



Harmony Valley Farm

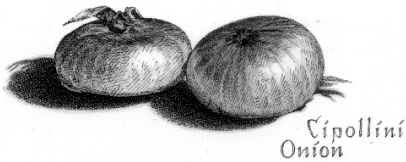
An Update for Our Community Supported Agriculture Members

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THIS WEEK'S BOX

BROCCOLI AND/OR CAULIFLOWER
SALAD MIX
SNAP PEAS AND/OR SNOW PEAS
CIPOLLINI ONIONS
FRESH ITALIAN RED GARLIC
SUMMER SQUASH
BASIL
NEW RED POTATOES



CHOICE BOX:
LACINATO (BLACK TUSCAN)
KALE OR CURLY GREEN KALE

The "To Do" Lists or "It's a Good Life"

It was a big week in Harmony Valley. It's the time of the year when "dawn to dusk" affords just barely enough time to make it all happen. Even though the heat was beastly, the nights were refreshingly cool in the valley. The breaking light and the singing birds heralded the beginning of the work day. Every morning, once coffee was brewed, Richard headed out in the truck to check on irrigation, the weeding priorities, crops, and especially, the garlic. By the time I'd showered, sipped, and settled in to the office, Richard would arrive with an armload of produce, samples of what was out there. We'd ponder when the cauliflower would be ready, what would be harvestable for the Friday box, would there be enough beans to make it worth picking, how did the broccoli taste? But, paramount to the discussion was always the state of the garlic. After their irrigation last week we knew we'd see some growth and maturing, but at what stage would it proceed to dieback? It was always a subtle change that signaled harvest maturity and skill developed over years of garlic farming that would be needed to detect that change. To our advantage was the long-term forecast: hot and dry, changing to warm and dry for the foreseeable future. Warm, wet weather could mean a premature death to a potentially beautiful crop and tough, snap decisions to rescue it before it was too late. Dry weather would be a little more forgiving and we could be a little less cautious about leaving the garlic in the ground. Monday's verdict on garlic -- "Maybe by Thursday, probably it would be fine for a week."

Every day this week started like that, and we could almost pretend to have some idle time over a second cup of coffee, but the reality that by 7 a.m. the weeding crew would arrive and by 7:30 the other dozen or more staff would arrive would be waiting for instructions, lit a fire under us (a hot, blazing, summer wildfire kind of fire) and spurred us into action.

Work list for Monday- Weed -- Burdock, Eggplant, brussels sprouts, sweet potatoes. (4 people) Harvest -- Peas, Broccoli, Cipollini, zucchini and summer squash and 600 Italian garlic. (We forgot we weren't going to the Madison farmer's market, so over harvested -- it will keep.) Other projects- Rake and bale hay, electric deer/coon fence around the corn, cultivate leeks, basil, new beets, mow strawberries -- renovate, irrigate salad planted last week and to be planted in #26 and coles in #8, order irrigation parts, complete crop planting dates and acreages for USDA meeting on Wed.

Tues. - Garlic verdict--- not yet, though the Red Garlic has areas that are drying back more quickly than others (may take out two beds on Thurs.) Weeding -- Finish eggplant and brussels sprouts (leave small coles until end of week or Monday). Harvest -- salad, saute, basil, parsleys, by noon (too hot after noon). P.M.. Harvest more peas after beet bunches, put up fence not done on Monday, cultivate, move irrigation -- two more sets -- across river in #20 and by peas. Finish USDA stats.

Wed. - Garlic verdict --- Still feel good about Thursday plan for Italian Red and most of the rest on Monday and Tuesday. Richard to FSA office with his data in hand - return at lunch time. Weeding -- Sweet potatoes, melons, cucumbers, parsleys and herbs. Harvest-- more salad, spinach, currants, gooseberries, edible flowers, zucchini Wash and Pack for wholesale order to Mpls (truck at 6 p.m.) and Disciascio's and Stockmen's. (Harry delivers at 2 p.m.) More electric fence - melons by river, rotavate edges of fields, cultivate beans, move irrigation to 2 more fields, move tank wagon to irrigate with drip-tape, sweet potatoes, zucchini. Tie tall tomatoes and ground cherries. Tie cauliflower.

