



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

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

November 18-19, 2016

## Doing The Right Thing

By Farmer Richard

"Donald Trump just got a temp job. The rest of us, with all our passions and ideals, have permanent appointments. We'll always disagree over the political candidates. The trick is to keep moving forward in spite of it: to exercise our rights and responsibilities as citizens, while remaining together as family and community."—Shannon Hayes (An excerpt from her blog, *The Radical Homemaker*, posted on 11/15/2016)

We at Harmony Valley Farm have mostly opted out of the political mainstream. We have chosen to "do the right thing" according to our beliefs and understanding, even when the establishment's point of view may differ. For example, many years ago county extension agents told me I wouldn't be able to make a living farming organically. Nonetheless, we pursued our belief that we would farm in the way we thought was best for our land, our employees, our customers, our planet and the economics would work out. It has not always been an easy road and we've learned a lot along the way, but over 40 years later it has worked! So as we reflect on where we've come from and where we're going, with a heart of gratitude we remember we are not alone, and the journey is worth it.

We have chosen to make our life's work to produce the most nutritious, wholesome food possible and are thankful for you, our many customers who appreciate the tasty, nutritious vegetables we produce for you. We have watched our long term members raise beautiful children who grew up eating our vegetables. They are now growing into adulthood and are healthy, smart young men and women with healthy brains who are going out into the world and doing "the right thing" to contribute to their communities and professions in positive ways. They are making wise and thoughtful decisions and we're thankful to have had the opportunity to have been and continue to be part of their lives.

It's important to remember that not one of us alone can change the entire world; however, when we work together collectively, even small individual changes or changes in a community can add up to make a difference. Shannon's statement reminds us that we each have a responsibility to take care of and contribute in positive ways to change our own little corner of this world. We are by no means perfect, but we try to do our part. We continue to plant extensive cover crops and apply compost to our soil. This system helps to trap large amounts of carbon dioxide and helps mitigate atmospheric greenhouse gases. If done worldwide, the impact would be huge! We try to make the best use of

## This Week's Box

**COLLARDS:** See this week's vegetable feature for more information and recipes.

**CARROTS:** For the perfect roll to serve for Thanksgiving head over to *Food52.com* and check out the recipe for Late Harvest Carrot Rolls.

**PARSNIPS:** Parsnips with Brown-Butter, Pecans & Maple Syrup would be a delicious side dish. The recipe can be found at *harmonyvalleyfarm.com*.

**RED OR CHIOGGIA BEETS:** Roasted beets are great in salads. Dice roasted beets and add to your choice of greens, thinly sliced onion, feta cheese, toasted walnuts and your favorite vinaigrette dressing.

**CELERIAC:** Use diced celeriac in place of celery for your traditional stuffing recipe this year. Or enjoy celeriac in its raw form as a creamy slaw along with shredded apples and chopped fresh cranberries.

**PURPLE VIKING POTATOES:** These versatile potatoes are a good choice for your Thanksgiving mashed potatoes, or mix things up this year and do a root mash with this potato as the base. Add parsnips, celeriac and even a few carrots. Don't forget to top it off with your favorite gravy!

**ITALIAN GARLIC:** If you like garlic and simple cooking, check out the recipe for Spaghetti with Collard Greens and Lemon in this week's newsletter...it's delicious with extra garlic!

**TURMERIC OR DRIED GUAJILLO CHILES:** Turmeric is bright orange or bright yellow. You may receive a few small pieces of turmeric that are in a bag or you may receive a piece that has about 6-8 inches of the main green stem still attached to the root. It may not look like much, but you actually got the best part! Peel away the green stem and, at the base, you'll find a round ball of turmeric. Using a paring knife, carefully peel away the outer green stem portion around this ball and you'll find a solid piece of turmeric inside. This is actually called the "mother" turmeric and has the highest levels of nutrients!

