



Harmony Valley Farm

Cheese Plate Newsletter

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Cheese Selections of the Week

Otter Creek Dairy's Winter Cheddar: It's time for another taste of our seasonal winter cheddar from Otter Creek Dairy. This cheese is now 9-10 months old and changing every day. Take note of the flavor profile so you can compare it to your final taste of this cheese in January when it is 1 year old. (Heat-Treated)

Otter Creek Dairy's Pesto Cheddar: This cheese is made with basil-infused olive oil from local artisan producer Renaissance Farms. Mark Olson, the owner and chef, focuses his efforts on basil products (he personally grows the basil), and has won awards for his basil-infused olive oil and other products. As an experiment, his oil was combined with the Otter Creek Dairy's cheddar, and the result has been splendid. The basil oil surrounds the curds in the final step in the cheesemaking process, delineating large curds with a dark green marbling. It's beautiful, and the smooth cheddar combined with the fresh basil oil is delicious. This cheese is a tasty addition to pasta dishes, pizzas, tuna melts and other melted cheese sandwiches. This is the perfect week to have a fresh tomato sandwich with a slice of pesto cheddar--a perfect way to say goodbye to summer. (Pasteurized)

Butler Farms Greek Style Feta with Herbs & Red Peppers:

This is another one of Janet's awesome creations. She takes her delicious feta and kicks it up with red peppers, garlic, herbs and olive oil. Scoop it up on a piece of French bread for a snack or appetizer, add it to fresh veggie salads (it makes its own vinaigrette) or toss it into pasta for a quick dinner. (Pasteurized)

What's Cooking at Harmony Valley Farm

We have more interesting vegetable cheeses coming up this fall. We've been busy processing vegetables while they are in season so we can enjoy them in cheese form later when they are no longer available.

You can look forward to cheddars flavored with Roasted Carrots & Sweet Spanish Onions with Dill, Tomato Confit, Caramelized Fennel and a Roasted Garlic & Beet.

We hope you've enjoyed trying these one-of-a kind cheeses. Tell your friends and family about our Cuatro Queso Special coming up this fall. If they didn't take advantage of the cheese share program, it isn't too late to add a chunk of cheese to their own table. The holidays are just around the corner and these cheeses are the perfect addition to holiday dinners and parties. Sign up before October 15 to get in on this special deal! \$100 for the November & December cheese share deliveries!

Classic Tuna Melt with Pesto Cheddar

Serves 4

4 slices whole wheat bread
2-6 ounce cans tuna, drained
1 medium shallot or onion, minced
2-4 tbsps mayonnaise
1 tbsp lemon juice
1 ½ tsp Dijon mustard
1/8-1/4 tsp salt
Freshly ground pepper
1-2 tbsp sweet pickle relish
4 slices Pesto Cheddar Cheese

--Preheat oven to 350°F. Lay slices of bread on a cookie sheet. Set aside.
--In a medium bowl, combine tuna, shallot or onion, mayonnaise, lemon juice, mustard, salt and pepper, and sweet pickle relish. Stir to combine.
--Divide tuna evenly amongst the four slices of bread and top with sliced cheese.
--Bake 10-18 minutes or until cheese is melted and golden.

Feta & Tomato Salad with Pita Croutons

Serves 4

2 tomatoes, cut into bite-sized pieces
2 mini-sweet peppers, sliced into thin rings
3-4 ounces Butler Farms Greek Style marinated feta
Ground black pepper
2 pita rounds cut into bite sized pieces
1-2 tbsp olive oil

--Preheat oven to 350°F. Toss pita bread in a bowl with olive oil—just enough to lightly coat the pieces of bread. Bake until the croutons are crisp. Remove from the oven and put into a bowl. Set aside.
--In a medium serving bowl, combine tomatoes, mini-sweet peppers, and red onions. Toss with feta and its oil. Season with black pepper and top with pita croutons.

Cauliflower Cheese Pie

Potato Crust (see recipe below)

1 teaspoon salt, divided

2 eggs

1/4 cup milk

Freshly ground black pepper

1/4 teaspoon paprika

3 tablespoons butter

1 cups chopped onions

1 clove garlic, minced

1/4 teaspoon dried thyme leaves

1/2 teaspoon dried basil leaves

2 tablespoons chopped fresh parsley leaves

1 medium cauliflower, broken into small flowerets

1 3/4 cups grated Cheddar cheese

Paprika

--Make Potato Crust and bake while you are preparing pie mixture.

--In a small bowl, beat together 1/2 teaspoon salt, eggs, milk, pepper, and paprika: set aside.

--In a frying pan over medium heat, sauté onions, garlic, and 1/4 to 1/2 teaspoon salt for 5 minutes. Add thyme, basil, parsley and cauliflower; cook, covered, for 10 minutes, stirring occasionally. Remove from heat.

--Layer baked potato crust with half of Cheddar cheese, then herbs and cauliflower, then remaining cheese. Pour milk mixture over the top and lightly dust with paprika. Bake 35 to 40 minutes or until set. Remove from oven and serve.

Potato Crust:

2 firmly packed cups grated raw potatoes

1/2 teaspoon salt

1 egg, beaten

1/4 cup grated onion

Vegetable oil

--Preheat oven to 400 degrees F. Oil a 9-inch pie pan. Place raw potatoes in a colander. Salt potatoes and let set for 10 minutes. Squeeze out the excess water.

--In a medium bowl, combine potatoes, egg, and onion. Pat potato mixture into prepared pie pan, building up the sides of the crust with lightly floured fingers. Bake 35 to 40 minutes or until golden brown (after the first 20 minutes brush the crust with vegetable oil to crisp it). Remove from oven. Reduce oven temperature to 350 degrees.

Member Advisory

Meetings

Madison - Fresco,

This Saturday, 10/4/8, 2-4 pm

Twin Cities - Common Roots

Café- 26th & Lyndale,

Sunday, 10/12/8, Noon-2

All our CSA members are invited to share ideas about how we can improve our CSA!

CHEESE STORAGE TIP

Wrap cheese in a layer of wax paper, then in plastic wrap. The wax paper protects the cheese from getting flavors off the plastic, and the plastic wrap prevents the cheese from drying out. Store in the vegetable drawer, which will help the cheese from absorbing odors and flavors from other items in the fridge.

Delivery Reminders:

The Last Peak Vegetable & Summer Fruit Deliveries are October 23!

Winter Fruit deliveries begin November 6.

Cheese Share Deliveries continue through January!

How to best complement your cheese share:

Sign up for **Extended Season Veggie Boxes** – Two boxes delivered in January 2009, \$70.

(Sign up by November 1. May include beets, onions, garlic, cabbage, carrots, parsnips and more!)

Sign up for a **Winter Fruit Share** – Six every other week deliveries November through January, \$240.

(Sign up by October 15. May include apples, cranberries, medjool dates, grapefruit, pears, oranges, mandarins, pomegranates, persimmons, mangoes, figs, & more!)

Both these shares will be delivered at the same time as your cheese share. How convenient!

Winter beef deliveries are coming up quick! We sold out for our May delivery, so order yours soon!

Packages & prices are on the beef page of our website.