Thursday -- Richard brings in red potatoes -- this would really help the CSA box. Beans, not enough and not as nice as usual (too dry and hot), won't go in the box. Garlic -- Richard still would like to see more maturity, less ridges in the outer skin. Neighbor, Roger, has harvested all of his already. We'll wait until Monday for sure because we just got a confirmation on visitors for this afternoon -- photographers from Gourmet, Chef Odessa Piper and protege, Lee. (First Richard heads to town for yet another meeting at the FSA office) Weed -- yes, more -- finish herbs, corn, the 2nd planting, basil, skirret, celery root. Harvest -- last of the salad, spinach, kale, more beets, more peas. Harvest potatoes in p.m. Clean and bunch onions, pack salad mix and other greens, move irrigation pipe -- 2 more sets, cultivate those beans (they keep getting put off)! Plant salad mix after flame-weeding the beds.

Friday - Richard's quick field tour yielded some disappointing broccoli (too hot and dry to make pretty heads). No garlic check -- there's no time to harvest it until Monday now anyway. Irrigation check revealed that one pump didn't put out as much water as needed -- turn on again. Wash and pack everything needed for CSA by noon. Onions, salad, potatoes and peas all need washing or bagging. Harvest cauliflower and broccoli and the never ending zucchini. Harvest basil. Michael and Tyke to La Crosse Market -- Linda finish and print newsletter, welcome guest (possible extern from Culinary Institute of America) and give tour. Rotavate fields that have been harvested. Pack CSA boxes and tie tomatoes in afternoon.

There's no boredom written into this schedule! This is the beginning of the dramatic, mind-spinning time of the year when everything needs some attention, some things need a lot of attention, and new challenges pop up every day. Still, it is great to see folks enjoying the summer, while still accomplishing so much between sunrise and sunset. Michael and Tyke take Ari to the local ball games or head out to La Crosse for some Irish music. Ezequiel and his brothers are planning a weekend get-together with co-workers down at our tipi. Norm, Theresa and Katie are enjoying meeting the

They're Not Called SUGAR Snaps for Nothing

Sugar snaps and snow peas have to be one of my all time favorite summer vegetable. To me they are a symbol of beautiful weather and great times in the garden. I can remember as a child, going to our garden on the edge of town. Mom would work and we would play, but when it was time to pick the peas, we were all more than willing to help. Half of the peas would end up being eaten right off the vine and those that made it as far as the bag would be gone before we reached home. It seemed like we could never get enough. Here at Harmony Valley it is a little different, with 5 or 6 900 foot rows we have so many we can't hardly pick them fast enough. It is great, because I actually get to COOK with them, even though raw is my favorite way to enjoy them. Sugar snaps and snow peas are an obvious addition to any stir-fry, and do very well when blanched for a minute or two in salted boiling water, then cooled under running cold water or in an ice bath. Once blanched they can be used cold or added at the end of your cooking to just warm them through. When stir-frying add them raw so they keep some of their snap. I have included some simple recipe ideas for you to try. Snow peas and snap peas are pretty interchangeable, so don't fret about which ones you use. Just make sure that you pull off the stem end taking the "string" that runs along the top with it. Have a wonderful week full of fresh ideas and even fresher vegetables. Happy Cooking! Harry

PASTA EMILIA

Created by Chef Fedele Bruno
1 pound dry pasta (shells or rigatoni)
1 pound snow peas or sugar snaps
1 pound sun-dried tomatoes in oil (drained)
1 pound roasted red peppers, drained
1 cup extra virgin olive oil
2 ounces garlic, sliced
1 pound fresh mozzarella balls or mozzarella slices
1/4 cup fresh basil leaves
1 cup grated Parmesan cheese
Salt and pepper, to taste

Cook the pasta in salted water, drain when tender. Blanch the snow peas and green peas, drain and set aside. Julienne the sun-dried tomatoes and peppers. In a saute pan, heat the oil and cook the garlic until golden. Toss together all of the ingredients. Taste for salt and pepper. Yield: 6 servings

SUGAR SNAP PEAS WITH GINGER AND GARLIC

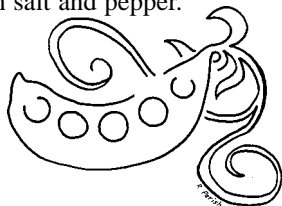
Ginger and garlic give these pea pods a hint of Asian flavor, but we think they're a good all-purpose side dish.

