

# Harmony Valley Farm

An update for our Community Supported Agriculture Customers - Since 1993  
Local & Madison Edition - Brown & Green Week Delivery



We have been watching with interest as our new President, Barack Obama, announces each new cabinet member. Most appointments seem to be cautious - insiders, no waves, no boats are rocked. Okay, so these are precarious times, we don't want to cause any Wall Street panic, but where is the "change"? There is still hope that the choice of "Secretary of Agriculture and Food" will signal a new direction. The first names to be leaked out were tight with the bio-tech industry, so expect more of the same.

Sadly, the recent appointment of former Iowa governor Tom Vilsack, a friend of bio-tech (genetic engineering), industrial ethanol production, and factory farming interests, doesn't leave us much hope for change. From [www.FoodDemocracyNow.org](http://www.FoodDemocracyNow.org), here are some ideas about what kind of change the new Secretary of Agriculture might engender. -Richard If you'd like to sign a petition to block Vilsack's appointment, go to: [http://salsa.democracyinaction.org/o/642/petition.jsp?petition\\_KEY=1783](http://salsa.democracyinaction.org/o/642/petition.jsp?petition_KEY=1783)

## Dear President Elect Obama,

We congratulate you on your historic victory and welcome the change that your election promises to usher in for our nation. As leaders in the sustainable agriculture and rural advocacy community, we supported you in record numbers during the caucus, primary and general election because of the family farm-friendly policies that you advocated during your campaign.

As our nation's future president, we hope that you will take our concerns under advisement when nominating our next Secretary of Agriculture because of the crucial role this Secretary will play in revitalizing our rural economies, protecting our nation's food supply and our environment, improving human health and well-being, rescuing the independent family farmer, and creating a sustainable renewable energy future.

We believe that our nation is at a critical juncture in regard to agriculture and its impact on the environment and that our next Secretary of Agriculture must have a broad vision for our collective future that is greater than what past

## This is the LAST REGULAR SEASON VEGETABLE SHARE DELIVERY.

Cheese, fruit, and coffee shares continue into January.  
Extended season vegetable boxes arrive in January too.  
Watch your email for a delivery reminder.

We still have BEEF AND TURKEYS available for delivery January 23/24!

[www.harmonyvalleyfarm.com/GrazierBeefOrderForm.pdf](http://www.harmonyvalleyfarm.com/GrazierBeefOrderForm.pdf)

## THIS WEEK'S BOX

**BABY RED BEETS OR CHIOGGIA BEETS:** Bake these babies until tender, cool and peel. Gently cook minced onion in butter. Add dried tart cherries and a touch of water; simmer gently until cherries are very soft. Puree the sauce and season to taste with a touch of red wine vinegar, salt and pepper. Spoon over beets and serve at room temp.

**GREEN SAVOY OR RED CABBAGE:** Try making your own Kim-Chee, a Korean condiment that is great served with grilled beef, pork, rice, or other starches. Check out the recipe on the back.

**CARROTS:** Boil carrots with chunks of celeriac, then mash with butter, salt, pepper, curry powder, cream and mango chutney. Delicious!

**CELERIAC:** Check out the recipe on the back for a creamy Gratin of Celeriac, Parsnip and Potato!

**GARLIC:** Toss sliced garlic cloves with chunks of potatoes, dried herbs and oil--roast until golden and tender, stirring as needed.

**PARSNIPS:** Chef Deborah Madison's simple way to eat parsnips—cut into bite-sized pieces, steam until al dente. In another pan, heat butter and add parsnips. Cook until the butter has turned light brown. Add a squeeze of lemon juice, salt, toasted bread crumbs and dried herbs of your choosing. Give it a toss and enjoy.

**ADIRONDACK RED POTATOES:** With a rosy pink hue on the inside, these spuds are a festive addition to your holiday meals. You will find these best for boiling, pan-frying, roasting or baking.

**PARSLEY ROOT:** Don't confuse this veggie with parsnips—the parsley root is the small white root. Parsley root is a cousin to the parsley plant you are familiar with—grown for the fragrant green tops. While the tops of this plant are similar in appearance, the root is the prize in this plant. Parsley root is an aromatic vegetable that will add depth of flavor to soups, stews, braises and vegetable purees without becoming overpowering. It tastes like...well, parsley! Many fine cooks consider it the secret ingredient to chicken soup...guess it isn't a secret anymore! No need to peel it, just give it a scrub and slice or dice as desired.

**BLACK RADISH:** A traditional way to eat black radish is to slice thin, soak in salt water for about 1 hour, then drain, rinse and dry. Stir into sour cream and serve as an appetizer with dark rye bread.

**FESTIVAL SQUASH:** Cut in half and bake. On the stovetop, combine about 1 cup fresh orange juice and 1 tbsp butter, salt and pepper. Simmer to reduce to about 1/2 cup. Drizzle over cooked squash.

