



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

August 4 - 5, 2023

What's In The Box?

SIERRA BLANCA ONIONS: This fresh, white onion is a sweet Spanish variety, known to be a mild, yet flavorful onion. This onion has a very thin skin and is intended to be eaten fresh, not stored. Slice it thinly and eat it raw on salads and sandwiches, or sauté it gently to bring out its natural sweetness.

ITALIAN GARLIC: Sauté minced garlic in oil over medium heat, just until golden. Pour the hot garlic and oil over fresh slices of tomato, smashed new potatoes, or grilled zucchini. Simple, but delicious!

GREEN OR ITALIAN ZUCCHINI: If you're feeling more on the sweet side of things this week, check out this week's Cooking with the Box article where you'll find links to several unique desserts utilizing zucchini!

EDAMAME: Edamame are fresh soybeans, in the pod. There is a one-pound portion in this week's box. They should be cooked before attempting to shell and/or eat them. Cook the pods in boiling salted water for several minutes, just until they turn bright green. Remove them from the water, rinse in cold water, then you can easily pop the soybean out of the pod. The pod is not edible and should be discarded. Read more about edamame in this week's vegetable feature article!

GREEN BEANS: Looking for a different way to enjoy green beans? Try including them in a summer salad such as pasta salad or potato salad. Links to several recipe suggestions may be found in this week's Cooking With the Box article.

SWEET CORN: We are having a bountiful sweet corn harvest from our first planting this week! Please note, we have found some corn earworms in this crop. This pest enters from the top of the ear, but typically only affects the top 1-2 inches, making it hard to justify leaving this delicious corn in the field unharvested! So, if you want to play it safe, cut the top 2-3 inches of the cob off first and then pull back the husk. If there was a worm in the ear, you'll likely not see it and you can enjoy the remainder of the corn!

GREEN TOP ORANGE CARROTS: Very soon we'll bulk harvest our first planting of carrots and start sending bags of carrots instead of bunches. But until we do, let's take advantage of the green tops and reap the benefits of the nutrients they contain. Since the greens on carrots are more coarse, it's best to use them in ways that require them to be chopped finely or processed, such as in pesto or hummus.

WHITE CAULIFLOWER OR SUN JEWEL MELONS: Our cauliflower harvests are tapering off and this will likely be our final week of harvest until the fall crops. As such, we did not have enough for all the boxes. You will receive either a head of cauliflower or a yellow & white Sun Jewel Melon.

LACINATO KALE: This variety of kale is also sometimes referred to as Tuscan or Dino kale. It may be used raw in salads, baked into kale chips, or added to stir-fry, soups, etc.

GREEN BELL PEPPERS: Green bell peppers are immature and, if left to ripen, will turn red and become more sweet. As a green pepper, they are a nice partner to garlic and onions as a flavor base for summer soups, a pot of chili, scrambled eggs, salsa, etc. Store at room temperature.

JALAPEÑO PEPPER: This week you'll find one jalapeño pepper in your box. Slice them thinly and enjoy on tacos, or mince it up and use it to make fresh Pico de Gallo along with Sierra Blanca onions and fresh Italian garlic.

RED GRAPE OR SUN ORANGE TOMATOES: Get ready, it's the beginning of fresh tomato season! Tomatoes are best stored at room temperature until ripe and ready to eat. Store tomatoes in the refrigerator for short periods of time, as long-term storage can change both the flavor and texture of a fresh tomato.

VARIETY OF LARGE TOMATOES: The first of our large tomato varieties are starting to ripen! We should see larger harvest next week! Ripen tomatoes at room temperature.

RED CABBAGE: Use this week's cabbage selection to add crunch and color to summer vegetable salads. You'll find recipe suggestions for doing so in this week's Cooking With the Box recipe suggestions. If you don't use the entire head at one time, store the remaining portion in a plastic bag in the refrigerator.

CHOICE: BASIL—We have sent enough for one small handful of basil per vegetable share. Take your share and enjoy it with this week's fresh tomatoes!

