



Saute Mix

Saute Mix makes eating greens so easy and tasty there's no excuse to not "eat your greens." Just rinse the already triple washed greens, spin or pat with a paper towel and toss into a saute pan. No need to de-stem the leaves, they are young. Chopping is optional, depending on how you are going to use them. Use a variety of seasonings to create tasty dishes from any cuisine. Saute Mix is field grown at Harmony Valley from late spring through fall.

The Story of Saute Mix - by Lee Davenport

Through my work with farmers, I am continually amazed at the range of skills required in order to do it successfully. It's not enough to grow good vegetables. Even if they are the best, it means nothing if you are not also an innovative marketer and promoter, able to get your product not just to market, but the *right* market. You have to be moving one step ahead of the competition and using your fields and labor to maximum efficiency in order to make it work. Saute mix evolved in this mix of creative marketing and efficient use of land that marks Harmony Valley as the successful small-scale growers that they are.

Richard discovered what now seems to be the ubiquitous "mesclun", which actually just means salad mix, on a trip to California in 1983. It took many years of trial and error on the farm and in the market before this product became what it is today-the preferred gourmet salad option. Richard and Linda noticed, however, that after the salad was cut twice it grew very quickly and became too large for the baby greens advertised in the salad mix. It seemed a shame to till them under so they sought a new use for these "teenage greens", as Linda likes to call them. Since all the varieties included in the salad mix are grown in individual rows, they found they could create a new mix by leaving out all of the less hardy lettuce varieties and including only the sturdier asian greens. Saute mix was born. Saute mix can include arugula, chard, mustards, tat soi, bok choi and mizuna, depending on the season. These greens tend to be spicier than your average lettuce green and they stand up better to light

cooking. The thing I appreciate most about saute mix is its convenience. The greens come from the farm very clean and even though they are "teenage" sized they don't even need to be cut up before cooking. I think that soon spinach will seem passe and saute mix will be all the rage!

TACOS OF GARLICKY GREENS

This recipe is adapted from Rick Bayless of Frontera Grill in Chicago. He makes his the Mexican way with lamb's quarters (a prolific weed in most gardens) but I've had them both ways and I prefer saute mix.

- 8-10 corn tortillas
- 1 lb. saute mix
- 1 Tbsp. olive oil
- 1 medium white onion
- 3 garlic cloves
- salt to taste
- ¼ c. Mexican queso fresco, queso anejo, crumbled feta, or parmesan
- ¾ c. salsa

Saute onion and garlic in oil over medium heat. When translucent, add the greens and a Tbsp. or so of water just to help them steam. In the meantime, place tortillas in a plastic bag and microwave for 15 sec. or until they steam slightly and become pliable. Be careful not to overcook them. The tortillas can also be quickly fried in a dry skillet or steamed wrapped in a towel in an oriental wicker steamer. Serve the greens and toppings in separate bowls with the tortillas, wrapped in a towel, on the side.



A Midwestern Palette - Eating With the Seasons

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally, from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

| Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|-----|-----|-----|----------------|-----|-----|-----|-----|-----|-----|-----|-----|
| | | | Ramp Season | | | | | | | | |

Here you could put a comment on the seasonality of this particular vegetable.

Preparation and Storage Tips

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.