Guajillos are a medium heat chile pepper. These dried peppers may be toasted in a hot, dry pan and then ground to make flakes or a powder to add to marinades, dry rubs, soups, etc. You may also soak the chile peppers to rehydrate them and then make them into sauces, salsas, blend them into soups, etc. Store them in a dry place and they'll store for many months!

**YELLOW ONIONS:** Need an idea for a holiday appetizer? Add sour cream to sautéed onions for onion dip to serve with your favorite crackers or crudites.

**BUTTERNUT SQUASH:** Squash pie instead of traditional pumpkin pie? Give Grandma Yoder's Squash Pie recipe a try, you may decide it is better than pumpkin. You can find the recipe at *harmonyvalleyfarm.com*.

our land by farming the portions that are appropriate for raising crops, grazing the hillside pastures that are prone to erosion, and managing our wooded areas by responsibly removing trees as needed and putting this resource to good use. We know not everyone in our membership chooses to eat meat or even supports our choice to raise animals for food, but regardless of our differences we continue to choose to raise our animals with respect and consider them to be an important part of our entire farm. We appreciate the opportunity to introduce children and members to our animals and allow them to see a healthy animal system. Can we ever have too many examples of respect and kindness to share with our children and each other?

Nationwide there are examples of positive changes happening within communities and regions. In the Fall 2016 publication by the Union of Concerned Scientists (UCS), they published an article about the positive impact climate legislation has had in California over the past 10 years. Since passing the Global Warming Solutions Act in 2006, there

has been a 7.3% cut in global warming emissions and petroleum consumption has dropped by more than 14% in the state. At the same time, they have seen economic growth with a 12.4% increase in gross domestic product and their population and employment have increased by more than 7%.

In the same UCS publication, we read a story about GRID Alternatives, a non-profit organization that is working to bring solar energy to low and moderate income families, an example of social equity as well as environmental change. Solar installations can be costly and the initial investment as well as the fact that many people don't own their own land or homes can be barriers to using solar energy. Through the work of GRID Alternatives, they have been able to support over 6,000 solar installations including many in neighborhoods where residents have lower incomes or much more fixed budgets. The impacts have been great, both at the individual level as well as the community level. Not only are they using a cleaner source of energy, they are also seeing lower monthly expenses for

utilities which has helped decrease their financial stress.

We find these stories encouraging. We will always have differences of opinions, political and otherwise. Nonetheless we need to move forward and know that our daily choices and involvement in our communities do matter and can produce positive change. What is your passion? Is it related to the environment? Is it related to social equity? Are you in a position to contribute to scientific research or policy change? Are you an educator? Whatever your place may be, thank you for doing your part.

### Vegetable Feature: Collard Greens

By Chef Andrea

Believe it or not, I don't think I ever ate collard greens until I came to HVF! I remember seeing them in the grocery store back in Indiana, but our "greens" safety zone consisted of iceberg lettuce and spinach. We never ate cooked greens. Now I fear the long winter when we don't have greens available and look forward to the return of greens in the spring.

This week's selection is collards, one of the heartiest greens we grow. Collards are characterized by large, paddle-shaped leaves that are blue-gray in color and slightly wavy around the edges. The leaves are thick and have a mild flavor similar to cabbage. While we grow and harvest collards for much of the summer and into the fall, we typically save this green for your boxes until later in the season. We do this partly because it is more frost tolerant and we can keep it in the field longer than most greens, but also because it is sweeter and has a better flavor after it has been through a few cold nights!

