



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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Where's the Corn??!?!?

By Farmer Richard

We have planted four different plantings of sweet corn, with the first on April 28. With each planting we plant two different varieties of corn, each with different maturity dates so we can get two weeks of corn from each planting for a total harvest window of eight weeks! Unfortunately, things don't always work out as planned. Corn needs warm soil to germinate and if you think back to April, it was a cold, wet spring. We picked a warm day, 65°F, when the forecast was for a second warm, dry day to follow. We planted varieties with good cold soil vigor and only planted the seeds about ½ inch deep with hopes that the sun would warm the top of the soil enough to get the seeds going. The first 24 hours are the most important to start the germination process. One variety germinated ok, the second variety produced very few sprouts and wasn't enough of a crop to keep. Well, the first planting didn't go so well, so the second time out, still cool, we replanted part of the ground we had planted the first time and, again, planted shallow. This time it turned dry and the seed germinated unevenly over the course of two weeks after a small rain. Ok, well that's better than nothing, but then we had a wet period that prevented cultivation and weeds became a problem! Thankfully, the third planting came up nicely and we had dry weather to cultivate it, so no weeds! We followed this one with our fourth and final planting. We decided to make it a larger one to try to make up for the poor early ones. Even though the first two plantings weren't that great, we chose to fence them anyway to keep the critters out. So then what happened? Well, July 19th happened and we had a severe weather event that sent water running across the middle of the field and took out the fence and much of the corn.

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

What's In The Box?

SWEET ONIONS: This week's onion variety is "Expression." This is a mild, yet flavorful onion that is excellent for eating raw in fresh salsas.

ITALIAN GARLIC: Mince it finely and combine it with chopped tomatoes, basil, salt and pepper. Place the mixture on a piece of bread, cover it with a slice of mozzarella and pop it under the broiler to melt the cheese. You just made a version of bruschetta!

GREEN BEANS: We didn't think we'd be able to continue picking off of this last crop of green beans, but they have really been producing! This really is the end of our green beans for the season.

EDAMAME: We featured edamame, fresh soy beans, in last week's newsletter. Please reference our newsletter or blog for more information about how to prepare and use this vegetable. Please note, the pods are not edible and the beans need to be cooked before eating them. It's easiest to cook them first before trying to shell the beans.

ITALIAN/GREEN ZUCCHINI OR SCALLOP SQUASH: While all these varieties may be used similarly, each one does have a unique characteristic. Italian zucchini, the one that has ridges and is more striped, has a more firm texture and holds up well on the grill.

BROCCOLI OR CAULIFLOWER: Broccoli and cauliflower can often be substituted for each other in many recipes. If you're looking for something very simple to do with this week's selection, simply roast it! Both cauliflower and broccoli florets may be tossed with oil, salt and pepper and roasted in a 375°F oven until tender and golden.

JALAPEÑO PEPPERS: There are 2 jalapeños in your box this week, so make sure you find both of them! Remember, this is a hot pepper so handle them carefully. If you don't have a use for them this week, put them in a freezer bag and freeze them for later use.

SUN ORANGE OR RED/YELLOW GRAPE OR CHOCOLATE SPRINKLES

TOMATOES: These are one of nature's "fast foods." Pop them in your mouth for a quick snack or check out this week's "Cooking with the Box" feature on our blog where you'll find a link to a recipe for a One-Pot Pasta dish!

GREEN BELL PEPPER: If you leave this on your counter, it will continue to ripen and change from green to red! It might also start to soften and wrinkle a bit, but that doesn't mean it's bad.

GREEN ITALIAN FRYING PEPPERS: These do not have any heat to them and may be eaten raw or cooked. In fact, their flavor is best when cooked.

GREEN AND/OR SILVER SLICER CUCUMBERS: Have you made refrigerator pickles yet? This is a great way to put extra cucumbers to use and preserve them so you can enjoy them later! You'll find a very easy recipe for "Easiest Fridge Dill Pickles" at smittenkitchen.com.

FRENCH ORANGE MELON: If your melon has a bit of a greenish hue on the rind, let it ripen further on your counter for a day or two. The color of the rind will change slightly and the stem end will soften, both indicators that your sweet melon is ready to be eaten! If your melon does not have a greenish hue, eat it soon!

VARIETY OF TOMATOES: It's best to ripen tomatoes at room temperature. We do not recommend putting tomatoes in the refrigerator as it will negatively impact both flavor and texture.

YUKINA SAVOY: This is the bunched green in your box. It is related to bok choy and has a mild mustard flavor. The stems and leaves are tender enough to be eaten raw as a salad green or you can lightly cook it.

RED SEEDLESS OR YELLOW SEEDED WATERMELON: Once you've cut your watermelon, store any portion you are not eating right away in the refrigerator.

GREEN OR PURPLE TOMATILLOS: See this week's vegetable feature for more information and recipe suggestions.

Cooking with This Week's Box!

This week's box is packed full, so let's dive in and start cooking. As usual, we'll start with this week's featured vegetable, tomatillos. If you're feeling like making a traditional tomatillo salsa this week, go right ahead. The purple tomatillos in particular make a gorgeous salsa, raw or cooked. If you're looking for something a little different, try the Roasted Tomatillos & Chickpea Curry recipe in this week's newsletter (reference the recipe). This is a very easy dish to make, leftovers are even better than the first day, and it's an easily adaptable recipe. You can keep it simple with just the chickpeas, or add some thinly sliced chicken breast to the mix. Serve this dish with slices of fresh, salted cucumbers and diced tomatoes.

