



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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## Soil, Our Hope for a Climate Solution

By Richard de Wilde & Andrea Yoder

In this week's newsletter we'd like to return to our series of articles pointing to "the future of our food." The question on our minds this week is "Can we feed the world... without destroying it first?" While we didn't intend to write an article about climate change, here we are once again being faced with issues of climate change as it directly relates to this question. Food First is an organization dedicated to ending the injustices that cause hunger and helping communities to take back control of their food systems. Their work is centered around research, education and action. This organization was founded by Frances Moore Lappé who, back in 1971, wrote *Diet for a Small Planet*. Lappé laid out the evidence at that time representing several key points including the fact that there was 1 ½ times more than enough food to feed everyone on Earth, hunger is due to poverty and not scarcity, and the way the developed world produces and consumes food is damaging the planet. Here we are over forty years later and the fact still remains the same that we still have enough food to feed the world and our corporate, industrial food system continues to damage the planet. In Food First's Summer 2017 "News & Views" publication, they stated "... the corporate food system contributes up to ¼ of the world's greenhouse gases, making industrial agriculture one of the main forces behind climate change."<sup>2</sup> In this week's article we want to face this topic of climate change and look at how we can turn the tide, quickly, so we have a future.

The Intergovernmental Panel on Climate Change (IPCC) predicts that "Without additional mitigation efforts beyond those in place today, and even with adaptation, warming by the end of the 21st century will lead to high to very high risk of severe, widespread and irreversible impacts globally."

(See our **blog** for the rest of Farmer Richard and Chef Andrea's article)

## What's In The Box?

**RED OR YELLOW ONIONS:** Red and sweet onions may be used interchangeably and both are excellent eaten raw or cooked. While you may find red onions to be a bit more pungent when eaten raw, they do have natural sugars that make them a good choice if you're looking for an onion to caramelize.

**PORCELAIN GARLIC:** Garlic pairs well with everything, so use a little bit in your cooking every day and reap the cumulative health benefits it has to offer!

**JALAPEÑO PEPPERS:** Slice the jalapeños in half and remove the seeds. Spread a layer of cream cheese in each pepper half and pop them under the broiler until the cheese is bubbly. Pull them out of the oven and top with crumbled, cooked bacon for a simple, quick snack.

**RED OR YELLOW GRAPE TOMATOES:** Cut in half and saute these tomatoes along with onions, garlic and sweet peppers. Add fresh basil, oregano and parsley as well as salt and pepper at the end of cooking. You just made a chunky sauce to spread on a par-cooked pizza dough for a quick pizza option. Top with cheese and bake until golden brown.

**RED-ORANGE UKRAINE PEPPERS:** These are the blocky red peppers in your box. They are a sweet pepper with thick flesh wall.

**ORANGE ITALIAN FRYING PEPPERS:** These are the long, slender bright orange peppers in your box. As their name indicates, they are a good pepper for cooking (saute, stir-fry, roast, etc), but may be eaten raw as well. They are a sweet variety with excellent flavor.

**BROCCOLI OR CAULIFLOWER:** We are now harvesting from our later plantings of both crops. Fall is one of the favored times for growing both of these as they thrive in cool weather.

**VARIETY OF TOMATOES:** The tomatoes have been ripening rather slowly this week, but the vines in our second planting still look healthy and green! If your tomatoes are a little green, ripen them at room temperature for several days.

**SWEET CORN:** This week's corn is Fantastic, the same variety as was in last week's box. You can cut the corn off the cob, either in its raw form or you can cook it first, and use the kernels in salsa, salads, cornbread, succotash, etc. Save the cobs to add to soup or stock.

**RUSSET POTATOES:** This is the only potato variety we grow that is starchy enough to use for making mashed potatoes. It is also a great choice for potato-leek soup as the starch will help thicken the broth.

**LEEKs:** See this week's vegetable feature article for more information about leeks!

**GREEN TOP RED BEETS:** We weren't sure this planting would make it as the beets were very young when the pounding rains came at the end of July. They fought though and went on to produce very nice beets! Don't forget to use the tops as your cooking green this week.

**RED BOSTON LETTUCE:** This gorgeous lettuce has tender, sweet leaves and will make a nice addition to a tomato sandwich or a BLT!

**YUKINA SAVOY:** This is the dark green bunched green in this week's box with round, slightly curly leaves. It's in the bok choy family and can be lightly cooked or stir-fried or is tender enough to eat raw as a salad green.

**CHOICE: WATERMELON**—we had just a few more watermelons to pick, but not enough for all boxes this week so we decided to pack them on the side as a choice item as a bonus at most sites. Please do not take more than one per vegetable share.

