Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

July 20-21, 2012

THIS WEEK'S BOX

Golden Satina Potatoes: The first thing to remember about a potato is that it's a living and breathing organism. If you warm it up it will grow. If you seal it in a plastic bag it will suffocate. If it is kept too cold it will freeze, and if it's in too much light it will green up. They should be kept in a cool dry area, away from light. New potatoes have delicate skins, so rinse them carefully with the friction of your fingers. A vegetable brush will take the skin right off. These potatoes are great fried or roasted.
Green Top Carrots: We believe in eating every part of the veggie that you can, so hang on to your carrot tops and leave the nutritious peel on the carrots; simply give them a good scrub before you use them. You can juice the tops, add to salads, chew them to freshen up your breath, make a hot or cold tea, or a Green Top Carrot Soup (http://www.harmonyvalleyfarm.com/NLTR/csa070630.pdf)
Sweet Spanish Onions: Peel and toss in oil, herbs and spices and grill until tender.
Italian Garlic: Soften butter at room temperature and add chopped garlic and herbs. Use on bread, pasta or to top meats or veggies. Make a big batch and freeze it!
Zucchini or Scallop Squash: Cut into spears and grill. Garnish with mint, capers and minced onions.
Cucumbers: Cut into thin slices, dredge in cornmeal and fry in oil until golden brown. Dip in cucumber yogurt sauce.
Egyptian Spinach or Sweetheart Cabbage or Chard: Any of these would be good in a sauté with garlic and chile pepper.
Broccoli: Try it in a quiche, with a side of roasted potatoes!
Cauliflower: We should have enough cauliflower for all boxes today, but if we run short we'll substitute another item into your box. We'll have more brassicas in the fall!
Sweet Corn: First taste of the season, and only a taste. Sadly, half the crop did not come up and pollination was poor in the very hot and dry weather we've had.
Green Bell Peppers: Add to salads, pizzas, tacos, scrambled eggs, stir-fries, salsas and more! You can stuff and bake them as well. The season has just begun, we'll have more bells and other varieties for you to try all summer long.

Garlic Harvest 2012
By Richard & Andrea

Every year we look forward to our garlic harvest with great anticipation. When the time nears, Richard has a ritual of walking the field daily, sometimes twice a day. He observes the plants, pulls a few samples and paces until finally we hear him say "It's Time." Once we get the "OK" the crew sharpens their knives, hooks up the digger, gathers a healthy supply of rubber bands to tie together the bunches and they are off to bring in the harvest. This year's harvest was two weeks ahead of "normal." The timing also happened to span that terribly hot period of time we had! Kudos to the crew members that persevered the long, hot afternoons to get the garlic safely out of the hot ground and into the greenhouse. In most years we're worried about getting the garlic in before it starts to rot. This year we rushed to get it in so it wouldn't burn up in the heat!

We grow two types of garlic, hard neck and soft neck. The soft neck garlic is a very small percentage of our crop. We use this garlic to make garlic braids since the tops of the garlic are soft and can be woven together. In the hard neck category, we have six different varieties including our German Porcelain, Italian Red, German Purple, Missouri and Red Russian. We are very pleased with the quantity and quality of our crop this year. I added up all the inventory numbers and the grand total is 71,440 bulbs of garlic this year! What are we going to do with all that garlic?!! The first thing we're going to do is select our seed pieces. We are going to need about 15,500 bulbs just for planting in October for next year's crop. We will select the best bulbs that are large, uniform in size and free of any signs of disease and save these for seed. The remainder of the crop will be cleaned and put into storage. Rest assured that there will be garlic in each and every one of your boxes this year!

Every year around the middle of July we take a break from our daily work and drive to Madison to attend Harvest Restaurant's annual Garlic Dinner and celebrate our garlic harvest. Tami Lax and her team of talented chefs take 40-60# of our fresh Italian and Porcelain garlic and dream up a six-course menu with garlic featured in every course… even dessert. It's always fun to see how the chefs will choose to transform our garlic into delicious creations.

This year we started off the evening with a *White Bean Ragout containing Pancetta, Kale, Garlic puree and Gremalota* served on top of a crusty piece of bread that had been brushed with garlic oil. Our next course was my favorite dish of the evening. Chef Amado put together a *Black Garlic, Mushroom, and Brie Wellington.* Black garlic is actually garlic that has been fermented. During this process the garlic cloves turn black and the flavor profile of the garlic changes. In this dish, a piece of puffed pastry encased rich and creamy Brie that was topped with mushrooms. The black garlic was pureed and served alongside. The sweet, smokiness of the garlic proved to be a good pairing with the rich cheese and pastry. Our third course was a little more reserved. We enjoyed a *Roasted Garlic Panna Cotta with Fennel and Sweet Onion*.

