



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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Thyme Flies When You're Having Fun! Herb Packs Are Back!

By Farmer Richard

Back in our early days of CSA, we used to include more herbs in the CSA shares. We invested time and money to grow a wide variety, spent time harvesting & bunching them, and then heard frequently from members that they were not using all of the herbs in a bunch before they went bad. As we looked at our cost of production, we quickly realized some of these herbs were not a sustainable venture. We brought this issue up with our members at a core group meeting. Dear, sweet Marilyn, a long time CSA member, offered us an excellent solution to this problem. Give us the herb plants and we can grow and harvest our own herbs as we need them! What a great idea! Ever since then, we've made herb packs a standard part of our vegetable shares.

This week we're delivering herb packs to your sites. **We are sending one herb pack for every vegetable share.** They have filled up their little cells in the pack and are ready to be planted, so put on your gardening gloves and have some fun! You can plant your herbs in a garden space or in pots to keep on your patio, porch or kitchen window sill if you're limited on space. Choose good, loose garden soil mixed with lots of compost (up to 1" mixed into the soil if you're planting into a garden space). The plants will do best in well-drained soil with full sun. If you don't have a space with full sun exposure, partial sun will be ok too. If you have rabbits or other little herb-loving critters in your yard, you might need to fence your herbs to protect them. (See our Blog for remainder of this article & pictures of each herb!)

What's In The Box?

BLOSSOMING CHIVES: Last week for chives. The purple blossoms and flowers are edible and have a delicious onion flavor.

ASPARAGUS: Store asparagus in the refrigerator upright in a glass of water or just wrap the base of the bunch with a moist paper towel and store it in a plastic bag or container.

EGYPTIAN WALKING ONIONS: There are two bunches in this week's box, identified by their round green tops. Read more in this week's vegetable feature.

GREEN GARLIC: Green garlic is very similar to a green onion, however the green tops are flat instead of rounded. Refer to last week's newsletter and blog post for more information about green garlic and recipes.

PEA VINE: This week's pea vine is very young and tender! Read more in this week's vegetable feature.

GREEN/RED ROMAINE HEAD LETTUCE: Wash gently in cold water and shake it gently to remove excess water. Store lettuce in a plastic bag in the refrigerator to keep it crisp!

OVERWINTERED SPINACH: This is the last of the overwintered spinach. The leaves are still sweet and tasty, but not quite as tender this week. Consider using it in a cooked preparation.

HERB PACKS: Pick one up at your site. **Please only take one pack per vegetable share.** Refer to this week's blog post for more information and pictures to identify the different plants.

CHOICE: NETTLES—This is the last week for nettles. Remember to handle them carefully and refer to our **5/3 blog** post for more information about this nutritious vegetable!

Green Onions & Pea Vine: A Peasful Pair!

By: Laurel Blomquist & Andrea Yoder

The name of this week's onion variety, Egyptian walking onion, is a bit mysterious. It is commonly known that ancient Egyptians were among the first to cultivate onions, so perhaps the name honors this heritage. The 'walking' part of their name takes an active imagination. Most onions, when left in the field, will produce flowers and eventually seeds from which you can plant new onions. These, however, will produce mini-onions, or sets, at the top of the plant. This topset is so heavy that the plant slowly falls to the ground. Wherever the set lands, a new plant will begin. The process will infinitely repeat itself if given the space, hence over time, it appears as if the onion is indeed walking down the field...

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

Pea Vine is actually an immature pea plant that is harvested before the vine starts to develop blossoms. It has a mild, sweet pea flavor and may be eaten raw or lightly cooked. While the tendrils and leaves are tender, the main stem can get tough depending on how mature the plant is at harvest. This week's pea vine is very young and most of the stem is still tender. Next week's pea vine may be a bit more mature and you may find some of the lower stem is a bit more coarse. If you find this to be the case, pick the tender leaves, tendrils and thin stems off the main stem. I must admit that I don't like to spend a lot of time sorting through a bunch of pea vine, I prefer to use as much of the bunch as I can... (See our Blog for remainder of this article & pictures!)

Cooking with This Week's Box!

The asparagus kicked into high gear with the warm temperatures we had over the weekend, so this week's box has a nice sized bunch! Lets start off with a recipe that just popped into my inbox this week from the Dishing Up The Dirt blog. Andrea Bemis shared a very seasonal recipe for **Herb Roasted Chicken with Asparagus and Green Garlic**. This recipe will take about 40-50 minutes to prepare, but your entire dinner will be done in one pan and most of the time is just waiting for the chicken to cook!

This is the last week for our overwintered spinach and I've had enchiladas on my mind. I like this recipe for **Spinach Enchiladas with Lentils**. This recipe is written for 2 servings of enchiladas, however the sauce part of this recipe is enough to make 4 servings. While you're making a mess, you might as well double the enchilada part and use all the sauce! There are several variations at the end of the recipe, so adapt it to your liking...

(See our Blog for the remainder of this section, and our suggestions for utilizing every item in your box!)

Charred Scallion Butter

Yield: 1 cup

2 bunches scallions or green onions, trimmed, halved crosswise
2 tsp finely grated lime zest
1 tsp fresh lime juice
1 cup (2 sticks) unsalted butter, room temperature
Salt and freshly ground black pepper, to taste



1. Heat a large cast-iron skillet over high heat until smoking hot. Add scallions and cook, turning occasionally, until evenly blackened, 8-10 minutes. Transfer to a cutting board and let cool; coarsely chop.
2. Mix scallions, lime zest and lime juice into butter in a medium bowl until evenly blended; season with salt and pepper.

Note: Butter can be made 2 weeks ahead. Cover and chill.

Recipe by Alison Roman as featured at bonappetit.com

Pea Vine & Green Onion Pasta Salad with Ginger & Lemon

Yield: 6-8 servings

12 oz pasta (macaroni, fusilli, penne or other small pasta)
5 Tbsp apple cider vinegar
1 tsp minced fresh ginger
1 Tbsp honey
Pinch of red pepper flakes
1 bunch green onions
5 Tbsp peanut oil or sunflower oil
1-2 Tbsp toasted sesame oil
Juice and zest of 1-2 lemons (approximately 4 Tbsp juice)
1-2 Tbsp fresh mint, thinly sliced
1 cup finely chopped pea vine
Salt & black pepper, to taste



1. Cook pasta in a pot of salted, boiling water until al dente. Drain the pasta and rinse with cold water. Place pasta in a large mixing bowl.
2. While the pasta is cooking, combine the apple cider vinegar, ginger, honey and a pinch of red pepper flakes in a small saucepan. Bring the mixture to a simmer over medium heat. Simmer for just 1-2 minutes, stirring to ensure the honey is dissolved. Remove from heat and pour the vinegar mixture over the drained pasta. Stir to combine.
3. Remove the root end from the green onions and cut apart the green tops from the white base of the onion. Finely chop the white portion and thinly slice the green tops.
4. Add the peanut oil, sesame oil, lemon juice & zest, mint, green onions and pea vine to the bowl with the pasta. Stir well to combine. Season with salt and pepper and set aside for about 30 minutes to allow the flavors to develop before serving. This salad may also be made in advance and refrigerated overnight. Before serving, adjust the seasoning to your liking by adding more lemon juice, salt and/or black pepper. Serve either cold or at room temperature.

Recipe by Chef Andrea Yoder, Harmony Valley Farm.