



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)

November 04 - 05, 2022

## What's In The Box?

**BABY GINGER:** Read more about baby ginger in this week's vegetable feature article. Baby ginger has thin skin and is best stored at room temperature and used within about one week. If you are not able to use it within one week, consider preserving it by freezing it or making pickled ginger or candied ginger.

**RED & YELLOW ONIONS:** This week's yellow onion variety is "Talon." It is known for having a nice balance of sweetness and pungency, and is described as having "excellent flavor when cooked." The red onion is "Red Monastrell." This variety is appropriate to use either raw or cooked. It's best to store onions in a cool, dry location with good airflow and out of direct sunlight.

**ORANGE CARROTS:** Use this week's carrots to make a **Golden Carrot Souffle** or add them to a root mash along with potatoes and sweet potatoes. Carrots will store for quite some time in the refrigerator if kept in a plastic bag or other closed container to prevent dehydration.

**BROCCOLI:** This is our final broccoli of the season! It's a little on the small side as the rate of growth has slowed with cold, frosty nights. But do take notice of the sweetness it has developed, especially in the stem!

**MISSOURI GARLIC:** This week's garlic variety is a Porcelain type that we call "Missouri" because Richard got our original seed stock from a guy in Missouri. What can I say, sometimes it's best to keep it simple. This variety is characterized by white skin and large cloves. Store garlic similarly to onions, in a cool, dry location with good airflow and out of direct sunlight.

**SWEET POTATOES:** Use this week's sweet potatoes to make the featured recipe for Ginger-Coconut Sweet Potatoes! The optimal storage temperature for sweet potatoes is 55-65°F. If you do not have a storage location within that range, it is better to store them at a warmer room temperature than it is to put them in the refrigerator. Temperatures less than 55°F will cause chill injury.

**BRUSSELS SPROUTS:** There is a one-pound portion of Brussels Sprouts in your box this week. To prepare Brussels sprouts, use a paring knife to trim the base and remove any yellowing or spotty outer leaves. If the size of your sprouts is variable, cut the larger ones down into halves or quarters so the pieces are similar in size to the small sprouts. This will help them cook more evenly, but make sure you don't overcook them!

**TAT SOI:** This is the vegetable with dark green, round leaves and light green stems. It is a frost-tolerant, late season green that is related to bok choy. You may use it interchangeably in recipes calling for bok choy, spinach or other similar leafy greens. It may be eaten raw in salads or cooked. Both the leaves and the stems are edible.

**ASTERIX POTATOES:** This potato is more of a starchy potato when cooked, which makes it a good candidate for mashed potatoes. Check out this week's **Cooking With the Box** article where you'll find recipes for a variety of mashed potatoes as well as ways you can use leftover mashed potatoes! Store potatoes in a cool, dry location and cover them with a dark towel or store in a closed paper bag to prevent the skin from turning green and to delay sprouting.

**BLACK FUTSU PUMPKINS:** This is an heirloom Japanese squash variety that develops buff colored skin when fully ripe. They have a fairly large seed cavity which makes them a good candidate for stuffing. You can also cut them into wedges and roast them with the skin on. Given it has a thin skin, you can eat the skin, but we think it's the most delectable when roasted. Read more about this interesting squash variety as well as other suggestions for how to put it to use in our **vegetable feature article from 2019**.

**RED DAIKON RADISH:** This brightly colored vegetable will catch your attention with its bright pinkish-red skin. When you cut it open, you'll also find a vibrant pinkish red interior! Use this radish in stir-fry or turn it into pickled daikon. It is also delicious when used to make a raw salad either on its own or along with other vegetables such as carrots. Store daikon in the refrigerator in a plastic bag to prevent dehydration.

**GREEN SAVOY CABBAGE:** There is likely more than one meal packed in this head of cabbage! If you will not be using it all at once, just store the unused portion in as large of an intact piece as possible in the refrigerator. It's best to store it in a plastic bag or closed container to keep it from getting soft.

**BABY WHITE TURNIPS:** They survived the frost! Pay attention when you eat these so you don't miss how sweet and delicious they are due to the colder weather! It's a noticeable contrast to the flavor of this variety earlier this spring. If you thought they were good then, you're going to love them now! Use the roots and the greens in raw salads or turn them into a stir-fry!

## VEGETABLE FEATURE: FRESH BABY GINGER BY ANDREA YODER

This week we're featuring Fresh Baby Ginger, a tropical plant we have been growing for about a decade! Our growing season is much different than Hawaii and other ginger-producing regions, however it is possible to grow ginger in this climate! Ginger is actually a rhizome, which is a stem that grows horizontally underground. It produces roots to anchor it and sends up shoots to grow into foliage above ground as it grows and expands. The ginger we produce is actually referred to as baby ginger as we don't have enough warm days, even when grown in the greenhouse, to produce fully mature ginger.

