



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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On the Farm and In the Field with Farmer Richard!

By Farmer Richard

Every year is different and brings its own opportunities and challenges. This may be the new record for the longest, coldest, most wet spring in my 40 plus years of vegetable farming. Despite the weather challenges, our crew has done a super job of seizing each small window of dry weather to prepare fields, plant, cultivate and put row covers on crops for heat gain and to keep away the dreaded flea beetles.

We started our weekly "salad greens" plantings on April 10 and have only missed one planting due to rain. We have kept up with weeds (it helps when everything is growing slowly!), both with hand weeding and as much mechanical cultivation as we can. While the season has had a bit of a slow start, we've been enjoying the special spring greens and radishes, but change is in sight! All of our heat loving crops are planted and ready for some warmer weather!

If you have not been checking our weekly blog, this is the week! I took some pictures earlier this week as I made my rounds through the fields to check on crops. Join me on our blog and I'll show you what's happening here at the farm!

*(See our **blog** for the rest of this article & pictures fresh from the fields)*

We are inviting you, your family & friends to our Strawberry Day event Sunday, June 18!!

Come meet your farmers, Richard & Andrea and deepen your connection to your food by spending time in the valley where it grows.

Mix and mingle with other CSA members and meet our farm crew!



What's In The Box?

ASPARAGUS: It's still on the cool side for this time of year, but we were happy to see the harvest numbers come up a little bit this week.

POTATO ONIONS: We've been maintaining this overwintered onion variety for many years by propagating our own sets each year. The seed came from one of the original vendors at the Dane County Farmer's Market!

GREEN GARLIC: This is the last week for green garlic...garlic scapes should be ready for next week's box!

RED RADISHES: Radishes are abundant this week! The green tops are edible and are delicious when lightly sautéed or sliced thinly and added to spring soups.

HON TSAI TAI: Check out last week's blog and newsletter for more information and recipes. The entire bunch is edible—leaves, stems and flowers!

SALAD MIX: Our cool spring lends itself well to growing lettuce and greens varieties with vibrant color! The flowers in the bag are violas and are edible!

BABY KALE MIX: This is a blend of several different kale varieties. It may be lightly cooked or eaten as a raw salad green.

BABY WHITE TURNIPS: These are sometimes called "hakurei" turnips. They are a mild, sweet salad turnip with tender, edible green tops. Read more in this week's vegetable feature.

CILANTRO: The bunches are short because of the cool weather. Use both the stems and the leaves.

RHUBARB: Our rhubarb is growing slowly this year, so we asked our friends at Driftless Organics to help us out this week. Don't forget that rhubarb can be used for more than pie...it also makes a great chutney to serve with roasted or grilled meat or spicy Indian dishes.

Baby White Turnips

By: Andrea Yoder

Baby white turnips are a beautiful little vegetable..."pristine" is the word we often use to describe them. They are classified as a salad turnip and are tender with a sweet, mild flavor. Both the roots and the green tops are edible and may be eaten raw, lightly sautéed or stir-fried.

We plant baby white turnips for harvest early in the season. This cool weather spring vegetable is harvested while still small and tender when the sweet flavor matches its delicate appearance. Compared to the common purple top turnip, or other storage turnips, salad turnips are much more sweet and subtle in both flavor and texture. The turnips we grow in the fall are meant for storage purposes and have a thicker skin compared to the thin skin of a salad turnip. Baby white turnips also mature much faster than beets, carrots and fennel, etc so they are a very important part of our spring menus until other vegetables are ready for harvest. To prolong the shelf life, separate the greens from the roots with a knife and store separately in plastic bags in your refrigerator.

To prepare the turnips for use, rinse the roots and greens thoroughly and trim the root end of each turnip. Salad turnips have such a thin exterior layer, they do not need to be peeled. They are delicious eaten raw in a salad, or just munch on them with dip or hummus. The greens may be added to raw salads, or lightly sauté them in a little butter. When cooking baby white turnips, remember to keep the cooking time short and the preparation simple. Cook them just until they are fork tender. Honestly, they are tasty just simply sautéed in butter with the greens wilted on top. You can also stir-fry or roast them and they are a nice addition to light and simple spring soups.

