



Harmony Valley Farm

An Update for Our Community Supported Agriculture Members

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This Week's Box

Chioggia Beets - Striped inside and a brighter red outside.

Kohlrabi - Purple or green orbs with a few leaves.

Iceberg Lettuce - We haven't grown these for years! Just thought it would be a fun change. Make yourself a classic wedge salad, or Matt's grandma's favorite -- a shredded iceberg head, 2 or 3 hard boiled eggs, with 1/4 C. mayo and salt and sugar to taste.

Strawberries - Yum! If you got little ones, they are Early Glow. Sooo sweet. If you got bigger ones, that's Glooscap, Mesabi and Jewel. If your berries are a bit on the unripe side, they were picked on Friday and need a day on your table. They will ripen and sweeten. Otherwise, refrigerate, unwashed, until use.

Savory - The bunch is big -- to dry, separate into 2 small bunches and use a rubber band to tie -- it will remain tight even as the bunch dries.

Green Onions - While the leaves are still pretty and green, don't forget to use them chopped fresh or in a cooked dish.

Garlic Scapes - Curly green that come from hardneck garlic varieties. Use them as you have used the green garlic. It's even milder.

A Perfect Day in the Valley

Richard, Linda and the whole staff want to thank those of you who made the trip to the farm for Strawberry Day. We are always glad to show off the farm, do a little teaching and explaining, watch kids eat green things they'd never try at dinner, and, in general, hang out with such a diverse group of people all connected through their food! Between 90 and 100 people enjoyed the perfect weather, beautiful fields and delicious foods. In fact, we had to transport the overflow from the tour wagons in the back of pick-up trucks! But, seems everyone had a good time, and there were plenty of strawberries for everyone to pick a couple quarts. (Wonder how many actually made it home before being eaten!)

Highlights for us were that we were joined by many new members and quite a few veterans who said it was their first time out. It was also very good to see familiar faces who rarely miss a Strawberry Day and who could conduct the tours themselves if we only didn't rotate the crops each year. We also had quite a few employees join us, Matt O, farm chef, Lee and Michael who sell at the farmers' market in Madison, Katie Hannon and her Mom and Dad, Brian Axelson and German intern, Ruben Singelmann. It was fortunate for us that so many showed up, we had to call on them to help chauffeur the tour.

Highlights for some of the members were finding the baby bunny hiding in the herbs, sampling iceberg lettuce right from the field and finding it really did have flavor, pulling true baby carrots, (not Bunny Luv carrot stumps), unearthing potato "marbles" and munching on sweet snap peas.

Several families enjoyed camping in the meadow on Saturday night and listening to the coyotes call.

Without a doubt the strawberries were the highlight. Turns out that even though the early crop had lost most of its first week of production and big "king" berries to the frost, there were still plenty of small, but sweet, berries just perfectly ripe. Also, the later crop, Glooscap, were just beginning to ripen and some of the king berry blossoms did not get touched, being a bit later to bloom. For the persistent, there were large berries to be found and a "biggest berry" contest to be entered. We gave away a Harmony Valley Farm tote bag and 2 HVF organic cotton t-shirts to 3 young men who came in with some 1 ounce and nearly 1 ounce berries.

If you didn't get a chance to come out, don't forget there's the fall harvest party, pumpkin-pick. Check your calendar for the exact September weekend. (And, of course, you are always welcome to stop in on a non-event day, as well. Call ahead so we know you are coming.)

Art Fair Means Changes for Members Who Pick up At Market

On July 13th farmers are ousted off the Capitol Square in favor of an even older tradition -- the Art Fair. Members who pick up at our market stand will find their box at the Lakeside site -- in the garage, in the alley behind 833 W. Lakeside, to be precise. (Lakeside runs parallel to Olin, just off S. Park.) They are available from 8 a.m. - 5 p.m.



Kohlrabi

Since I am not that familiar with this vegetable, I will give you some sound information from Elizabeth Schneider's book, *Vegetables from Amaranth to Zucchini*.

Although kohlrabi has been in the United States since the early 19th century, it appears that only people in China, Hungary, Germany, or India are familiar with the vegetable. It has a taste similar to broccoli stalks, water chestnut, or cucumber. Raw kohlrabi is refreshing and versatile. I like it best sliced, cut into half-moons or sticks and served on a vegetable platter with dips or a smear of soft cheese. You can also grate or matchstick kohlrabi for a delicious slaw with a dressing that is sweet, spicy, sour, or aromatic. Cooked Kohlrabi can be crisp or soft, depending upon your taste. Steam or boil whole or halved peeled kohlrabis until tender to your taste, about 15 to 30 minutes. Serve with a light cream or cheese sauce, flavored butter, or vinaigrette. Sauté or stir-fry slices, strips, dice, or shreds with aromatics such as shallots or onion, oregano, thyme, nutmeg, or ginger.

