



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 28-29, 2016

Wow, What a Year!

By Farmer Richard

We've had a roller coaster of challenging weather, but have had mostly successful crops despite the bumps along the road. Good management and good crew have been the key to this year, but there's only so much you can do when you get the unavoidable 100 year flood! The third of its kind in 8 years!...hmmm. It did help us make the final decision to not farm one of those flood prone farms next year!

The last couple weeks have been beautiful fall weather! We finished most of our harvest and had plenty of time to plant our 2017 garlic crop. We put a nice layer of mulch on it and are praying for a good crop for next year. We've also finished planting our sunchoke and horseradish crops for next year as well as applied compost and planted a rye cover crop on all available acres. Our crew spent quite a bit of time over the last month cleaning up most of the driftwood and rocks from flooded fields. We are ready for spring! We've completed all of these fall tasks earlier than usual, so we have also had extra time to clear trees out of the river and cut fallen trees.

We also have been able to work in the woods! We have 325 acres of woods that have not seen much attention for 50 years until recently. We have a forester working on a management plan for us. He has been walking all our woods, cataloging tree species, designing a network of access roads, and recommending work to be done. It is enormous! The forester has described our woods as typical for most Wisconsin woods, representing 150 years of poor management and over-grazing with livestock. The best trees were removed by a logging company 40-50 years ago and the poor, crooked trees were left to capture the sunlight and dominate. We have many of those old trees, yet many good trees as well. Despite the fact that we have had offers from logging companies to come in and log some trees, we are well aware of their intentions to only take the good ones which will still leave us with a woods full of poor, crooked trees. Their price usually sounds good, but still would never cover the taxes that we have paid and will continue to pay on the woodlands. So we have chosen to decline their offers and take on management of our woods ourselves, which will also help support local jobs and local sales.

We have a small bulldozer and a strong desire to connect with our woods. Most woods are moderate to very steep slopes, difficult to walk, hunt, ski or enjoy. So this fall, the last few weeks of mostly warm fall weather, the leaves turning color and then dropping with rain and wind, I have been

bleamed to spend many hours on our little 80 hp New Holland bulldozer making roads through our woods. Roads that are very challenging to make, requiring a carefully chosen path flagged with yellow ribbons, sometimes weaving a bit to avoid big

trees, but having a beginning and an end point. What a fine way to get to know your woods! Admiring the towering old oaks, walnuts, hickory and cherry trees and identifying the smaller trees to make the right decision about what stays and what

Final Peak Produce Share

Please note: this is the final delivery of Peak Season Shares.

We hope you have enjoyed the summer bounty and will be back with us next season.

While Peak Season CSA shares conclude this week, you can certainly take advantage of any of the Sampler Packs or Late Season Produce Plus offers soon to be released for December. Watch your email for more information!

This Week's Box

ITALIAN GARLIC: If you've never had roasted garlic mashed potatoes, try a test run before Thanksgiving. Roast cloves until golden and soft. You'll be able to mash the garlic with a wooden spoon and incorporate into the potatoes. The russet potatoes in this week's share are a great choice for mashed potatoes.

CARROTS: How about carrot cake for breakfast! Add shredded carrots and spices to your favorite buttermilk pancake recipe or go online for one specific to carrot pancakes.

RED ONIONS: You can find Molly Wizenberg's method for Quick-Pickled Onions at npr.org. Pickling is a great way to add some variety to your storage vegetables.

SALAD MIX: Kick your salads up a notch with blackened chicken, lime juice, mango and queso fresco. Serve with a dallop of Greek Yogurt. This is the final salad mix of the season. Enjoy!

ARUGULA: Don't be intimidated by its peppery, pungent flavor. The flavor will balance out when you incorporate it with other flavors. Check out this week's veg feature for help identifying and utilizing your arugula.

NETTLES, Yes – The Stinging Kind: This is the bunched green packaged in a plastic bag. They may sting you if you handle them before cooking them. A wonderfully nutritious and potentially medicinal green, please refer to the May 5-7 newsletter from earlier this year (available at harmonyvalleyfarm.com) for tips on handling and usage.