Baby ginger is different than fully mature ginger, which is what you have likely purchased if you've bought ginger from the store. Baby ginger has a very thin skin with some pink coloring, especially at the points where the stems have grown from the main rhizome. This is very different from the thick, brown skin you are likely most accustomed to seeing in the store. Due to its thin skin, baby ginger is more perishable and should be used within about a week for optimal quality. It is best to store it at room temperature as it can get rubbery in the refrigerator. When you cut into a piece of baby ginger, you will notice it is more tender, juicy and has a bright and perhaps a bit milder flavor than some fully mature ginger that can be quite spicy. In many ways, young ginger versus fully mature ginger is very similar to the differences you experience with using fresh garlic harvested in late June versus mature garlic that has been cured.

Ginger is used as both medicine and food. As a medicine, it has anti-inflammatory properties, can soothe a whole host of gastrointestinal maladies, and helps to boost the immune system. When used in cooking, you will find it is a common, if not staple, ingredient in many Asian cultures. It is often paired with garlic and scallions in Chinese stir-fry or combine it with chiles, lemongrass and a variety of other ingredients to make Thai curry pastes. Ginger has a spicy, warm flavor which also makes it an excellent ingredient to pair with other warming spices and rich, comforting foods such as sweet potatoes, winter squash, mushrooms, broccoli, etc. It can be used extensively to make beverages, teas, baked goods, stir-fry, salad dressings, vegetable dishes, curries, and much much more!

To use baby ginger, simply cut a piece from the main chunk and peel if necessary. As I mentioned above, it's best to use baby ginger within about a week. If you do not think you'll be able to use all your ginger within a week, consider preserving it for later use. There are several options for ways to preserve ginger. First, consider making a ginger syrup that you can keep in the refrigerator to use as a base to add to beverages or just eat a spoonful each day for an immune boost. You can also turn fresh ginger into pickled ginger. Traditional Japanese Pickled Ginger that is commonly served with ginger is made with baby ginger. The pink hue of pickled ginger comes from that pink color you see on the skin of baby ginger. This is also the preferred form of ginger to use as it's more tender and delicate compared to fully mature ginger. Pickled ginger is very easy to make and will keep for up to six months in the refrigerator. Lastly, you can freeze fresh ginger. Just wash it well and cut it into smaller pieces, about the amount you may want to use at a time. Place the clean ginger pieces in a freezer bag and freeze it raw. When you have a recipe that calls for fresh ginger, pull a piece of the frozen ginger out and let it rest at room temperature for a few minutes. The ginger may be a little soft once fully thawed, but that doesn't really matter. Just chop it up and use it wherever you need "fresh" ginger!

We've come to appreciate this crop over the years and hope you enjoy this little taste of the tropics! I couldn't stop myself as I was looking at different ginger-centric recipes, so I just decided to compile a list of recipes you may choose to make with your fresh baby ginger.

**Visit our blog this week for a list of recipe links to over 15 additional recipes utilizing ginger**

### Ginger-Coconut Sweet Potatoes

Yield: 6 servings

2 ½ pounds sweet potatoes	½ tsp sea salt	⅓ cup toasted macadamia nuts or hazelnuts, chopped
⅓ cup coconut milk	⅓ cup raw, unsweetened grated coconut	
1 Tbsp fresh ginger, grated		
1 Tbsp maple syrup	2 Tbsp olive oil or melted butter	

1. Preheat your oven to 350°F. Butter or oil medium-sized casserole dish. Set aside.
2. Place sweet potatoes in a baking pan with about ½ inch of water in the bottom. Place in the oven for somewhere between an hour and an hour and a half, or until each is baked through. Times vary greatly depending on the size of your sweet potatoes—in the end you should be able to cut through the center flesh as if it were soft butter.
3. Remove the potatoes from the oven, let them cool for a few minutes, and cut each sweet potato in half. Scrape out the flesh. You should have about three cups of sweet potatoes. In a food processor, puree the sweet potatoes with the coconut milk until well-combined and smooth. Stir in the ginger, maple syrup and salt. Let it set for a few minutes, stir again and taste-adjust the seasoning if you need to—this is your chance to get the right amount of salt and ginger in the sweet potatoes before they go in the oven.
4. Spoon the sweet potato mixture into the baking dish, sprinkle with coconut, drizzle with olive oil or butter and bake uncovered until warmed through and the coconut has turned golden. This will take approximately 30-40 minutes. Remove and sprinkle with the toasted nuts just before serving.

**Note from Chef Andrea:** This has been one of my longtime favorite Heidi Swanson recipes that I found on Heidi's blog, *101cookbooks.com* almost 10 years ago! We originally published it in our newsletter back in 2013, but it's good enough to bring back to the forefront for those who may not have been with us in 2013! It is easy to make for every day meals, but is also a great addition to a Thanksgiving feast. Sometimes I also add a little bit of orange zest and juice for a bit of a fruity variation.