TWO VERSIONS OF SAUTÉED KOHLRABI

#1

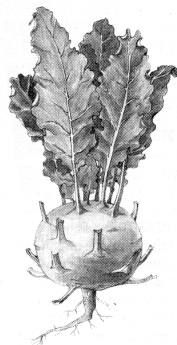
2 large or 3 medium kohlrabis, peeled and halved, leaves removed
1 tablespoon vegetable oil
1 teaspoon minced fresh ginger
1 small shallot or onion, minced
salt and pepper

Shred in a food processor or slice thinly the kohlrabis. Heat the oil and add the kohlrabi, ginger and shallot, sautéing till tender. Season and serve.

#2

2 large or 3 medium kohlrabis, peeled and halved, leaves removed
3 slices of bacon
1/8th teaspoon of caraway or fennel seeds
salt and pepper.

Cook the bacon strips in a skillet gently till browned. Remove the bacon and drain on a paper towel, leaving the drippings in the pan. Add the kohlrabi and caraway to the pan, cooking till tender. Season and add the bacon broken into bits.



'KOHLSLAW'

2 large or 3 medium kohlrabis
1 teaspoon kosher salt
¼ cup mayonnaise
1 tablespoon rice vinegar
1 teaspoon sugar
2 medium carrots, peeled and shredded
2 Tbs. chopped dill or fennel tops
Peel and cut kohlrabis into 1/8th inch thick, then cut these into very thin strips. Toss with salt and place in a colander over a bowl. Let it sit for 30 minutes, tossing occasionally. Rinse the kohlrabi and drain well. Combine all ingredients together and adjust seasoning. Chill in refrigerator for at least 30 minutes.

KOHLRABI TIPS.

1. This vegetable is very hard and if you do not have sharp knives, use a food processor or grater to do the work for you.

2. The leaves of this vegetable are very edible, with a flavor like Swiss chard crossed with bok choy. Blanch and sauté them for a smooth fleshy feel. Since they are very limiting on the vegetable, I would add them to chard or some other leafy green.

SIDE NOTE:

If your knives are dull, you can get them sharpened reasonably by Bladesmiths in Washington state. I have sent my knives to him once a year for the past 3 years and will continue to do so. The edge he puts on will hold about one year for me, and I use my knives more times in one day the most people use in one month. The total time your knives will be gone is about 3-4 days if sent FedEx. I recommend getting several friends and sending a large order out to cut down on the shipping cost. Having sharp knives makes cooking more safe and enjoyable. Check out the website at (www.bladesmiths.com)

Savory

This herb's name says it all. There are two varieties of culinary savories, summer savory, and winter savory. Though both varieties have a delightful peppery taste that heightens roasts and stews, beans, and green vegetables, we only grow the winter variety due to its heartiness.

Winter savory is an evergreen or semi-evergreen shrubby perennial with a bushy spreading habit, rarely taller than twelve inches high, but as much as fifteen inches across. Its short narrow leaves are thick, glossy, very dark green and tightly spaced on woody stems.

Tips For Cooking with Savory

1. Savory is well known as the Bean Herb because it gives an incomparable flavor to any dish made from dried or fresh beans. Toss a bundle into a pot of pinto beans for the 4th of July or add some chopped to the dressing of a chilled green bean salad.

2. This herb just screams green, so would definitely add a nice touch to some sautéed chard or earthy beets.

3. With the flavor closely resembling thyme, I would chop it up, put it with a little oil and baste a roasting chicken or potatoes in the oven or on the grill.

BASIC POT BEANS

Serves 8 to 10 as a side

1 pound (about 2 ½ cups) **dry beans**, such as black, pinto, kidney, or navy
3 tablespoons vegetable **oil**, bacon drippings, or lard

1 medium **onion** diced, can be white, yellow, or red

2 large sprigs of **savory** or other hearty herb such as thyme or sage

salt, to taste or about 1 ½ teaspoons (do not add this until the end)

Rinse the beans and set to the side. Choose your fat of choice and start to heat it in a 5 to 6 quart heavy pot. Add the onions, stirring regularly, until deep golden brown, about 10 minutes. If they are browning too fast (the onions on the edge of the pot will be white in the center and burned on the sides if too fast), just turn the heat down and go slower. Add the beans and cover with water or stock 1 inch over the top of the beans. Throw in the herbs and bring to a boil. Turn down to a simmer and cook gently for about two hours. The beans are done when the chalky color is gone when broken open. Be sure to stir once in a while and maintain the water level so that the beans are covered. Season with salt after they are cooked.