### Featured Vegetable: Leeks

We've been enjoying a variety of vegetables in the onion/allium family since our first box all the way back in May. From ramps and chives to overwintered spring onions, scallions and most recently sweet onions. This week we'll add leeks to the list. Leeks are a favorite fall allium that, as Chef Deborah Madison says, "add more of a whisper and less of a shout." Leeks have a more delicate, mild onion flavor and are cooked using more delicate cooking methods to yield a soft, silky finished product. They have fewer sugars than onions, so they will not caramelize in the same way as an onion.

Leeks have a long white shank that turns to more of a bluish green color as you reach the top of the leek. The shank is made of many thin layers and is the portion of the leek most often used. However, the green portion on top is equally edible and at the very least should be added to stock for flavor. Throughout the growing process, dirt is hilled up on the leeks to cover and blanch the shank. As a result, dirt may get between the layers. While you need to take care to carefully clean the entire leek, the upper portion may have a bit more dirt between the layers and may need a little more attention. I find it easiest to wash the exterior of the leek and then slice them. Place the chopped leeks in a sink of clean, cold water and swish them around to remove any dirt. Remove the leeks from the water and place in a colander to drain. If there isn't much dirt between the layers, you may also just place the sliced leeks in a colander and rinse them.

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

### Cooking With This Week's Box!

It is definitely starting to look and feel a bit more like fall. The leaves are just starting to change and this week we're harvesting leeks, which for us is part of that transition from summer to fall. We included russet potatoes in this week's box, so if you have a tradition of making **Leek & Potato Soup** with the first leeks of the season, go for it. If you're looking to try something new, check out the recipe for **Carbonara with Leeks, Lemon & Bacon** featured in this week's newsletter (See below). I adapted this recipe from the original one posted at [AlexandraCooks.com](#). I added sweet corn and the orange Ukraine sweet peppers to Alexandra's recipe because, well I like vegetables and color! If you're looking for a more simplified and/or vegetarian version of this recipe, she has another similar recipe on her blog for **One-Pan Bucatini with Leeks and Lemon**.

Back to those potatoes, russet potatoes are a starchier potato which means you could turn them into mashed potatoes if you'd like. There's a recipe in our archives for **Leek & Cheese Mash** which uses leftover mashed potatoes. However, my favorite thing to do with these potatoes is to roast them whole.

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

### Carbonara with Leeks, Lemon & Bacon

Yield: 4 servings

Coarse salt and ground pepper, to taste  
6 slices bacon, cut crosswise into 1-inch pieces  
3 cups thinly sliced leeks, white and light-green parts only, rinsed well  
1 cup fresh sweet corn kernels (from 1-2 ears of corn)  
1 cup thinly sliced sweet peppers  
½ to ¾ pound bucatini or spaghetti  
2 large eggs  
¼ cup (heaping) grated Parmigiano Reggiano, plus more for serving (optional)  
1 Tbsp finely grated lemon zest  
1 Tbsp lemon juice, plus more as needed  
½ cup fresh parsley leaves, coarsely chopped (optional)

1. Bring a large pot of salted water to boil. In a large skillet, cook bacon over medium heat, stirring occasionally, until crisp, 8 to 10 minutes. With a slotted spoon, transfer bacon to paper towels to drain, leaving excess fat in pan—you should have about 2 tablespoons. If you do not have that much, add a little olive oil to the pan. Add leeks, sweet corn and sweet peppers to the hot pan. Season with salt and pepper to taste, and cook, stirring often, over medium heat until the vegetables are tender, about 10 minutes. Remove from heat and set aside.
2. Add pasta to boiling water and cook according to package instructions. Reserve 1 cup of the pasta cooking liquid before draining the cooked pasta.
3. In a large bowl, whisk together eggs, Parmesan, lemon zest and juice. Whisk ¼ cup pasta water into egg mixture.
4. Once the egg mixture has been combined, immediately add the hot, drained pasta to the egg mixture, along with bacon, vegetables, and parsley. Season with salt and pepper to taste and toss to combine. If necessary, add more of the reserved pasta cooking liquid to get the desired sauce consistency and adjust the seasoning to your liking with additional salt, pepper and lemon juice as needed. If you'd like to put the pasta back in the pan and warm it up before serving, do so over low heat so the eggs don't curdle. The sauce on this pasta will be light, but creamy. Serve immediately with more cheese on top.

This recipe was adapted from an original one posted at [Alexandra's Kitchen website](#). There is another similar recipe on her website, **One Pan Bucatini with Leeks and Lemon**.