



Harmony Valley Farm

An update for our CSA Members - Since 1993

www.harmonyvalleyfarm.com

May 12-13, 2017

Beauty in the Branches

By Farmers Richard and Andrea

You may be wondering why we offer bunches of decorative curly willow and pussy willow every spring with the first two CSA deliveries. Didn't I sign up for a vegetable CSA? Yes, our focus is on growing vegetables, but the willows are an important part of creating biodiversity on our farm thereby adding health and vitality to our vegetable production.

One winter back in the early nineties, it was cold and windy with little to no snow cover. We had had some fields with late fall crops in them and there wasn't enough time to plant and establish a cover crop after the vegetables were harvested. Richard remembers seeing precious soil blowing off the fields that winter, so he decided to put in a hedgerow to provide a windbreak and prevent further erosion. Curly willow and pussy willow varieties were chosen because they also would provide a saleable decorative product. Little did we know we'd discover much more value from having these plants as part of our ecosystem. Not only do they add beauty to our landscape and provide a windbreak, they also serve as habitat for birds, beneficial insects and creatures that are an important part of managing pest insects and pollinating our fruit and vegetables crops...

(See our Blog for remainder of this article and pictures!)

Vegetable Feature: Green Garlic

By: Lisa Garvalia

Green garlic is young, immature garlic which is harvested before the bulb forms. It looks similar to a green onion or scallion. It has a white bulb and green, flat leaves. The flavor is more mild than that of green onions or scallions, and it has a pleasant

What's In The Box?

NETTLES: Yes, these are stinging nettles and should be handled with care as they may cause skin irritation if touched with bare hands before they are cooked. There is one bunch of this dark, leafy green vegetable in your box and we've put it in a clear plastic bag. This was our featured vegetable in last week's newsletter so we have additional information available on our blog including step-by-step handling instructions and recipes. Please refer to these resources before you open your bag and use the nettles.

CHIVES: These are the long slender, spiky vegetable with a bold onion flavor. There may be purple flower blossoms in your bunch. These are edible too!

SORREL: Sorrel is a bunched green with arrow-shaped leaves and a lime green color. It has a citrusy taste when eaten raw.

OVERWINTERED SPINACH: It survived the winter and is the sweetest spinach of the season with thick, tender leaves.

ASPARAGUS: Store asparagus in the refrigerator, upright in a glass of water to keep it fresh and crisp.

EGYPTIAN WALKING ONIONS: You can identify this vegetable by its rounded green tops. It's an overwintered onion with a rich, savory flavor. You may eat both the top and bottom of the onion!

GREEN GARLIC: Green garlic has a long green top that looks a bit like scallions, sometimes a tiny bulb at the end, and it may even be tinged with a bit of pink. Green garlic is more mellow and less spicy in flavor than regular garlic, and can be used raw or cooked like scallions.

CHOICE ITEM--DECORATIVE WILLOW BUNCHES: These trimmings came from our fields where we have planted them to provide habitat. While these are not edible, they will add beauty to your home or office and do not require water!

garlic scent. The entire plant may be eaten, from the bulb to the green leaves. Green garlic should be stored in a plastic bag with a damp paper towel in your crisper drawer and should be used up within 5-7 days.

When we harvest mature garlic in July, we put it in the greenhouse to dry. Once dried, we carefully sort the garlic and set aside the bulbs with the largest cloves and no signs of disease. This is our seed stock for the next crop. When it's time to plant garlic in October, we crack the bulbs and separate the individual cloves. If there are any smaller cloves on a bulb, we set those aside and this is what we plant for green garlic. We also save small bulbs of garlic and give them a purpose by using them for green garlic seed as well. The cloves for green garlic are planted just 2 inches apart, in contrast to 6-8 inch spacing for regular garlic that we want to grow

to a full-sized bulb.

Green garlic may be used in many of the same ways regular garlic or green onions are used, either fresh or cooked. Green garlic has a stronger flavor when raw, but mellows a bit with cooking. To use the green garlic, cut off the roots and give it a quick washing. Chopped green garlic tastes great in risotto, adding the chopped greens at the end of cooking. Green garlic can be added fresh to salads, again don't forget to add the greens. It is also a great addition to soups, or sautéed with mushrooms and onions to eat with grilled beef or chicken. Drizzle a little olive oil on asparagus and whole green garlic stalks, add a little salt and freshly ground pepper and grill. Green garlic also makes a wonderful tasting aioli to add to your favorite sandwich. Green garlic is one of the many spring treats we get to enjoy after a long winter!!

Cooking with this week's box....

This is our second week of deliveries, but if this is your first delivery of the season...Welcome! I'm glad you'll be cooking with us this year and want to remind you we're here to help you. Remember to read your newsletter and "What's In the Box" email that accompany each delivery. This is where you'll find important information about your box contents, recipes, etc. This year we're trying some new things in the newsletter, including this section which is intended to provide you with some ideas about what you might make with your box contents and, when possible, we'll also provide you with a link to that recipe...

Find the remainder of this section, box contents, photos and more on our Blog!

Green Pancakes

Yield: 4-6 servings

1 cup all-purpose flour

1 tsp plus ¼ tsp salt

4 large eggs, 2 whole and 2 separated

Freshly ground black pepper, to taste

¼ cup minced green garlic, lower white portion

¼ cup thinly sliced green garlic tops

2 Tbsp dry white wine

½ cup milk

5 cups (5 oz) spinach, finely chopped

Olive oil, for cooking



1. In a medium bowl, combine the flour and salt and form a well in the center. Add 2 whole eggs and 2 egg yolks and stir to mix with part of the flour from the mound. (Put the egg whites in the refrigerator until you are ready for that step.) Sprinkle with pepper. Add the garlic bulb and tops, wine, and then pour the milk in a slow stream, whisking as you go. Whisk until all the flour is incorporated and the mixture is creamy and mostly lump-free. Cover and refrigerate for at least 2 hours, or overnight.
2. When ready to cook the pancakes, remove the bowl from the fridge and fold in the spinach.
3. In a clean bowl, beat the 2 egg whites with ¼ tsp salt with an electric mixer or a whisk until they form stiff peaks. Fold them into the batter with a spatula, working in a circular, up-and-down motion to avoid deflating the egg whites.
4. Heat 1 Tbsp olive oil in a large skillet over medium heat. Ladle about ¼ cup of the batter into the hot skillet, without flattening. Repeat to form as many pancakes as will comfortably fit in the skillet, probably no more than 4.
5. Cook until the edges are set and the pancakes are golden underneath, 4 to 5 minutes. Flip and cook until the other side is set and golden, 3 to 4 minutes. Transfer them to a sheet tray (with a rack if available) and hold them in the oven set at the lowest heat setting while you finish cooking the pancakes. Grease the skillet again, and repeat with the remaining batter. You should have enough to make 10-12 pancakes.
6. Serve hot. You may choose to add a dollop of sour cream or pesto on top, however they are also good just on their own! If you have any leftover pancakes, they reheat well in a toaster or toaster oven. Spread a layer of cream cheese on the reheated pancakes and enjoy them as a snack or for breakfast!

This recipe was adapted from Clotilde Dusoulier's book, *The French Market Cookbook*. Her original recipe called for garlic cloves and Swiss chard, thus you can see this recipe may be adapted to the season! Clotilde also has a blog, chocolateandzucchini.com, where she writes about seasonal foods and shares simple, approachable recipes.

Check out our recipe for the
Creamy Green Garlic & Feta Dressing
on our Blog!