



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

September 23-24, 2011

The Food Movement: Its power and possibilities and the realities on the ground

The Nation recently published an essay by Frances Moore Lappé with responses from Michael Pollan, Eric Schlosser, Raj Patel and Vandana Shiva. **Farmer Richard's review and comments follow.**

Frances Moore Lappé, like me, is an undying optimist. We have shared several dinners over the years and a midnight canoe paddle on Lake Calhoun in the mid-70s. (Can you believe my son lost the autographed canoe paddle? Is that hero worship or what?) Anyways, Frances has been around since the '70s, advocating for poor people around the world. She is the founder of "Food First," still a vibrant organization advocating for food as a basic right. So here she is all these 30 years later, being optimistic about "Brazil giving 35 million acres to a million families" in land reform and GMO planted crops limited to only 3 countries: The U.S., Brazil & Argentina. The rest of the world, including the European Union, requires labeling of GMO crops. Even China requires it! The 2008 report from The International Assessment of Agricultural Knowledge, Science and Technology for Development (IAASTD) and now recent UN reports all advocate for a local, sustainable food system. Many other small victories, including a full 1/3 of American households now gardening, the number of farmer's markets increasing to 7000 or more, 2500 CSA's across the country serving millions of customers – all positive developments, right? Or are they?

If you read the last issue of *Growing for Market*, there are reports from farmers all over the country that sales from farmer's markets go down whenever a new market opens. Farmers are running ragged trying to go to more markets to keep their sales up. Where is the customer dedication, the community support? We certainly have a dedicated and supportive core of CSA members and customers and we see many faces new to local eating. It is from these "newbies" that we get the email or phone message "I did not get a _____ in my box" or "My _____ was bad, how will you compensate me?" All about me, no concern for the farm, the workers, or the weather events we work in and around. There is a lot of customer education needed!

In Eric Schlosser's response to Frances Moore Lappé's essay, he hopes that the food movement will become the basis for "a broad-

THIS WEEK'S BOX

GREEN VS RIPE TOMATO: There is one important element missing for tomatoes right now – heat! With the cool temps we've been having, the tomatoes just aren't ripening very quickly on the vine. So we opted to pick them and bring them into an environment that will be warmer for ripening. That means this week you may receive tomatoes at various stages of ripening. If some are 'turning', meaning that they are not quite ripe, leave them out on the counter until they are ready to be used. Green tomatoes might take awhile to ripen. You can choose to be patient, or enjoy them as a tangy green tomato. They make great salads, chutneys and salsas! My grandma is from the south and every summer she made fried green tomatoes. We always ate them on their own but they are also a great addition to sandwiches and salads and are especially good with crab or shrimp cakes.

RED ONIONS: The cooler weather has me dreaming of French Onion soup. I like to add some apple cider to mine for extra fall flavor.

ITALIAN GARLIC: Peeling garlic can be time consuming. The best way is to smash cloves with the side of your knife, loosening the skin. If you are making stock or a soup that will be strained, peeling isn't even necessary. Just smash or cut in half and throw in.

FRENCH FINGERLING POTATOES: Fingerlings are one of chefs' favorite potatoes. Unlike new potatoes, fingerlings are harvested fully mature. They have thin skins and are most often prepared in way that shows off their size; halved in potato salad or roasted whole. If kept in a cool, dry place they can keep for several weeks, although the fresher they are the better they are.

TOMATILLO SALSA PACKS: Everything you need to make classic tomatillo salsa! Pick up a recipe card at your site or online:

http://harmonyvalleyfarm.blogspot.com/2010/08/tomatillo-salsa-pack-salsa-verde-recipe_04.html

MINI RED ROMAINE LETTUCE: These are great greens for salads, especially Caesar.

CAULIFLOWER OR BROCCOLI OR ROMANESCO: Broccoli partners well with naturally salty foods like anchovies, soy sauce and Parmesan cheese. It is more delicate than you might think so keep a close eye on it when it's cooking so that you don't overcook it. Cauliflower is popular in middle eastern dishes but also makes great soup. Romanesco is a beautiful heirloom variety of cauliflower that is more tender, creamy and slightly nutty. It can be prepared in the same ways as broccoli or cauliflower.