SORREL: Sorrel is the green with the pointy arrow shaped leaves that are thick in texture and bright green in color. It has a bright citrus flavor and is slightly tannic. You can use it raw or cooked. When cooked, it turns an olive color and melts into the cooking liquid. Perfect for sauces and soups! Refer to last week's newsletter for info & recipes.

RUSSET POTATOES: Russets are a starchier, drier potato. They are excellent for mashed or baked potatoes – and the recommended variety for making Lefse (the soft, Norwegian flatbread).

RED OR CHIOGGIA BEETS: Beets for dessert? Hop online and look up Nigel Slater's recipe for Extremely Mosit Chocolate-Beet Cake.

FESTIVAL SQUASH: This squash has a sweet, mellow flavor and is great for stuffing. Try roasting your squash with rosemary and bacon for a savory treat – or bake with a simple filling of diced apples and onions.

Schedule Change Reminder

Starting next week: all fruit, coffee and vegetable deliveries are delivered on the same weeks. Green & Brown weeks are combined as November & December deliveries occur on the first and third weeks of the month.

Check out the delivery calendar available by your checklists or at harmonyvalleyfarm.com to confirm pick-up days.

Note: This is the final week shares are available to pick up from the Mifflin site (Market Stand). Starting on November 5th, please pick up at your alternate site.

goes, all the time looking for burls on cherry trees that would make nice bottle stopper tops. Most of our logging energy has gone into salvaging ash trees that have recently been killed by the Emerald ash borer. Ash is a beautiful hard wood. Anyone thinking about a new floor? Once the logs are sawed, we will have approximately 15,000 board feet of lumber! We could provide you with a beautiful ready to install floor!

Ah, working in the woods is such a joy. The fall colors, the few remaining birds. Even with the bulldozer running, I saw a beautiful buck deer slowly working his way through the trees below me...and that rabbit that was hiding under the parked bulldozer after lunch was quite the surprise! We love our beautiful woods, and I've dreamed about building access roads through it for many years. For the first time we have a road that runs from one end of our farm to the other allowing us an easy-to-walk path to stroll on, enjoying the peace and beauty of our valley and woods. Andrea and I took a little Sunday stroll a few weeks ago, what a fun escape!

We've taken care to immediately seed fescue and clover grass as soon as we finished a section of the road and the fall leaves provided a beautiful mulch. We aren't doing this just for us, it's for you too! We hope you will consider a trip to the farm and enjoy hiking or skiing the roads on our farm as well!

Vegetable Feature: Fall in love with Arugula

By Laurel Blomquist

Arugula is one of the dozens of brassicas we grow. Some folks call it rocket for its fiery taste. Personally, I think arugula is best in the spring and the fall, when the flavor is more balanced and it's a little sweeter. In any case, the greens are full of flavor and therefore often mixed with other greens to tone them down, especially if eaten raw.

Arugula is especially popular all around the Mediterranean, which is where this plant originated. It's eaten on pizzas and pastas and even made into a digestive liqueur in Italy. It's used commonly in salads and omelets in Greece. It is recommended for newlywed couples in Saudi Arabia, possibly because of its ancient reputation for stirring the libido. In Egypt, arugula is eaten with fava beans for breakfast, and seafood for dinner while those in Turkey make it into a sauce with olive oil and lemon juice to eat with fish. In Slovenia, it is mixed with potatoes or soups, or served with cheese burek, a kind of pastry.

As a brassica, arugula has some amazing health benefits. It's an excellent source of fiber, Vitamins A, C, and K, folate, calcium, iron, magnesium, phosphorus, potassium and manganese. In addition, arugula contains protein, thiamin, riboflavin, Vitamin B6, zinc, copper and pantothenic acid (Vitamin B5), which raises good cholesterol while lowering bad. Arugula scores over 600 on the ANDI, or Aggregate Nutrient Density Index, which puts it in the top 10 nutrient-dense foods available!