VEGETABLE FEATURE: EDAMAME

By Andrea Yoder

Edamame (eh-dah-MAH-may) is a fresh soybean that has grown in popularity in the United States over the past few years but has been a part of Japanese and Chinese cuisine for much longer. True edamame intended for fresh eating is quite different than oil-seed soybeans and tofu beans most often grown to make tofu and other processed soy products. The edamame varieties we grow were developed specifically because they produce a sweet bean that doesn't have a "beany" aftertaste and is the preferred variety in Japan and China for fresh eating. Seed varieties for tofu beans are typically much less expensive than varieties for fresh eating, thus in this country the edamame found in the frozen section, either in the pod or shelled, is likely a tofu bean with that "beany" aftertaste. We actually save our own seed, which still comes at a cost, but allows us to grow our preferred, clean tasting varieties.

Edamame resembles a small lima bean encased in a pod. The beans are sweet and tender and best eaten lightly cooked. Unlike sugar snap peas, **edamame pods are not edible** and should be discarded. Edamame is hard to shell when it's raw. It is easiest to cook edamame in its pod first and then remove the beans from the pod. To cook edamame, rinse the pods thoroughly with cold water. Bring a pot of heavily salted water (salty like the sea) to a boil. Add the edamame and boil for about 3-4 minutes. You should see the pods change to a bright green color. Remove the edamame from the boiling water and immediately put them in ice water or run cold water over them to quickly cool them. After the beans are cooked you can easily squeeze the pod to pop the beans out, either into a bowl or directly into your mouth! Once you've removed them from the pods, they are ready to incorporate into a recipe or eat as a snack.

You can also roast edamame in their pods. There's a **basic recipe on our website**, but basically you toss the edamame pods with oil and seasonings of your choice. Serve the beans whole with their pods still on. While you won't eat the pod, you can use your teeth to pull the edamame out of the pod and in the process, you'll pick up the seasoning on the outside of the pod!

Edamame is often eaten as a simple snack, but you can also incorporate it into vegetable or grain salads, stir-fry, fried rice, ramen bowls, steamed dumplings, or pot stickers to name just a few suggestions. They pair well with any combination of traditional Asian ingredients such as sesame oil, soy sauce and ginger. They are also a nice, bright addition to brothy soups such as miso soup. If you follow the suggested method for boiling edamame before shelling them, the bean will already be fully cooked, so if you are adding edamame to a hot dish or recipe, do so at the end of the cooking.

You can store fresh or cooked edamame for up to a week in the refrigerator, but it is best to eat them soon for the sweetest flavor and best texture. If you want to preserve edamame for later use, simply follow the cooking procedure above, then freeze the beans either in their pods or remove them and freeze just the bean. It's fun to pull something green out of the freezer in the winter to enjoy it as a snack or incorporate into a winter stir-fry or pan of fried rice.

Asian Edamame Crunch Salad

Yield: 4 servings

2 cups of shelled edamame

1 cup cooked quinoa

1 bell pepper, chopped

1 cup shredded carrots

1 cup shredded purple cabbage

2 green onions, chopped

¼ cup roasted cashews, chopped

¼ cup cilantro, coarsely chopped

Sesame Dressing:

2 Tbsp olive oil

1 Tbsp toasted sesame oil

1 Tbsp rice vinegar or lime juice

2 tsp tamari or soy sauce

1 tsp maple syrup

2 tsp grated ginger

Salt & black pepper, to taste

1. In a large mixing bowl, combine edamame, quinoa, bell pepper, carrots, purple cabbage, green onions, cashews, and cilantro. Toss gently to combine.
2. Prepare the dressing by mixing olive oil, sesame oil, rice vinegar, tamari, maple syrup, ginger, salt, and pepper together in a small cup or jar.
3. Pour the dressing onto the salad and mix together to combine and serve.
4. Store leftovers in the fridge for up to 4 days.

Recipe borrowed from www.choosingchia.com/asian-edamame-crunch-salad.