MINI SWEET PEPPERS: These little guys are packed with flavor. They have a more complex flavor than bell peppers, but can be used in the same ways. Drizzle with oil and roast in the oven until the skins just start to brown. Serve whole as a side dish with chicken, beef or a vegetarian entree.

SWEET PIMENTO PEPPERS AND ITALIAN FRYING OR UKRAINE PEPPERS: The sweet pimento peppers are short and stout and yellow or red. The size of the pimentos are perfect for stuffing and baking. The Ukraine is a variety of bell, and the Fryers are long, pointy and green, also mild. Peppers are usually stuffed with cooked rice and vegetables and meat but you can use any grain such as couscous, farro, barley or quinoa.

GREEN TOP CARROTS: Eat your greens! The tops of carrots are just as good as the roots! Add them to salad greens or soup, or sauté on their own.

ESCAROLE: These veggies mark the start of our fall bitter greens harvest. You'll recognize endive/frisée by its fine, lacy leaves. This is a nice base for fall salads. Toss with balsamic vinaigrette and top with sliced apples or pears and blue cheese. Escarole is best sautéed or used in soups, such as Italian Minestrone. A classic preparation is sautéed escarole with lots of olive oil, garlic and just a splash of vinegar. Escarole resembles a head of green leaf lettuce.

EDAMAME: Cook edamame in boiling salted water for 5-6 minutes. Drain & rinse in cold water. Pop out of the pods, mix with lemon zest a hard cheese like Parmesan, chopped tomato & salt and pepper. Serve on a crostini or add to a salad.

ICEBERG LETTUCE: Iceberg is crisp and light. It is great to use on sandwiches and burgers. The most classic iceberg salad is a wedge with bacon, onion, tomato and blue cheese, but it is certainly a good canvas for any of your favorite salad toppings.

SPAGHETTI SQUASH: See feature on the back

er vision—a movement committed to opposing unchecked corporate power, to gaining a living wage and a safe workplace and good health for the millions of Americans who lack them.”

Michael Pollan’s response is equally sobering. He writes, “The marked split between the movement’s gains in the soft power of cultural influence and its comparative weakness in conventional political terms is faithfully mirrored in the White House.” Michael Pollan goes on to suggest that it may be the healthcare system that produces the “eloquent advocates of food system reform” and only then will we find the political will to change the current system.

In the meantime, we will carry on. We have always been a radical minority and we appreciate the support and encouragement from you, our customers.

This is our favorite time of year, bringing in the harvest in the beautiful fall weather. The voluminous crop of winter squash all came in this week. We look forward to showing you the farm this weekend during our Harvest Party and I’m happy to report a bumper crop of pumpkins looking for good homes. Hope to see you here on Sunday!

Check out the full essay and responses in *The Nation* or online:

<http://www.thenation.com/article/163403/food-movement-its-power-and-possibilities>

Harvest Party at the Farm!
Sunday, September 25
Noon - 5pm
Potluck, Pig Roast, Wagon
Tours, U-pick Pumpkins!

Vegetable Feature: Spaghetti Squash

Winter squash conjures up visions of Thanksgiving dinner with baked squash, squash pie, or warm and filling squash soup. Everyone has their favorite way to prepare winter squash and each one fills the house with a delicious aroma.

Winter squash have hard, thick skins and seeds. The deep yellow to orange flesh is firmer than that of summer squash and therefore requires longer cooking times. Varieties include **Acorn**, **Butternut**, **Delicata**, and **Spaghetti**. Harmony Valley Farm is also growing variations of the main varieties of winter squash, such as **Festival**. Festival, striped with orange and green is an Acorn cross with improvements in flavor and longer storage times. **Sugar Dumpling**, with green and white stripes, is another cross of Acorn with very attractive markings and amazing sweet flavor. **Butterboy** and **Honeynut** are variations of Butternut Squash. They are slightly smaller, which makes them more appealing to small families. Both have fantastic flavors and have the same tan characteristics of the Butternut, although the Honeynut has a slightly darker tan color. Harmony Valley also grows the elusive and very tasty **Kabocha** Squash. The Kabocha has a bright orange rind and when cooked its bright orange flesh is tender- smooth and sweet. The last time I had Kabocha squash, I was in Vermont and the Chef served a baked half squash filled with delicious risotto; I have never forgotten how good it was.