**RED OR WHITE SUNCHOKES:** Try sunchoke pickles—a way to enjoy them all winter long!

**GOLD TURNIPS:** Nice addition to beef stew or chicken pot pie.

**SCARLET TURNIPS:** Saute lightly with butter for a simple side dish.

**BEAUTY HEART RADISH:** Sadly, this is the last taste of this beauty we'll have until next fall. Slice it into matchstick size pieces and add to a cabbage coleslaw, or slice it thin and layer it on a piece of bread with butter or a soft spreadable cheese.

appointments have called for.

Presently, farmers face serious challenges in terms of the high costs of energy, inputs and land, as well as continually having to fight an economic system and legislative policies that undermine their ability to compete in the open market. The current system unnaturally favors economies of scale, consolidation and market concentration and the allocation of massive subsidies for commodities, all of which benefit the interests of corporate agribusiness over the livelihoods of farm families.

In addition, America must come to understand the environmental and human health implications of industrialized agriculture. From rising childhood and adult obesity to issues of food safety, global warming and air and water pollution, we believe our next Secretary of Agriculture must have a vision that calls for: recreating regional food systems, supporting the growth of humane, natural and organic farms, and protecting the environment, biodiversity and the health of our children while implementing policies that place conservation, soil health, animal welfare and worker's rights as well as sustainable renewable energy near the top of their agenda.

Today we have a nutritional and environmental deficit that is as real and as great as that of our national debt and must be addressed with forward thinking and bold, decisive action. To deal with this crisis, our next Secretary of Agriculture must work to advance a new era of sustainability in agriculture, humane husbandry, food and renewable energy production that revitalizes our nation's soil, air and water while stimulating opportunities for new farmers to return to the land.

We believe that a new administration should address our nation's growing health problems by promoting a children's school lunch program that incorporates more healthy food choices, including the creation of opportunities for schools to purchase food from local sources that place a high emphasis on nutrition and sustainable farming practices. We recognize that our children's health is our nation's future and that currently schools are unable to meet these needs because they do not have the financial resources to invest in better food choices. We believe this reflects and is in line with your emphasis on childhood education as a

child's health and nutrition are fundamental to their academic success.

We understand that this is a tall order, but one that is consistent with the values and policies that you advocated for in your bid for the White House. We realize that more conventional candidates are likely under consideration; however, we feel strongly that the next head of the USDA should have a significant grassroots background in promoting sustainable agriculture to create a prosperous future for rural America and a healthy future for all of America's citizens.

### **Creamy Gratin of Celeriac, Parsnip, and Potato**

Serves 4

1 medium celeriac  
2 medium parsnips  
1 medium potato  
1 ¾ cups vegetable or meat broth  
1 cup whole milk  
1 tsp salt  
1 garlic clove, halved  
1 tbsp hazelnut, pecan or walnut oil  
1 tbsp flour  
Salt and Pepper  
2 ounces Sharp Cheddar, Gruyere or Swiss cheese

--Trim and peel celeriac. Cut celeriac, parsnips and potato into ¾-inch pieces. Combine in saucepan with broth, milk, and salt. Simmer gently, covered, until barely tender—about 10 minutes.

--Set oven to 375°F. Rub shallow 1 ½-quart baking dish with garlic halves. Brush dish with a little nut oil. With slotted spoon, transfer vegetables to dish. Strain and reserve cooking liquid.

--In a medium saucepan, heat 1 tbsp oil. Add flour and stir. Scrape often over low heat until toasty. Gradually whisk in 1 ½ cups reserved cooking liquid. Boil a minute or two, stirring constantly. Season with salt and pepper; pour over vegetables. Grate over enough cheese to cover generously.

--Bake in center of oven until lightly browned and bubbling, about ½ hour.

*\*\*Recipe Featured in Elizabeth Schneider's Vegetables from Amaranth to Zucchini\*\**

### **Hot-N-Spicy Kim Chee**

6 cups cabbage, shredded (Save outer leaves)  
2 cups carrots, grated  
1 cup winter radish (daikon or black radish)  
2-4 dried chilies, crushed  
2 Tbsp fresh ginger, grated  
1 Tbsp Miso

--Mix vegetables in a large bowl.

--Combine chilies, ginger, and miso with 2 cups water and stir into mixed vegetables.

--Spoon mixture into crock or gallon glass container. Pound mixture with a wooden spoon to release juices and remove all air. Top off (to cover cabbage) with a little water if mixture is dry. Cover with outer cabbage leaves to create a tight seal with edge of container. Set a plate on top of cabbage leaves and weigh down with suitable sized heavy object. Leave Kim Chee in a warm (60-70°F) place for 5 days. Do not uncover during this period.

--After 5 days, remove covering, scraping away top layer of vegetables (do not be concerned if you see mold; remove top layer and the rest is good to eat). Kim Chee will become acidic as it ferments, but it takes on a sweeter smell and flavor when it is ready to eat.

--Store it in a covered glass jar in the refrigerator once ready to eat.