



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

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Exploring Food: Resources for Navigating Your CSA Share

by: Chef Beth

Let's face it, culinary school isn't the key to knowing everything there is to know about food. In fact, it was just the beginning for me and my career. Fresh out of high school and a dish washing job under my belt, I shipped off to culinary school to learn as much as I could in the quick fifteen month program. No, it wasn't anything you see on TV. The teachers were strict and taught the fundamentals, but really it was up to the student to process what was taught and to expand personal knowledge outside of the school walls. It wasn't until I was on my internship in Colorado when I really found out what being a cook was all about. Long hours, a hot kitchen, and the back of the house cooks coming together for the common goal of feeding a great meal to the customer. Yes I have seen many people come and go out of the many culinary experiences I have had. Not only does the knowledge that fellow chefs pass down to the newbies transcend how we are taught, it's up to books, the internet, blogs, and other media to pave the way to more knowledge of food. When you walk into a book store it's almost blinding with all the colorful book covers with the famous people you see all over media stamped in bold. How do you really know what to buy into these days? Resources are a great tool not only to my career life, but my personal life at home. After a long day at work, just like you, I want something simple that I can cook for my family.

My first resource that is very near and dear to a lot of people in my generation is an internet media site called, Pinterest. Whether you are a beginner cook or advanced, it really offers a wide range of recipes and ideas to use. The cool part about this website is that it collages beautiful pictures found in the food and drink column from bloggers, foodies, and normal people that just love to share what has worked for them. Simply click on whatever picture appeals to you and it sends you directly to the website for the information about the picture, such as the recipe. If you are inspired by pictures, and the internet, this is the place to go.

A great tool that I have been using for years, and almost a classic tool for most food lovers, is Bon Appétit Magazine and website database. When I am looking for a recipe to knock the socks off of my party guests, I almost always use Bon

This Week's Box

STRAWBERRIES: Looking to wow your summer party guests, use this heavenly fruit atop a flourless chocolate cake. Can you say 'yum'?

MINI BOSTON LETTUICES: Stuff chopped lettuce into a pita pocket with sliced radishes, turnips, garlic scapes, tzatziki sauce, and a small amount of quinoa for a light vegetable snack.

SALAD MIX: Salad mix is great with sliced turnips, red radishes, dried cranberries, toasted almonds, with a light balsamic dressing.

KOHLRABI: When you are making coleslaw at home, try using grated kohlrabi with grated radishes and turnips.

HON TSAI TAI: Enjoy this Asian green in a stir-fry or added to a soup - the flowers are edible too!

POTATO ONION: For a subtle onion flavor, use this light vegetable on top of your next homemade pizza.

GARLIC SCAPES: Pair with al dente penne pasta, olive oil, pine nuts, olives, and parmesan cheese for a wonderful dinner with the family.

Appétit. The background and experience that Bon Appétit has generated through the many years that they have developed data for their audience really shows in their work. When I look at a recipe, not only am I trusting that it will taste good, I am trusting that the serving size is spot on, the ingredients in the recipe are fresh and vibrant, and the recipe is tested and perfected. Their website and magazine offer very clear instructions and feature ideas for anyone from beginners to executive chefs.

For most chefs, books are almost a priceless object, and most often we too, have a favorite recipe book. My favorite is a book that was passed down to me from my grandmother. It is called, "Cooking with Master Chefs" by Julia Childs. I

do have to warn you, this book is rather cheffy, and pretty French, but contains my favorite chefs from years past to present. Any book with my idols, Alice Waters, Susan Feniger, and of course, Julia Child, has my name all over it. It contains fifteen master chefs that Julia Child worked with to develop a literature that dives deep into experienced recipes. I love this book because it makes me inspired to go beyond what I think I am capable of doing.

Recently I was referred to a book by a fellow chef that I haven't been able to put down. It's really nothing fancy, the pages are not printed with elaborate detail, but the written content is easy and straight forward to read. It offers a wide range of recipes from; appetizers, soups, entrée, ideas, and even more. This book is called;

Our Favorite Resources:

Cookbooks/Magazines

Cooking from the Garden: Best Recipes from Kitchen Gardener
by Ruth Lively

Cooking with Master Chefs
by Julia Child

From Asparagus to Zucchini
from MACSAC (now FairShare CSA Coalition)

Bon Appétit Magazine

Farm-Fresh and Fast
from FairShare CSA Coalition

Serving Up the Harvest
by Andrea Chesman

The Rodale Whole Foods Cookbook: With More Than 1,000 Recipes for Choosing, Cooking, & Preserving Natural Ingredients
by Dara Demoelt

Blogs/Websites

www.101cookbooks.com
Pinterest

www.feastie.com
www.bonappetit.com

“Cooking From the Garden, Best Recipes from Kitchen Gardener.” I love that it isn’t so flashy. I like reading recipes that will not spin me for a loop and become almost confusing, and for that I think this book does a great job doing that. It’s great if you love gardening as much as I do. The book offers wonderful recipes for adventurous garden growers or foodies looking for a new out of the box idea.

Along with my resources that I love to use, Andrea has her very own set as well. I newly discovered this online gem from her, it is called, 101cookbooks.com. This online resource is a great blog that is a simple outline to interesting vegetarian recipes that use a wide variety of fruits and vegetables. Heidi, the author, makes the blog very relatable by giving suggestions for what you may have available. The blog is filled with attractive photography taken by Heidi that attracts her love of food.

