



Harmony Valley Farm

An update for our Community Supported Agriculture Customers ~ Since 1993
Local WI and Madison Edition ~Brown Week Delivery



1,000 Pounds of Strawberries
by Terri Kromenaker

This being my first full season at the farm, I wasn't sure what to expect for Strawberry Day, the first farm event of the season. We had set the date this winter and all of a sudden, the day was here! Can you believe it's already mid-June? The main event was on Sunday but we had several groups come the night before to camp in our meadow. If you couldn't make it to the farm this past weekend, remember that you can always come and camp – just let us know ahead of time when you'll arrive. CSA members are invited to visit the farm just about any time during the season, not just when we have a party! Save the dates for the next fun farm events: Summer Barn Dance (our only Saturday event!), Saturday July 12 and the Harvest Party, Sunday September 28.

Saturday, we recruited a work crew to get ready for the party, cleaning up the shop, setting up tables for the

THIS WEEK'S BOX

GARLIC SCAPES: Can replace garlic, scallions, or onions in most recipes. Sauté and toss with rice or orzo.

PURPLE SCALLIONS: Adds great flavor to any cooked or raw dish. They are a good addition to soups, noodles, and Asian dishes. Slice them thin and on a bias for a gourmet garnish.

KOHLRABI: A very versatile veggie that can be served raw and cooked. Chop off the leaves, remove the skins and cut into bite sized pieces. Toss with cilantro and lime juice.

SUGAR SNAP OR SNOW PEAS: They are so beautiful and firm! Peas add color, texture, and variety to any meal. Peas have strings that first must be removed before eating. To do this, pinch the very tip of the pea, getting hold of the string. Pull the string up the straightest side toward the stem end; pinch off the stem end and continue pulling the string until there is no more. Eat them whole or eat pods and peas separately. When enjoyed raw, snap them like green beans. Slice them lengthwise or in chunks and toss into a salad or use whole as dippers. Enjoy cooked by tossing them into a sautee pan with scallions, salt, pepper, and oil. Store peas in vegetable crisper up to 1-3 days. Peas are suitable for freezing, but not canning. Frozen peas keep well up to one year.

STRAWBERRIES: Make a refreshing tea with mint. Roast your strawberries in the oven, puree and add to hot green tea. Add mint and allow flavors to infuse.

LETTUCE: Dunk the leaves in cold water and spin to dry. Add to an Asian tossed salad with peas and a sesame vinaigrette.

NAPA CABBAGE: Tasty in a stir fry or coleslaw. It is a versatile cabbage which can be eaten raw or cooked and used in stir-fries and soups, or pickled with salt and chiles to make Kim Chi, a traditional Korean side dish.

GREEN OR RED KALE: The rich deep flavor of this cooking green makes a tasty addition to casseroles, or cook it with onions, butter and chicken stock to serve it as a side dish.

BROCCOLI:** Steam, serve raw, toss with noodles or make a broccoli sauce.

**While we do our best to harvest enough of a crop for all members to receive in their box, there will be times when we run short. Not all boxes will include broccoli this week. We appreciate your understanding when this happens.

FRIENDLY REMINDERS

We will have deliveries July 4-5. Please plan ahead for the holiday weekend and ask a friend to pick up your shares, let the farm know to cancel your box for that week, or make arrangements with your site coordinator **ahead of time** if you know you won't be able to pick up your box during your site's open hours.

Help keep your delivery site clean!

Break down the wax boxes your shares come in and stack neatly in the container provided.

If you paid for your CSA share with a post dated check (dated July 1) they will be going to the bank next week!

potluck, and cleaning the tractors and wagons for the field tours. Working at a farm is hardly ever a 9-5, Monday through Friday gig; there's always something to do and hardly enough time in the day to do it all, so thankfully we have an awesome, hardworking crew who are always ready to lend a helping hand when asked.

