



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

July 21-22, 2017

## We Do Have a Choice, And It Matters!

By Farmer Richard

We make many, many choices daily. We choose the food we eat, the body care products we use, the clothes we wear, the energy we use for transportation, heating, and cooling. We make choices about our personal living space and how we treat our family and the extended community that we interact with. When we make healthy, positive choices for ourselves and our family, we affect the larger "market place." When there is consumer demand for healthy products and services, the result is that more healthy choices become available for all of us. In many cases, our healthy choices can mean less synthetic chemicals are used to produce our food, etc resulting in less chemical residues entering our bodies and less goes into our environment, the air, the water. That's the air we breathe and the water that we drink as well as the environment all living creatures depend on for survival. Whether we realize it or not, we are all connected.

Over the past several months, *The Country Today* newspaper has reported on the experiences of Midwest farmers participating in a cultural exchange with Louisiana farmers, shrimpers and crabbers. *The Country Today* editor traveled to Louisiana this spring along with Wisconsin farmers, Dick and Kim Cates. This exchange was made possible with assistance from the Michael Fields Agricultural Institute and was funded by a grant received through Wisconsin's Producer-Led Watershed Protection Program. The purpose of this exchange was to connect Midwest farmers doing something to keep their water clean and Gulf of Mexico fishermen affected by Midwest farming practices. It is an undisputed fact that excess synthetic agricultural fertilizer, animal manure and soil from Midwest farm fields are washing down the many watersheds.

(See our [blog](#) for the rest of Richard's article)

## What's In The Box?

**PURPLE CIPOLLINI ONIONS OR SWEET SPANISH ONIONS:** Both of these onions are mild enough to be eaten raw or cooked. They are excellent roasted or grilled as the natural sugars develop more with cooking.

**FRESH ITALIAN GARLIC:** The garlic is still in the drying stages, so you'll notice the outer skin is drying out and the inner skin in between the cloves is starting to get thinner. Leave your garlic on the counter until you are ready to use it.

**GREEN BEANS:** Fresh Green beans are delicious when steamed, sauteed, stir-fried or even roasted. The flavor of a fresh green bean will always surpass canned or frozen!

**ITALIAN & GREEN ZUCCHINI:** If you are looking for creative ways to use Zucchini, refer to the weekly "Cooking with the Box" section on our [blog](#)!

**GREEN & SILVER SLICER CUCUMBERS:** If you need a cooling snack, cucumbers are at the top of the list. All they need is a sprinkle of salt.

**GREEN TOP CARROTS:** We leave the green tops intact when we harvest early season carrots as it is a sign of freshness and they are completely edible giving you two vegetables from one!

**BROCCOLI:** This has been a big broccoli harvest week. Use the florets on the crown, but don't forget the stem too. Just trim off a thin layer of outer skin to reveal the tender, green mild flesh.

**NEW POTATOES:** The skins on these potatoes are still very tender as they were dug just this week and were taken off of vines that were still green and growing. Handle them with care, and eat them (skin included) within a week or so for optimal flavor and quality!

**RED CHARD:** This stunning green is your cooking green for the week. The vibrant red stems are edible too, so be sure to chop them up and use them in your cooking.

**SWEETHEART CABBAGE:** This is an early-season cabbage known as a "salad cabbage." See this week's vegetable feature for more information.

**BABY ARUGULA:** This is a spicy green best eaten in salads, added to sandwiches or lightly wilted. It may taste pungent if eaten alone, but when you pair it with more acidic or fatty foods such as fruit, cheese, meats, etc the flavor is more balanced.

**CHOICE--SWEET ITALIAN BASIL:** Please only take a small handful per vegetable share. We will be sending more basil as a choice item in future weeks, so there will be plenty for you to enjoy over the season.

## Cooking with This Week's Box!

This week I want to introduce you to Alexandra Stafford, the blog writer behind [alexandracooks.com](#). Alexandra lives in Upstate New York with her husband and four kids. She stays busy cooking with the vegetables from her own CSA share and shares her recipes on her blog. She also writes for [Food52.com](#) and recently published a cookbook about bread. Both of the recipes featured in this week's newsletter come from her blog. So lets dive into the box and talk about this week's featured vegetable first, Sweetheart Cabbage!

The first recipe in this week's newsletter is Alexandra's **Thai-Style Slaw with (or without) Chicken**. It makes a nice main dish salad as it is light enough for a hot summer evening but filling enough to satisfy you. In addition to the cabbage, this slaw also uses carrots, snow peas and the green tops from the Cipollini onions as well as sliced onion. This recipe does make about 8 cups of slaw, so if you are a smaller household you will have leftovers or may want to cut the recipe in half.

(See our [blog](#) for the rest of this article & our suggestions for utilizing every item in your box!)