1 tablespoon olive oil
2 shallots, thinly sliced
1 tablespoon finely chopped peeled fresh ginger
1 garlic clove, finely chopped
3/4 lb sugar snap peas, trimmed
1/2 cup water

Heat oil in a large skillet or wok over moderately high heat until hot but not smoking, then sauté shallots, ginger, and garlic, stirring, 1 minute.

Add peas and sauté, stirring, 2 minutes. Add water and simmer, stirring occasionally, until peas are crisp-tender, about 2 minutes. Season with salt and pepper.

Makes 4 to 6 servings



From front page

newest member of their family, granddaughter and niece, Vianna, this week. Harry is learning to play the guitar and giving Ari tips on pitching. And we all very much enjoyed the visit from Odessa and company. We had the opportunity to tour the fields for inspiring photos, allowing us to see our farm in a new light. We relaxed with a beer while the photographers set up still-life scenes under the porch roof and shared their visions through a polaroid attachment. Finally we ended the day in the shade at the picnic table with a wonderful, just picked, summer meal (thanks, Harry!) and amiable conversation. It's a good life. I'm glad I had to slow down and reflect on it just long enough to write the newsletter. Hope your week was just as satisfying. --Linda

You're invited! If you can get away, come to help us bring in the garlic! Monday and Tuesday afternoons! Contact us so we are prepared and so you know it's happening for sure! Then, be ready for some fun and lots of work! No experience required! Wear sturdy shoes or work boots and blue jeans. Lunch provided!

POTATO SALAD WITH SUGAR SNAP PEAS AND MUSTARD SEED DRESSING

A simple salad with a tangy dressing—perfect for and Summer picnic.

1/3 cup olive oil
5 tablespoon whole grain Dijon mustard
3 tablespoons yellow mustard seeds
3 tablespoons (packed) chopped fresh dill
2 tablespoons white wine vinegar
1 1/2 pounds medium-size red-skinned potatoes, each cut into 6 wedges, each wedge cut crosswise in half
8 ounces sugar snap peas, stringed
1/2 cup chopped red onion

Whisk first 5 ingredients in small bowl to blend. Season with salt and pepper.

Steam potatoes just until tender, about 10 minutes. Transfer to large bowl; add 3 tablespoons dressing and toss to coat. Steam sugar snap peas until just crisp-tender, about 2 minutes. Cool. Add to bowl with potatoes. Add red onion. Pour remaining dressing over salad; toss to coat. Season to taste with salt and pepper. Serves 4

PICKLED SUGAR SNAP PEAS

Pickling is such an easy way to preserve vegetables, and this is a knock-out recipe, and a way for you to enjoy sugar snaps for weeks to come, that is if they even make it to the kitchen.

1 1/4 cups white wine vinegar
1 1/4 cups water
1 tablespoon pickling salt
1 tablespoon sugar
1 pound sugar snap peas, stemmed and strung
4 garlic cloves, sliced
1 or 2 small dried chile peppers, slit lengthwise
2 tarragon sprigs

In a nonreactive saucepan, bring to a boil the vinegar, water, salt, and sugar, stirring to dissolve the salt and sugar. Let the liquid cool.

Pack the peas, garlic, chile peppers, and tarragon into a 1-quart jar. Pour the cooled liquid over the peas, and cover the jar with a nonreactive cap. Store the jar in the refrigerator for at least 2 weeks before eating the peas. Refrigerated, they will keep for several months.

Makes 1 quart. *The Joy of Pickling*, Linda Ziedrich