The Spaghetti squash, also called vegetable squash or noodle spaghetti, is one of my favorites. The Spaghetti squash is oblong and can range either from ivory to yellow or orange in color. Its center contains many large seeds. Its flesh is bright yellow to orange. When raw, the flesh is solid and similar to other raw squash; when cooked, the flesh can be pulled away from the shell, using a fork, into ribbons or strands like spaghetti.

Spaghetti squash can be baked, boiled, or steamed. It can be served with or without a sauce, as a substitute for pasta. The seeds can be roasted similar to pumpkin seeds. I have included two recipes for spaghetti squash, both easy to prepare and equally delicious. The most common use seems to be as “pasta” with marinara or butter sauce, but have fun experimenting!

Some of the Spaghetti squash had an unfortunate minute or two when they weathered a hail-storm. Unfortunately, the hail marred their delicate, tender skins so some of them aren’t as beautiful as they once were. The blemish is shallow and has not affected the inside flesh.

We grow winter squash varieties that yield well, store very well, have amazing flavor, and are attractive when displayed on your table. But keep an eye on them- if you notice a small spot starting to form, it is time to eat the squash. First enjoy the aesthetics, then when hungry, enjoy the flavors and benefit from the nutritional value. If you notice your squash has a greenish hue to it, let it ripen on your table or counter for about a week or until it turns a bit more yellow.

Don’t forget to use the seeds! They make a great snack or garnish when roasted, just wash the seeds to remove the excess fibers and lay out flat to dry. When dry, toss lightly with oil, season with salt, cinnamon or a spice blend of your choosing. Place on a sheet pan and roast at 350°F until golden and crispy.

If you find you have more squash than you can eat right now, bake them, scoop out the flesh and freeze it for later use. Squash can also be used in baked goods including quickbreads, pies, cheesecake, etc. Winter squash can be baked, steamed, or simmered. Carefully cut the squash in half, remove the seeds and place cut side down on an oiled baking sheet. Bake until tender when pierced with a fork. (For small squash, it should take about 30-45 minutes). You can also peel the raw squash and cut the flesh into cubes to use in recipes or to steam or roast till tender. Store the winter squash in a cool, dark place until ready to use. No need to refrigerate, as the ideal storage temperature is 45-55 degrees. We hope you enjoy the first of many delicious squash coming to you yet this season!

-Chef Boni

Gingered Spaghetti Squash Serves 4

1 small spaghetti squash, cut in half, deseeded
2 tablespoons butter, melted
1 tablespoon honey
½ tablespoon minced ginger
salt and black pepper to taste

Adapted from a Recipe by Chef Ming Tsai
-Pre-heat oven to 375°F. Place squash on baking dish. Whisk the butter, honey, and ginger together. Spoon over the squash letting it pool in the center. Sprinkle with salt and pepper to taste. Bake for 45 - 60 minutes until squash is al dente. Do not overcook the squash. Cool slightly, then hold the squash over a bowl and use a fork to pull the squash from the shell in spaghetti- like strands, along with the ginger honey butter sauce. Check seasonings and serve.

Spaghetti Squash with Jalapeño Cream Serves 2

1 small spaghetti squash
1 cup milk
2 jalapeños, stemmed, seeded, and chopped

Adapted from a recipe found on MyRecipes.com
1 tablespoon butter
1½ tablespoons flour
½ teaspoon salt
½ cup shredded Pepper Jack cheese

-Preheat oven to 375°F. Cut squash in half lengthwise and use a spoon to remove seeds and surrounding fiber. Put squash, cut side down, on a lightly buttered baking sheet and bake until just tender when flesh is pierced with a knife, 30-40 minutes.

-Let sit until cool. Do not overcook.

-Meanwhile, in a medium saucepan over medium heat warm the milk and jalapeños until bubbles form along the edge of the pan.

-Remove mixture from heat and let sit 15 minutes. Strain and discard jalapeños.

-When squash is cool enough to handle, use a fork to pull the strands out of the skin and into a large bowl.

-In a medium saucepan over med-high heat, melt 1 tablespoon butter. Whisk in flour and salt. Cook, whisking until flour smells cooked (like piecrust), about 3 minutes. Slowly pour in jalapeño infused milk while whisking. Whisk while cooking about 3 minutes. Pour mixture over squash and stir to combine.

-Transfer to a buttered baking dish, sprinkle with cheese and bake until bubbling and brown on top, about 30 minutes.