Cooking with This Week's Box!

Before we dive into this week's box, I'd like to highlight the cooking and recipe resources available at *NY Times Cooking*, (cooking.nytimes.com) This is an online culinary resource I've started using more recently and would encourage you to check it out. They have a weekly email newsletter called "Cooking" that you can sign up for in addition to utilizing their extensive collection of recipes online. You can set up your own "recipe box" and when you come across a recipe that looks interesting just click "save" and it will be filed in your virtual recipe box so you can easily find it. They also have cooking guides about different topics, such as **How To Make Salad** which often include videos demonstrating techniques and recipe preparation. I've found this resource to be very helpful and hope you do too!

Ok, lets get cooking. As June rolls in, I think it's time to fire up the grill! Use the asparagus in this week's box to prepare **Charred Asparagus with Green Garlic Chimichurri**, a recipe featured on *NY Times Cooking*.
(Check out our **blog** for the rest of our delicious tips for every item in the box!)

Pancetta-Wrapped Baby Turnips

Yield: 6 appetizer portions

1 bunch baby white turnips
6-12 paper-thin slices pancetta



1. Position an oven rack in the center of the oven and preheat to 375°F. Place a flat wire roasting rack in a large rimmed baking sheet.
2. If the greens are still attached to the turnips, trim them off, leaving at least ½-inch of the stem intact. Reserve the greens for another use. Trim the root ends of the turnips flat so they will stand upright. If the turnips are not all the same size, cut the larger ones in half. Gently scrub the turnips under cool running water to remove any dirt from the skins and between the stems and then pat dry.
3. Wrap each piece of turnip with a slice of pancetta (or a portion of a slice if the turnips are smaller), covering the turnip and leaving the stem exposed. The pancetta should cling tightly to the turnip skins. If not, use toothpicks to secure. Arrange the turnip on the rack in the pan, spacing them at least 1 inch apart.
4. Roast until the turnips are tender when pierced with a paring knife and the pancetta is crisp and golden, 25 to 35 minutes, depending on the size of the turnips. Remove the toothpicks if used. Serve immediately, or let cool and serve at room temperature.

*Recipe adapted from **Roots** by Diane Morgan.*

Turnip Salad with Yogurt, Herbs & Poppy Seeds

Yield: 4 servings

1 bunch baby white turnips
4 green onions, trimmed (including ½ inch of the green tops), sliced on a sharp angle
½ cup plain whole-milk yogurt (not Greek yogurt)
1 lemon, juiced
½ tsp dried red chili flakes
Salt and freshly ground black pepper, to taste
About 1 cup lightly packed mixed fresh herbs, finely chopped (may include mint, parsley, chives or other fresh herbs)
¼ cup extra virgin olive oil
¼ cup poppy seeds



1. Slice the turnips lengthwise as thin as you can. If you have a mandolin, use it; otherwise a sharp knife and steady hand will do just fine. Soak the sliced turnips in ice water for 15 minutes then drain them very well. (Note: Soaking the turnips will make them very crisp. This is a nice step to follow, but it isn't essential if you'd prefer to skip it.)
2. Rinse, dry and roughly chop the turnip greens. Put them in a large bowl along with the sliced turnips and the green onions.
3. Prepare the dressing. In a medium bowl, mix together the yogurt, lemon juice, red chili flakes, ½ tsp salt, a bit of freshly ground black pepper and olive oil. Stir well to combine, then add the herbs and poppy seeds. Stir well.
4. Just before serving, toss the vegetables with the dressing. You may not need all of the yogurt dressing, so add some to the vegetables and toss first before adding more. Adjust the seasoning with additional lemon juice, salt and pepper as needed. Once the greens have been tossed with the yogurt dressing, they will not store if you have leftovers. If you don't think you'll eat all of this salad at once, only dress the portion you need and save the extra vegetables and dressing for another meal.

Note from Chef Andrea: The method above is my adaptation of the original recipe featured on the *Dishing Up the Dirt* blog. The original recipe comes from Joshua McFadden's new book, *Six Seasons of Vegetables*. The ingredients remained the same, I just simplified the method to make it easier to prepare in a home kitchen.