### Featured Vegetable: Sweetheart Cabbage

Sweetheart cabbage is a unique cabbage both in appearance as well as other characteristics. We plant most of our cabbage for harvest in the fall as cabbage thrives and tastes better when it is grown in more cool temperatures. One of the unique attributes of sweetheart cabbage is that it does fare well as an early-season cabbage. It is known as a “salad cabbage” because the leaves are tender enough to be eaten raw in salads and the flavor is mild and well-balanced. Another reason we grow this variety for summer harvest is that it gives us another option for a “salad green” during the part of the season where salad mix and lettuce are not available. You can recognize sweetheart cabbage by its pointy head with tightly wrapped leaves.

Sweetheart cabbage may be eaten raw or lightly cooked. I recommend slicing it thinly or shredding it for use in vegetable slaws or other raw salads. It can also be used to make spring rolls (see this week’s recipe below) or you may use the leaves as a wrap in place of tortillas or bread. If you choose to cook it, I’d recommend a quick cooking method such as stir-frying or grilling and be careful not to overcook it!

Store your sweetheart cabbage loosely wrapped in plastic in the refrigerator until you are ready to use it. Lightly rinse the outer leaves before using. If you don’t use the entire cabbage for one preparation, wrap the remaining portion of cabbage and store it in the refrigerator until you are ready to use it. One cabbage typically yields 6-8 cups of shredded cabbage.

### Thai-Style Slaw with (or without) Chicken

Yield: 6 servings

2 chicken breasts, about 1 lb., (optional)	6 scallions, thinly sliced (May substitute the green onion tops in this week’s box)	¼ cup plus 2 Tbsp freshly squeezed lime juice and the zest of 2 limes
6-8 cups shredded cabbage		1 Tbsp fish sauce
2 Tbsp olive oil	1 small bunch cilantro, roughly chopped to yield about 1 cup	1 ½ Tbsp sugar
½ tsp kosher salt	1 small red onion or purple cipollini onion, thinly sliced	½ tsp Sriracha, plus more to taste
1 cup thinly sliced snow or sugar snap peas*		
2 to 3 carrots, thinly sliced or shredded		

*\*Note from Chef Andrea: The original recipe called for red peppers, but the author encourages you to substitute whatever vegetables you have in season. I chose to use snow peas in place of the peppers.*

1. If you are using the chicken, bring a small pot of water to a boil and salt the water as if you were going to boil pasta. Drop in the chicken breasts. Cover the pot. Remove pot from heat. Let stand 15 minutes. Uncover. Remove breasts. Let cool briefly. Pull/shred into pieces.
2. Meanwhile, cut the cabbage in quarters and remove the core. Thinly slice the cabbage and place in a large bowl. Pour in the oil. Sprinkle evenly with the salt. Massage the cabbage with your hands. Really squeeze it firmly until it shrinks in size and becomes more saturated in hue.
3. To the bowl of cabbage, add the peas\*, carrots, scallions, cilantro, and red onion. Add the chicken, if using.
4. Make the dressing: Stir together the lime juice, lime zest, fish sauce, sugar, and Sriracha. Pour over the bowl of vegetables. Toss to coat evenly. Taste. Adjust with more salt or Sriracha as needed.

Chef Andrea’s Variations: This recipe was written by Alexandra Stafford and was featured on her blog, *alexandracooks.com*. The actual recipe may be found at *Food52.com*. It is delicious as it was originally written, however here are a few variations you might want to consider trying.

- In addition to the cilantro, add fresh basil and/or mint to the slaw.
- Consider garnishing the slaw with chopped roasted peanuts or cashews
- If you have any leftover slaw, repurpose it the next day to make fresh spring rolls using rice paper wrappers. Simply soak the rice wrappers in water for 20-30 seconds to soften them, then put some of the slaw in the middle of the wrapper and roll it tightly like a burrito. If you plan to do this with the leftovers, I’d recommend saving about ¼ to ½ of the dressing to use as a dipping sauce with the spring rolls.

### Simplest Cabbage Slaw

Yield: 4 to 6 servings

½ cup sour cream	1 tsp kosher salt, plus more to taste
½ cup buttermilk	1 small head cabbage, cored and finely shredded
2 Tbsp apple cider vinegar, plus more to taste	1 small red onion, thinly sliced
1 Tbsp sugar	

1. Whisk together the sour cream, buttermilk, vinegar, sugar, and salt. Taste. For more bite, add another teaspoon of vinegar. Stir and taste again. Adjust with more salt if necessary.
2. In a large bowl, toss together the cabbage and onion. Add the dressing and toss to coat. Taste. Adjust with more salt if needed.

This recipe was written by Alexandra Stafford and may be found on her blog, *alexandracooks.com*. This is a simple, basic slaw recipe that you can tweek to your liking. Add some shredded carrots or chopped fresh herbs if you’d like. Or, just keep it simple.