea Yoder

Description: Tat soi is a gorgeous fall green with spoon shaped dark green leaves and light green stems extending from the base. It is related to bok choy and has a mild mustard flavor. We reserve it for the very end of our season because it is more cold hardy and, in our opinion, the flavor is best after a bit of cold treatment! Nearly the entire plant, leaves and stems, are edible and you'll find both to be tender enough to eat raw as well as cooked.

Growing Information: While tat soi can take some cold weather and frosty nights, repeated cold exposure can result in frost damage. Each fall we take a little extra time to put wire hoops in the field to support a large cover that drapes over the crop, anchored with lots of sandbags to keep it in place. The tat soi may still freeze under the cover if the temperatures are cold enough, but it isn't as hard of a freeze and thus it recovers more favorably. You may notice some discoloration on the tips of some of the leaves. This is from a little bit of frost damage, typically where the cover may have been resting on the plant. It can sometimes be tricky to harvest it as you have to time the harvest to coincide with a warm afternoon when the tat soi have thawed!

Preparation & Use: Prior to use, turn it over and use a paring knife to cut the stems away from the base. Wash the stems and leaves vigorously in a sink of cold water. If you're using it to make a salad or stir-fry, make sure you pat the leaves dry or dry them in a salad spinner. If you're using them in a soup or just wilting them, just shake a little water off of them.

As mentioned above, tat soi may be eaten both raw and cooked. It is very similar to spinach and bok choy, so consider using it in recipes or preparations where you may use greens such as these. In its raw form, I like to use tat soi in tasty salads with lots of fall vegetables such as winter radishes (daikon or beauty heart), carrots, cabbage, etc and a simple, light vinaigrette. Turn it into a meal itself by adding nuts, seeds and/or meat such as grilled steak, roasted chicken or seared salmon.

Tat soi is one of nature's fast foods, as are most greens, and it can be stir-fried, steamed and sautéed in just a few minutes. The stems may need a slightly longer cooking time, so it's best to add those to the pan first. The leaves cook very quickly and need just a few minutes to become silky and tender.

I tend to use tat soi in dishes with some Asian influences, and rightfully so as it pairs well with ginger, miso, soy, sesame, etc. But it also pairs well with other ingredients including lemon, beans, grains, pasta, winter root vegetables, etc. Of course you may also choose to incorporate it into casseroles, hot dishes, egg preparations such as quiche and scrambled eggs, pasta dishes, etc.

Storage: It's best to store tat soi in a plastic bag or a covered container in the refrigerator until you're ready to use it.

Wild Rice and Butternut Squash Salad with Tat Soi

Yield: 6 servings

Dressing:

¼ cup extra-virgin olive oil or sunflower oil
2 Tbsp pure maple syrup
2 Tbsp balsamic vinegar
½ tsp sea salt
Scant ½ tsp ground black pepper
½ Tbsp chopped fresh rosemary
1 clove garlic, minced

Salad:

5 cups peeled and diced butternut squash*
2 - 3 Tbsp olive oil
Sea Salt, to taste
Black Pepper, to taste
3 cups thinly sliced tat soi (or spinach)
½ cup thinly sliced red onions
½ cup dried cherries or dried cranberries
3 cups cooked wild rice, room temperature to slightly warm
¾ cup coarsely chopped toasted hazelnuts or almonds

1. To make the dressing, add all ingredients to a jar and use an immersion blender to puree. Alternatively, combine all ingredients in a bowl and whisk thoroughly by hand. Set aside.
2. Preheat oven to 400°F. In a bowl, toss squash with olive oil, salt and pepper. Spread onto a baking sheet and roast for about 25 minutes, stirring once, until fork tender and slightly golden on the edges. Remove from oven and cool to room temperature
3. Just before serving, combine the following ingredients in a large serving bowl: tatsoi, onions, cherries or cranberries, wild rice and roasted squash. Drizzle with salad dressing and toss to combine. You want enough dressing to lightly coat all of the components, but not so much that it gets soggy. Taste and adjust the seasoning, adding additional salt and pepper to your liking.
4. Garnish with chopped nuts and serve at room temperature.

***Note:** May substitute other similar squash varieties such as Butterkin and Autumn Frost.

This recipe was adapted from Amanda Paa's version as featured on her blog, heartbeetkitchen.com. We had the pleasure of spending some time with Amanda when she came to the farm to do a photoshoot several years ago. If you aren't familiar with Amanda's blog, go check it out! She has a lot of really great, healthy recipes AND she is a dynamic person so you can absorb some of her good energy!