



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

July 14 - 15, 2023

What's In The Box?

RED NORLAND NEW POTATOES: "New Potatoes" refers to the fact that these potatoes are harvested fresh off of live vines. They have a delicious, fresh potato flavor and their skins are very thin and delicate. You'll also find these potatoes are very crisp when you cut into them. Given they have not been "cured," they may have a shorter shelf life. Thus, we recommend you eat them within a week of receiving them and store them in the refrigerator. Once you taste them and experience the phenomenal eating quality of a "New Potato," you'll likely eat them all within a day or two!

PURPLE AND WHITE SCALLIONS: While onions typically provide background flavor, they can also be a main ingredient. In particular, the intense heat of a hot wok or grill develops the natural sugars in the onion and transforms their fragrance quickly. Check out this week's Cooking With the Box Article for a few recipe suggestions!

FRESH ITALIAN GARLIC: This garlic was harvested within the past week and is still in the process of drying down, thus it's still classified as "Fresh" garlic. You'll find the skin around the cloves is still moist and may be a bit more challenging to remove. The clove inside is juicy, plump and has a bright flavor. You may use this garlic any time but store it at room temperature in the meantime so it may continue to dry down.

ZUCCHINI AND/OR SCALLOPINI SQUASH: Our first crop is tapering off with production, but we do have a second crop coming in soon. Consider adding slices of grilled zucchini as a topping to a pizza, or layer them on a sandwich with salami, mozzarella, and fresh basil!

GREEN AND/OR SILVER SLICER CUCUMBERS: While most are familiar with the traditional green slicer cucumber, you may be less familiar with the pale-yellow cucumbers we call "Silver Slicers." We find this cucumber to have a fruitier flavor and it usually holds up longer before starting to soften. Whether or not you peel it is up to you, but it makes a very tasty creamy cucumber salad!

SNOW PEAS: We are nearing the end of our fresh peas but have these beautiful snow peas to share with you this week! Snow peas have an edible pod, just remove the string that runs along the top of the pod. This is an excellent pea to use in stir-fry or very lightly cooked. They also make a great snack item to eat out of hand!

GREEN AND YELLOW BEANS: Both of the varieties of beans in this week's box are known to be fibrous beans. This is not a bad characteristic; it just means they are a bit more sturdy and benefit from a little longer cooking time with a bit of liquid to help soften them.

BROCCOLI: Broccoli is one of the top 10 most consumed/popular vegetables in the US! In fact, many households consider it to be a staple vegetable alongside carrots and potatoes. It is also rich in compounds that may help prevent cancer and build immunity. The key to a tasty plate of broccoli is to not overcook it! Cook just until it turns bright green and is tender.

GREEN TOP ORANGE CARROTS: The green tops on carrots are a sign of a very fresh carrot! We hope you enjoy this early season variety that is known for its tender, sweet roots. But make sure you use the green tops as well - they're green and gold and are packed with valuable nutrients!

FENNEL: This unique, fragrant vegetable is really three-in-one as you can eat the feathery fronds and bulb while also finding ways to put the stems to use! Read more about this summer vegetable in **last week's Vegetable Feature Article**.

WHITE CAULIFLOWER: This year's spring-planted cauliflower looks great and tastes equally as good! Use it to make a tasty cream of cauliflower soup for a light dinner. Another simple way to enjoy cauliflower is to simply roast it in the oven or on the grill.

BABY BOK CHOI: These little heads of bok choy are this week's nutrient and flavor-packed "greens" selection! They are also nature's fast food and cook in 10 minutes or less. Use them in stir-fry, cut them in half and cook them on the grill, or use them to make **Asian Chicken and Bok Choi Salad**.

CHOICE—ITALIAN BASIL: Please remember that we have sent one portion of basil per vegetable share. What can you do with a handful of basil? Slice it thinly and add it to a creamy cucumber salad, toss it with buttered pasta, use it to garnish grilled zucchini, or put whole leaves on a sandwich in place of lettuce!

VEGETABLE FEATURE: NEW POTATOES

By Andrea Yoder

Even though we've featured potatoes in past newsletters over the years, we continue to draw attention to "New Potatoes" every year because we don't want you to miss out on how special they truly are! There is a short period of time early in the summer when we first start harvesting our potato crop that we have the opportunity to eat "New Potatoes." New potatoes are not a variety or a color of a potato, but rather a term used to describe potatoes that are harvested off of a plant that still has green leaves on it. Our usual practice is to mow down the potato vines about a week in advance of harvest. In the week between mowing down the vines and actually harvesting the potatoes, changes take place in the plant that help to set the skins and make them easier to handle without damaging the skin. It also gives them a more durable skin to protect the flesh and make them better for storage. These potatoes were dug just this week from plants with green vines. Freshly dug new potatoes have a flavor and texture unlike other potatoes throughout the season. If you want to truly know what a potato tastes like, eat a new potato! New potatoes have a fresh, pure potato flavor and their skin is tender and delicate. When you cut them, you'll notice they are very crispy and sometimes a little brittle because they have retained all their juiciness! Once cooked, the flesh is moist, creamy, and smooth with a distinctive flavor that's hard to describe. Trust me, when you taste it, you'll know what I mean!