Whether you are a website person, blog enthusiast, or collector of food literature, the amount of resources is endless to the foodie. The knowledge to be learned about food will never be completely finished and there is a lot of room in a recipe to adapt it to your own liking. The great part about loving food is the creativity shared and passed on from person to person through time. Just find a few resources that you enjoy and have fun exploring food.

Vegetable Feature: Kohlrabi

By: Andrea Yoder

Kohlrabi is an interesting vegetable we look forward to every spring. If you’ve never eaten kohlrabi before, you’ll be able to distinguish it from the other vegetables in your box by its unique appearance. It is the purple or green bulb-like vegetable with crazy thick leaves extending upwards from thin stems. The bulb part is actually a swollen stem that grows above the ground. The leaves that grow on top of the bulb are very similar to collard leaves and are edible as well. Kohlrabi is a beautiful, crazy crop to see growing in the field....it makes me chuckle every year when I see it for the first time.

Kohlrabi is a member of the brassica family, along with other vegetables such as cabbage and turnips. The portion of the vegetable most often eaten is the bulb. It has a moderately thick skin that is best to peel away. This is easily done by cutting a thin slice off of the top and bottom of the bulb so you have a flat surface on each end. Place the kohlrabi on a cutting board and cut it in half. Now you can hold the smaller piece of vegetable in your hand and peel it with a paring knife. You’ll find the flesh inside to be juicy, crispy, tender and it will have a mild flavor similar to cabbage. You can eat the flesh of the bulb either raw or cooked. Kohlrabi makes great raw slaws that can be dressed with a traditional creamy cole slaw dressing (Richard’s favorite) or with a variety of light vinaigrettes. It can also be stir-fried or lightly sautéed. You may also come across some recipes for stuffed kohlrabi that is baked, a concept that descends more from European cuisine.

The greens of the kohlrabi plant are also edible. If you slice them very thinly into ribbon-like pieces and marinate them in a vinaigrette or other acidic ingredient for about 1 hour, they will be tender enough to eat raw. The other alternative is to steam or simmer them with a small amount of liquid, similar in principle to cooking collard greens. The leaves are a bit more thick than other greens such as spinach, so they will need a little longer cooking time.

Store kohlrabi in the refrigerator in a plastic bag or a container with a lid to prevent the greens from wilting. The bulb will last for a few weeks, but I’d encourage you to eat it soon to make room for more delicious brassicas coming soon!

Strawberry Day This Sunday, June 23rd!

Kohlrabi & Pork Stir-Fry

By Chef Andrea Yoder

Serves 4

4-5 green onions, sliced thinly—greens and lower white portion should be kept separate
½ cup thinly sliced green garlic or garlic scapes
2 Tbsp fresh ginger, minced finely
1 cup fresh mushrooms of your choosing
1 ½ cups kohlrabi, medium dice
1 cup kohlrabi greens, sliced very thin
2 Tbsp vegetable oil
8 ounces thinly sliced pork loin
½ cup soy sauce
½ cup chicken or vegetable stock
¼ cup rice wine vinegar
2 Tbsp honey
1 Tbsp cornstarch
¼ cup cold water
Toasted Sesame oil, to taste

1. Wash, trim and cut all vegetables before you start cooking. In a small bowl, combine the soy sauce, stock, vinegar, and honey. Set aside. Mix the cornstarch into cold water to make a slurry. Set aside.
2. Heat a wok or large skillet over medium-high heat. When the pan is hot, carefully add the oil and pork. Stir-fry the pork for several minutes, allowing it to get golden brown on all sides. You will want to stay close so you can move the pork around in the pan as it cooks. Once the pieces of pork are golden brown, add the sliced onions (lower white portion only), garlic and ginger. Continue to stir-fry the vegetables for about one minute, keeping them moving constantly so the delicate vegetables don’t burn in the hot pan. Add the mushrooms and stir-fry for about one more minute. Next, add the diced kohlrabi and stir-fry for about 2 minutes.
3. Now you need to add the soy sauce mixture and the kohlrabi greens. Stir these into the pan of vegetables to combine. Allow the liquid to simmer for a few minutes, then stir in the cornstarch slurry. Continue to stir the mixture in the pan until the sauce starts to thicken. Allow the sauce to simmer for 1-2 minutes. It should be just slightly thickened.
4. Turn off the heat and stir in the sliced green onion tops. Serve the stir-fry over brown rice with a drizzle of toasted sesame oil.

Kohlrabi Slaw with Coconut & Cilantro

By Chef Andrea Yoder

Serves 4

1 cup shredded kohlrabi, (2 medium or 1 large)
¾-1 cup of the kohlrabi greens, sliced very thinly
¼ tsp salt
¼ cup cilantro, chopped coarsely
2 tbsps unsweetened coconut, finely shredded
Zest of one lemon plus 1 Tbsp fresh lemon juice
2 tsp honey
2 Tbsp olive oil

1. In a medium sized bowl, combine the shredded kohlrabi, kohlrabi greens and salt. Toss together to distribute the salt evenly.
2. Add the cilantro, coconut, lemon and lemon zest to the kohlrabi mixture and toss the ingredients together.
3. In a small bowl, combine the lemon juice, honey and oil.
4. Pour the lemon juice mixture over the kohlrabi and stir one final time to thoroughly coat all the ingredients.
5. Refrigerate for a minimum of one hour prior to serving.