



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

May 25-26, 2012



Jenny's last day of work here at the farm will be this Friday. She has been a great packing shed supervisor, friend, and co-worker and will be greatly missed! She lent an air of calm to our busy packing shed, yard and loading docks. She has an even keel and good energy without getting all fired up and frazzled with so many things coming at her all at once. Besides the good work she did with us here at HVF, she also tended bar at the local Tippy Toe and joined the Chassettes, the Chaseburg women's civic club. This girl was ready to put down roots and get involved! We're sorry to see her go and she'll be hard to replace.

Here's the situation in her own words:

Adios, Amigos by Jenny Cesar

I had to make a tough life changing decision at the beginning of May - to stay at Harmony Valley or move back to Milwaukee. My boyfriend has been living there finishing college at UW Milwaukee since I moved here without him in March 2011. As of last weekend, he is now a college graduate. We were hoping he could find a job in this area; he applied to jobs in both places but as you may have guessed, there are more jobs in the Milwaukee area. So, I am heading back at the end of the month. It's going to be bittersweet for sure.

I love this area and for the first time in years, I enjoyed my job. I have learned how to drive a fork lift and skid steer, but never quite made it onto a tractor. I have experienced and even enjoyed a wide variety of new vegetables including burdock, nettles, hon tsai tai, pea vine, parsnips, rutabagas and turnips.

I'm not sure what's in my future in Milwau-

kee. I have my part time job of photographing weddings and am booked many weekends until November. I would like to find a farm near Milwaukee to work on but the majority I talked to are staffed for the season. A couple CSA's in the area offer worker shares so I will be sure to put in a few hours a week to earn a box of vegetables.

I'm going to miss meeting Jack in the mornings and playing fetch at lunch. I will miss all the goats, especially watching the young ones frolicking in the pasture, they sure are silly! Watching the pigs eat is a sight to see. I had never seen one up close until last year. I also never gave much thought to what it meant when you called someone a "pig" now that I've seen them eat I completely understand where that phrase came from, they certainly are "pigs"!

Pest control was a daily activity, from catching mice, rats, voles and shrews in the traps to removing hornet's nests and hanging fly traps. It was a dirty job, but somebody had to do it. It was fun to walk around the farm to see what I had caught that day. I always felt bad when a toad, frog or bird would get caught in the mouse trap, but they like cheese as much as mice.

I'm sad to leave all the friends I've made. The people I work with are the best part of the job. They always have smiles on their faces and are ready to lend a helping hand. At some point last year, I started handing out cards to everyone on their birthdays since most people are away from their families on that day. This year for my birthday the packing shed crew threw me a little fiesta at lunch. Kelly got cupcakes, and the others brought pasta salad,

THIS WEEK'S BOX

OVERWINTERED PARSNIPS: This is our last week of parsnips! Try substituting grated parsnips for carrots or zucchini in muffin or quick bread recipes

FRENCH BREAKFAST RADISHES: Dice radishes into small pieces and mix into chicken or tuna salad for added crunch and color

ASPARAGUS: Add roasted asparagus to mixed green salads and drizzle with a lemon or honey mustard vinaigrette

RHUBARB: Rhubarb is for more than just dessert. Rhubarb sauce or chutney is a delicious accompaniment to pork and poultry.

POTATO ONIONS: Mix thinly sliced potato onions into sour cream along with fresh herbs of your choice and use as a dip for radishes

GARLIC SCAPES: Use garlic scapes anywhere you would use garlic. Scapes also make a tasty pesto that can be used as a sandwich spread or pizza topping.

PEA VINE: Sometimes the stem is tender and can be eaten, but sometimes it gets tough or fibrous. Simply peel the leaves from the stem and use them in a salad, sandwich, quesadilla or add to soup.

BABY WHITE TURNIPS: See Veg Feature

BABY BOK CHOI: Sliced thin and tossed with a miso vinaigrette, bok choi can make a delicious raw salad

SAUTE MIX OR SPINACH: Be prepared to be surprised. You will get one of these bagged greens in your box this week.

ARUGULA: Adds a spicy green taste to a sandwich or wrap, wilts deliciously on scrambled eggs, or is a great pizza topper! Add to your pizza after you remove from the oven or buried under the cheese.

CHOICE- GARDEN HERB PACKS: We've sent one per BROWN WEEK VEGGIE SHARE BOX. Sharing households need to share as well, unless there are leftovers at your site. Look for the sign up sheet at your site and put down your name if you want another herb pack. If there are leftovers, your site host will let you know. Each pack contains rosemary, oregano, basil, sage, thyme, savory, Italian & curly parsley. Plant in your garden or in individual containers on your windowsill or deck. This is your way to enjoy fresh herbs this season!

soda, and cake. I was even lucky enough to get my face shoved into the cake; apparently this is a tradition in Mexico. It was a surprise and made me feel appreciated but it also made me sad that one day later I gave my notice.