It was served alongside a tomato salad and a flavorful mixture of cilantro and oregano pureed with oil and possibly some chile peppers. After the salad course we moved into the fish course. Chef Ian served a *Confit of Opah Belly* (similar to tuna) *with rice noodles, garlic clove consommé and Thai Basil-Radish Salad with Lemon Vinaigrette.* We were starting to feel full by this point, but we still had two more courses to go! Chef Nate served *Roast Pork with Garlic and Malt Vinegar*. The pork was complemented by whole grain mustard, smoked garlic, mustard greens and dandelion greens. The mustard greens on this dish were delicious! One more course remained. We cleared our palates and took a little break while the servers cleared the tables, poured the dessert wine and served coffee. For dessert we enjoyed a *Star Anise Crepe filled with Roasted Garlic Crème and garnished with dried fennel and Bourbon Maple Syrup.*

Garlic is an important part of our daily meals, so we place great care into growing, harvesting, cleaning and storing this crop. We hope you enjoy the garlic throughout the season and find a place for it in many of your meals.

Vegetable Feature: Cauliflower

Cauliflower is more versatile than one would expect. It originated in the Middle East where they use bold spices to bring excitement to this mild vegetable. In French cuisine, it is used with rich flavors such as cream, sweetbreads, truffles, and fois gras. Other flavor pairings include ginger, curry, butter, chives, lemon, thyme, parmesan cheese, and garlic to name a few. It is delicious raw as a snack, steamed/boiled, and my personal favorite is mashed with butter, sour cream, and a couple new potatoes.

It is best to store your cauliflower in a plastic bag and refrigerate in the crisper. When preparing, pull off and discard the green leaves to expose the stem and core. Using a small knife, cut around the core in a cone shape, pull it out, and discard. Separate the florets by cutting them apart.

***Chef Tip:** To lessen the "cabbage" smell when it is cooked briefly in boiling water, add celery seed or the leaves from celery stalks.*

By Chef Abbey J. Steffen

The list of **What's in the Box** in the newsletter and on the website is our **"Best Guess"** and your actual box contents may vary.

We do our best to harvest enough of a crop for all members to receive some, but sometimes there is not enough to fill all the boxes and we may substitute another item, not otherwise listed. We appreciate your understanding when this happens.

Enjoy the rest of the season!

Produce Plus

BASIL! 3 pounds $25

Cucumbers!

20 pounds $25

Order by 5pm Wednesday, July 25 for delivery July 27-28

CSA@HarmonyValleyFarm.com

608-483-2143 x2

Aloo Gobi (Potato & Cauliflower)

From Food.Com

⅛ cup vegetable oil
½ large onion, peeled and cut into small pieces
½ tsp cumin seed
½ bunch fresh cilantro, separated into stalks and leaves and roughly chopped
1 tsp turmeric
½ tsp salt
½ small green chile, chopped into small pieces (or one teaspoon chili powder)
8 oz. canned diced tomatoes
½ tsp fresh ginger, peeled and grated
½ tsp fresh garlic, chopped
½ large cauliflower, leaves removed and cut evenly into florets
1½ large potatoes, peeled and cut into even pieces
1 tsp garam masala

- Heat vegetable oil in a large saucepan.
- Add the chopped onion and cumin seeds to the oil.
- Stir together and cook until onions become creamy, golden, and translucent.
- Add chopped cilantro stalks, turmeric, and salt.
- Add chopped chile (according to taste). Stir tomatoes into onion mixture.
- Add ginger and garlic; mix thoroughly.
- Add potatoes to the sauce plus a few tablespoons of water (ensuring that the mixture doesn't stick to the saucepan). Ensure that the potatoes are coated with the curry sauce.
- Cover and allow to simmer for about 10 minutes, then add the cauliflower and stir to coat with the sauce.
- Simmer another 10 minutes or so, until potatoes are cooked.
- Add two teaspoons of Garam Masala and stir.
- Sprinkle chopped cilantro leaves on top of the curry.
- Turn off the heat, cover, and leave for as long as possible before serving, to allow the flavors to blend.