The new potatoes in your box this week are a variety called Red Norland. They are an early, red-skinned potato with creamy white flesh. They need to be handled with care so as not to disturb the skin and expose the flesh. We've given them the "white glove treatment" through the harvest and washing processes to preserve the integrity of their skins as much as possible, but we encourage you to handle them with care as well. Wash them just before use and give them just a gentle scrub if needed. There is no need to peel them as the skins are so thin and really delicious, so my recommendation is to just skip that step.

I encourage you to slow down and really savor the flavor of these new potatoes as these first few weeks will be the only time during the season you'll be able to have this taste experience of freshly dug potatoes. You really don't need to do much to them and, in fact, I'd encourage you to do as little as possible! Honestly, most often I simply boil or roast them with fresh garlic and top them off with butter, salt, pepper, and sometimes fresh herbs.

In general, potatoes should be stored in a cool, dark place, but not in the refrigerator. We store our potatoes in a warmer cooler at about 48-50°F which is most ideal. Unfortunately, most home settings do not have the luxury of having multiple refrigerators along with the option to run them at different temperatures. Thus, for potatoes intended for long term storage we generally recommend storing them in a cool, dry location outside of the refrigerator where they will not be exposed to light which can cause the potatoes to turn green and bitter. If the potatoes have set their skins, in general they will store for a few weeks at room temperature in a brown paper bag (never in a plastic bag). However, because new potatoes are so fresh and we have not allowed them to set their skins, they will not store as well and are best eaten within one week. Additionally, this is probably the one time that we would recommend that you put your potatoes in the refrigerator!

Creamed Potatoes with Green Beans

Yield: 4 servings

1 ½ pounds new potatoes	2 Tbsp unsalted butter	1 to 2 Tbsp chopped fresh parsley
1 pound fresh green and/or yellow beans	2 Tbsp all-purpose flour	Salt, to taste
	1 ½ cups cream or milk	Freshly ground black pepper, to taste

1. Wash potatoes gently, do not peel. If the potatoes are small, you may keep them whole, otherwise cut them into halves or quarters so all of the pieces are similarly sized.
2. Trim the green/yellow beans and cut into 1–2-inch lengths.
3. Put the potatoes in a medium saucepan. Cover with water and 1 tsp of salt; bring to a boil. Cover the pan and reduce the heat to medium-low; cook for 8 minutes.
4. Add the prepared green beans to the potatoes and continue cooking for 9 to 12 minutes longer, or until both the potatoes and green beans are tender.
5. Meanwhile, prepare the cream sauce. Melt the butter in a medium saucepan over medium heat.
6. When the foaming subsides, add the flour. Cook the roux for 2 minutes, stirring constantly.
7. Gradually whisk the cream or milk into the roux. Cook until thickened, stirring constantly.
8. Add chopped parsley, if desired.
9. Taste the sauce and add salt and pepper, as needed.
10. Once cooked, drain the water off of the potatoes and green beans and transfer the vegetables to a serving dish.
11. Pour the sauce over the green beans and potatoes and stir gently to coat the vegetables.
12. Serve hot and enjoy!

Recipe borrowed from www.thespruceeats.com.

See page 3 of this newsletter or our blog for 1 more Recipe

Lemon & Garlic New Potatoes

Yield: 4 servings

1 pound new potatoes

2 Tbsp olive oil

2 garlic cloves, minced

¼ cup shredded Parmesan cheese

2 Tbsp lemon juice

¼ tsp salt

¼ tsp black pepper

1. Gently wash potatoes, leaving the skin on. If they are small, you may leave them whole. If they are larger, cut them in halves or quarters so all pieces are similarly sized. Place the potatoes in a large saucepan. Add water to cover along with a generous amount of salt, similar to how you would salt water to cook pasta. Place the pan on the stove over medium to medium-high heat and bring to a boil. Cook, covered, until tender, 10-15 minutes; drain in a colander.
2. Using the same pan, heat the oil over medium-high heat. Add the garlic and sauté briefly until it softens. Add the potatoes and cook until browned, 4-6 minutes.
3. Remove the potatoes from the heat. Stir in Parmesan cheese and lemon juice and season with black pepper and additional salt to taste. Serve warm.

Recipe borrowed from www.tasteofhome.com.