Additionally, arugula's flavonoids prevent cholesterol from getting stuck in your arteries, lowers blood pressure, increases blood flow, lowers inflammation and improves blood vessel function. Generally, arugula is great for the heart and circulatory system to name just a few health benefits.

Arugula pairs well with roasted and cured meats, cheese, cream, fruit (pears, apples, berries, citrus, etc), fruity vinegars, mustard, nuts, mushrooms, winter squash and more! It can be used in salads, on sandwiches, included in pasta dishes and much more. However you use it, arugula is one fall vegetable you don't want to miss out on.

Arugula Pesto

Recipe by Andrea Yoder

Yield: 1 ½ cups

2 cloves garlic	2 oz or ½ cup shredded Parmesan
¼ cup toasted pumpkin seeds or pine nuts	½ cup extra-virgin olive oil
3 cups lightly packed arugula (approximately ½ of a bunch)	Salt & black pepper, to taste

1. Place the garlic cloves and pumpkin seeds or pine nuts in a food processor. Process briefly, then add the arugula, shredded Parmesan cheese and a few pinches of salt and black pepper. Turn the processor on again and, while it's running, pour the olive oil through the feed tube in a thin, steady stream. Once all of the oil is incorporated, process until it is a moderately thick paste. Stop the machine and scrape down the sides as needed to make sure all the ingredients are well-incorporated.
2. Taste the pesto and adjust seasoning with salt and pepper as needed. Refrigerate until you are ready to use. For best flavor and consistency, bring to room temperature before using. You can store the pesto in the refrigerator for up to 1 week or put it into smaller quantities and freeze it for later use.

*Arugula pesto can be very pungent if you eat it on its own, but when combined with other foods it becomes very balanced and a complementary ingredient. In addition to using it on a pizza, as is highlighted in this newsletter, you can use arugula pesto in a lot of other ways. **Here are a few ideas to get you started.** 1) Stir a spoonful into scrambled eggs or a frittata. 2) Use arugula pesto as a spread on a hot roast beef sandwich along with garlic mayonnaise, sliced roast beef and melted mozzarella cheese. 3) Spice up your morning bagel by spreading the pesto on top of cream cheese on your bagel. Top it off with fresh tomato slices. 4) Make a baked potato and top it off with sour cream, bacon bits and a few dollops of arugula pesto. 5) Make an omelet or a crepe with stone ground mustard, arugula pesto, slices of ham and gouda cheese.*

Pizza with Arugula Pesto, Roasted Butternut Squash & Apples

Recipe by Andrea Yoder

Yield: 1 (8-9 inch) pizza

Pizza dough for an 8 to 10 inch pizza	3-4 Tbsp arugula pesto (or to taste)
2-3 cups butternut squash, peeled & cut into ½-inch cubes	1 medium apple, thinly sliced
1 Tbsp sunflower or olive oil	1 small onion, thinly sliced
¼ tsp cinnamon	3-4 oz mozzarella cheese, shredded
¼ tsp salt	

1. Preheat the oven to 375-400°F. First, roast the squash. Put the squash cubes in a medium mixing bowl and drizzle with the olive oil. Toss to lightly coat the squash, then add the cinnamon and salt. Stir to combine. Spread the squash in a single layer on a cookie sheet. Place in the oven and roast for about 20-30 minutes. Stir the squash and then return to the oven for an additional 10 minutes or until it is tender and golden on the outside. Remove from the oven and set aside. Note, this step may be done in advance.
2. Prepare the pizza dough. Press or roll it out into an 8-9 inch round, or larger if you like a thinner crust. Place the dough on a pizza stone or baking pan. Parbake the crust in the oven for about 5-7 minutes. Remove from the oven.
3. Evenly spread arugula pesto on the warm pizza crust, making sure you spread it all the way to the edges. Next, lay out the apple slices on top of the pesto. Sprinkle thinly sliced onion on top of the apples. Spread the roasted butternut squash on top of the onion and finish off the pizza by spreading shredded mozzarella over the entire pizza.
4. Bake in the oven for 12-15 minutes or until the cheese is melted and golden brown and the crust is baked to your liking.