Collards are eaten throughout different parts of the world including Africa, India, Egypt, Spain and Pakistan. The seasonings and cooking methods may vary slightly, but in general collard greens go well with garlic, ginger, chiles, coconut, turmeric, coriander, cardamom, mustard seeds, potatoes, smoked meats, black-eyed peas, peanuts, corn and potatoes...to name a few. In this country we usually think of collards as a "Southern" food. In the southern states collard greens are often prepared by cooking collard greens along with some kind of a smoked pork product such as hocks, bacon, etc and liquid for quite awhile until the greens are soft and tender. While a longer cooking time and some liquid do help to soften collard greens and make them tender, you don't have to cook them in this way. You can also slice them very thinly and saute them just until they are wilted. When cooked this way they will retain their green color better and will be tender, but not quite as soft. Collard leaves also make a great wrapper to use in place of a tortilla. If you want to use it to make a wrap, you should either blanch it or lightly steam it before using in order to soften the leaf slightly and make it more pliable.

Before using collard greens, wash them in a sink of water and then remove the thick, white center stem and rib. Either cut into bite-sized pieces or stack the leaves on top of each other, roll them and then thinly slice the roll. Collard greens may be added to stir-fry, pasta dishes or even use them as the base for a creamy cole slaw in lieu of cabbage. They are also delicious when added to ham and bean soup or incorporated into a fall curry dish.

As our growing season is coming to a close, we hope you enjoy some of these last green indulgences and try a new recipe or two!

### Spaghetti with Collard Greens and Lemon

Yield: Serves 4

2 Tbsp extra-virgin olive oil  
2 garlic cloves, sliced (or more if you like garlic!)  
¼ tsp red-pepper flakes  
1 bunch collard greens (12 ounces), ribs removed, thinly sliced  
¼ cup pine nuts, toasted  
Grated zest of 1 fresh lemon, plus more for serving  
2 Tbsp fresh lemon juice  
Coarse salt, to taste  
12 oz dried spaghetti  
¼ cup finely grated Pecorino Romano, for serving

1. Heat oil in a large skillet over medium heat. Add garlic and red-pepper flakes; cook until tender, about 1 minute. Add collard greens and cook, stirring, until tender, about 5 minutes. Remove from heat; stir in pine nuts and lemon zest and juice. Season with salt.
2. Meanwhile, cook spaghetti in a pot of boiling salted water until al dente, according to package instructions. Reserve 1 cup pasta water, drain pasta.
3. Add pasta and reserved water to skillet, tossing to coat. Serve immediately, garnished with additional lemon zest and sprinkled with cheese.

Recipe sourced from [marthastewart.com](http://marthastewart.com)

### Collard Greens with Lime & Peanuts

Yield: Serves 4

1 bunch collard greens, stems removed, leaves cut into thin strips  
1 Tbsp + 1 tsp coconut oil  
¾ cup chicken stock  
½ cup peanuts, toasted and roughly chopped  
Juice of one lime  
Salt, to taste

1. Remove stems, chop and rinse the collard greens; don't worry about drying them, the water clinging to the leaves after rinsing will help them cook down.
2. Toast and chop peanuts, set aside.
3. Heat 1 Tbsp coconut oil in a large saute pan over medium-high heat.
4. Add greens and use tongs to toss until well coated, season with a bit of salt.
5. Add stock and reduce heat to simmer.
6. Cook on low, uncovered, allowing liquid to reduce slowly until the stock has nearly all evaporated. This may take about 20-40 minutes (do not rush this part).
7. Once liquid has reduced, taste the greens to check texture (this part is all about preference; if you like them softer, add more liquid and continue to cook).
8. When greens are finished cooking, remove from heat and stir in peanuts, lime juice and remaining 1 tsp coconut oil.

**HVF Note:** When we tested this recipe, we served the collard greens over cooked rice. This recipe serves 4 if eaten as a side dish or 2 if eaten as the main dish.

Recipe adapted by one posted by Emily Nichols on [Food52.com](http://Food52.com).

## End of Season Offerings

Check out the Special Offers link at [harmonyvalleyfarm.com](http://harmonyvalleyfarm.com) for holiday sampler, "pack your own" extended season shares and wood products available for Delivery in December.

Some wood items are limited - so order early before your selection is sold out!

Email ([csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com)) or call (608.483.2143 x 2) with questions.