The ladies in the packing shed are always giggling about something, half the time I think it's about me, but I'll never know. The guys in the packing shed are great too; I'll miss the knowledge of Gerardo, Hector, Simon and Ezequiel's many years of experience and I'll miss teasing Antonio A and Jacinto. I'll miss Benji's smiling face, Lorenzo's sense of humor and Juan Vargas' mechanical skills. I'll miss the Morales brothers' cooking and the Cervantes' ability to wear nice clothes AND keep them clean all day at the farm.

Last year when I met the seasonal crew, I tried hard to learn their names quickly. I got to know them well and frequently attended the ESL class that was taught last year and even planned a couple of the lessons myself. I taught the men how to bake cookies and lasagna. My Spanish is 300% better than it was a year ago, but it still needs a lot of work.

There are two things I won't miss: working in a 33 degree cooler in the middle of winter and moving plants in the greenhouse on the hot humid days of summer. However, the cooler is paradise in the summer and the greenhouses are great in the winter.

My favorite part of the job (other than my love of vegetables) was the variety of work. I helped design the calendar, wash vegetables, harvest, load trucks, stock inventory, pack on the CSA line and run errands. I've had a lot of fun working with Richard, Andrea, Terri and Kelly. They do a good job of running the farm smoothly. I will miss the crew, the vegetables, the animals, the work and maybe even the pests.

It's been a pleasure caring for the vegetables you find in your boxes week after week.

Adios Amigos, (for now) I'll be sure to visit when I'm in the area camping or taking pictures at a nearby wedding.



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Vegetable Feature: Baby White Turnips

Baby white turnips are sure to catch your eye with their pristine, white roots and tender green tops. They are a welcomed treat in late spring and early summer after a long winter of root veggies. Baby white turnips are also known as salad turnips. They are more tender and mild in flavor than larger, fall turnips. You'll find the turnips are tender enough that there is no need to peel them. The turnip tops are also edible, so don't discard them!

Baby turnips and their greens are tender enough to eat raw in a salad. They can also be roasted, steamed, sautéed or poached. Within the last several years, these salad turnips have been gaining popularity amongst chefs and foodies. You'll find recipes featuring this vegetable are now more accessible. When considering how to use these turnips, one of the keys to success is to keep it simple. You don't want to cover up their sweet, mild flavor. Simply dress the roots and greens with a simple vinaigrette or lightly sauté in butter and finish with a splash of vinegar and toasted nuts.

White Turnip Salad with Miso Ginger Vinaigrette Serves 2-4

1 bunch baby white turnips (approximately 6-8 turnips with greens)
3 scallions or potato onions, sliced paper thin on the bias
4 tsp finely minced fresh ginger
4 tbsp rice wine vinegar
2 tsp white miso
2 tsp honey
5-6 tbsp sunflower oil
Black Pepper, to taste
Salt, to taste
½ cup almonds, toasted and chopped

1. In a small mixing bowl, combine scallions/onions, ginger, vinegar, miso and honey. Stir to combine, then drizzle in oil to combine. Season with black pepper and set aside for about 10 minutes to allow the flavors to "marry."
2. Trim the greens off of the turnips. Tear the turnip greens into bite sized pieces and set aside. Cut each turnip into 4-6 pieces and place in a bowl. Pour about one third of the dressing on the turnips and set aside for a few minutes.
3. Immediately before serving, add the greens to the bowl with the turnips and season lightly with salt and black pepper. Drizzle on a little more vinaigrette. Using tongs, toss the salad to combine and lightly coat the greens with vinaigrette. Portion the salad onto individual plates and top with toasted almonds. Save any remaining vinaigrette to use with other greens.

***Recipe courtesy of Andrea Yoder, Harmony Valley Farm, LLC*

Strawberry Sunday at the farm!

Sunday June 17, Noon - 6pm

U-pick strawberries, farm tours, and a potluck.

CSA knowledge is cumulative -

read the newsletters that accompany each share delivery.

We try not to repeat ourselves too much, so you might have to refer back to previous newsletters to remind yourself of a storage tip or preparation idea for an unfamiliar vegetable or family of vegetables.

All of our newsletters are archived and available on our website (harmonyvalleyfarm.com) or you can pick up a print copy at your site on delivery day.

All of our recipes are also archived online & are even searchable by ingredient!