You couldn't have asked for a more perfect Strawberry Day. While Saturday was mostly clear and hot, puffy white clouds were in the sky and a nice breeze kept us cool on Sunday. There were some threatening dark clouds and sprinkles late in the day but no one seemed to mind. Guests started arriving just after 11 and set up their dishes for the potluck. Our friend Adrienne Caldwell brought her Power Kraut for everyone to try – I recommend the spicy Kim Chi or the Purple, made from Red Cabbage and sea salt. We had some great dishes to share for the potluck too. My faves were the Scallop Ceviche with avocado, a yummy salad with fennel, homemade coleslaw, a delicious bean dip, a homebrew porter (thanks Kyle!) and great brownies. The farm supplied tasty Strawberry Tea and Kickapoo Coffee brought Iced Maple Latte to wash it all down.

After lunch, we gathered for the field tours. We had planned on staggered tour times, but there were so many people we had to fill all three wagons at once! Richard, José R. and Juan V. drove tractors, while Andrea and Richard served as tour guides. Out in the fields, members got to check out the crops, including rows and rows of onions, leeks, pumpkins, chard, dandelion greens, fennel, kale, and head lettuce. At one stop, some people were brave enough to check the status of the potato field. Potato Field Report: Small but beautiful! Just a few more weeks to go! The tour ended in the strawberry field where everyone enjoyed taste testing the different varieties. Several young members returned from the field covered with pink juice on their arms,

PEAS AND SCALLIONS

SERVES 4

1/2 pound sugar snap or snow peas
1 tablespoon olive oil
1 tablespoon chopped scallions or garlic scapes
1 teaspoon chopped fresh thyme
Kosher salt to taste

-Preheat oven to 450 degrees F.
-Spread peas in a single layer on a medium baking sheet, and brush with olive oil. Sprinkle with scallions, thyme, and kosher salt.
-Bake 6 to 8 minutes in the preheated oven, until tender but firm.

LEMON SCENTED PEAS

SERVES 4-6

2 pounds fresh sugar snap or snow peas
2 tablespoons butter or margarine
1-2 garlic scapes, minced
1 tablespoon fresh lemon juice
2 teaspoons grated lemon rind**
3/4 teaspoon salt
1/2 teaspoon freshly ground pepper
**Can substitute lemon balm herb

-Cook peas in boiling salted water to cover 5 minutes or until crisp-tender. Drain and plunge into ice water to stop the cooking process; drain again. (To make ahead, wrap peas in paper towels, and place in a zip-top plastic bag. Seal and chill 8 hours.)
-Melt butter in a medium skillet over medium-high heat; add peas, and sauté 3 minutes. Add garlic and remaining ingredients. Sauté 2 minutes or until thoroughly heated.

face, hands and even toes – evidence of an awesome food and field experience!

In between tours, visitors had the chance to look in the greenhouses and flower tunnel, plus pick cool rocks in the creek bed and meet the animals. The goats were very naughty this weekend, deciding to let themselves out of the pasture and into the yard several times. The children chased the chickens and the pigs, well, were pigs. Our new puppy Captain Jack made tons of new friends, too!

We're guessing that about 200 people came for the strawberries this weekend. Everyone had the chance to pick and eat as much as they wanted in the field and CSA members could take home four pints per share free. Including that amount, about 1,000 pounds of strawberries were picked on Sunday! Just imagine all the jam, pies and crisps to be made. Thank you to everyone who made the trip – it was so good to put a face to the names of all the people I have spoken to by phone or email.

We believe that a visit to the farm deepens your connection to your food – and that's a big part of being in the CSA. If you couldn't make

it to the farm this time, we hope you will come for our Summer Barn Dance on Saturday, July 12. Everyone is welcome to camp overnight in our meadow and we'll even make breakfast for the campers on Sunday morning! If you're not the camping type, Viroqua has a nice B & B and a couple hotels. When you visit, you'll have a chance to see how the fields look in mid-summer as well as meet and mingle with other CSA members and more of the HVF crew. We take the day off from the Farmer's Market just so we can dance the night away with you! We'll start the night with a string band and square dance caller and then switch gears to hear your "I-Pod Shuffle" – we'll have a sound system and the best dancin' music I can come up with, but I invite you to add your favorites to the mix! Hope to see you then!

SUMMER BARN DANCE!
Saturday, July 12
at the farm
Potluck, Wagon
Tours, Dancing!