This week I came across this recipe for **One Pot Pasta for Late Summer**. This recipe really does use one pot and celebrates the simplicity of summer cooking, which somehow always comes around to a dish containing pasta and fresh tomatoes! This recipe includes several items in your box including the pint of small tomatoes, some of your zucchini, and an onion.

(See our [blog](#) for the rest of this article & Chef Andrea's suggestions for utilizing every item in your box including recipe links!)

Featured Vegetable: Tomatillos

Tomatillos are an interesting "vegetable," which are technically a fruit. Despite the fact that they are often referred to as a "green tomato," they are a bit different. Tomatillos grow on plants that are similar to a tomato plant, but they are usually larger and have more of a wild, jungle-like appearance. Their main stem is thick and sometimes resembles a small tree trunk! The plants can grow to be over seven feet tall, so we put stakes in between and tie the plants to them progressively as they grow in order to keep the plant upright and the fruit off the ground. Tomatillos grow from pretty little yellow blossoms which are a favorite food source for bumble bees and other pollinator creatures. The fruit is hidden inside a husk that looks like a little paper lantern. You know the tomatillo is ready to pick when it fills the husk completely.

(See our [blog](#) for the rest of this vegetable feature article to learn more about Tomatillos!)

Oven-Fried Tomatillos

Yield: 4 servings

Olive oil cooking spray	¼ cup all-purpose flour	2 large eggs
1 pound tomatillos, husks removed, rinsed and cut into ½-inch thick slices	1 tsp garlic powder	1 ¼ cup panko breadcrumbs
¼ tsp salt ¼ tsp ground black pepper	1 tsp Creole or Cajun seasoning (or other spice blend to your liking)	¼ cup ketchup
		¼ cup mayonnaise

1. Position an oven rack in the lower third of the oven and preheat the oven to 425°F.
2. Sprinkle tomatillo slices with salt and pepper. Set aside.
3. Combine the flour, garlic powder and seasoning blend of your choosing in a shallow dish. Crack the eggs into a separate dish and lightly beat the eggs. Put the breadcrumbs in a third dish. Dredge the tomatillos in the flour mixture, dip in the egg and then coat both sides with breadcrumbs. Place the breaded tomatillo slices on a baking sheet with a rack. Generously coat the slices with cooking spray.
4. Bake the tomatillos for about 8 minutes or until the top side is crispy. Turn the slices over and spray the second side with cooking spray. Return the tomatillos to the oven and bake an additional 6 minutes or until the second side is also crispy.
5. Meanwhile, combine the ketchup and mayonnaise in a small bowl. Serve the tomatillos warm with the dipping sauce. The outside of the slices will be crispy and the inside will be warm and soft.

Recipe adapted from [EatingWell.com](#).

Roasted Tomatillo and Chickpea Curry

Yield: 4 servings

Roasted Tomatillo Salsa

1 pound tomatillos, husks removed
1 poblano pepper or jalapeno pepper
1-2 cloves garlic
1 Tbsp olive oil
½ cup cilantro (handful of fresh leaves and stems)

1 tsp dried oregano or 1 Tbsp fresh oregano
1 tsp salt

Chickpea Curry

½ cup coconut milk, plus more to taste
1—16 oz can chickpeas, drained and rinsed
1 Tbsp curry powder
2 tsp olive oil
Salt and black pepper, to taste

1. Roast the poblano or jalapeno pepper and tomatillos directly on an open flame either on your stovetop or on a grill. If you don't have a gas range, you can also roast the vegetables under the broiler until nicely charred and soft. Once the pepper is cool enough to handle, scrape the skin off of the pepper and remove the seeds.
2. Put the tomatillos, poblano or jalapeno (you may want to start with just half of a jalapeno and add more later if you want more heat), and the remaining salsa ingredients in a food processor. Process everything to a smooth sauce consistency. Pour the salsa into a bowl and set aside. You should have about one cup of roasted tomatillo salsa.
3. Put ½ cup of chickpeas into the food processor and pulse it a few times to mash them. Set aside.
4. Heat a saute pan over medium heat. Add 1-2 tsp olive oil, then add the curry powder and stir it into the oil. Let it sizzle in the oil for about 30 seconds. It should be very aromatic. Add ½ of the tomatillo salsa and cook for about two minutes.
5. Next, add the mashed chickpeas, the remaining whole chickpeas, the remainder of the salsa, and ½ cup coconut milk. Mix well and bring the mixture to a gentle boil. Reduce the heat and continue to simmer the curry until it thickens a bit (5-7 minutes). If it gets too thick you can thin it with a little water. Taste and adjust the sauce to your liking by adding more coconut milk, salt, pepper and/or a squeeze of lime juice.
6. Serve over rice or quinoa with lime wedges on the side.

Recipe adapted from [www.chefdehome.com](#).

Chef Andrea's serving suggestions and variations: You can make this dish as spicy or as mild as you'd like. Sliced, salted cucumbers are a nice accompaniment for the dish that helps cool off the curry. While this dish is good made per the recipe, I think it would also be good served with fresh, diced tomatoes on top or with the addition of chicken.