



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

September 29 - 30, 2017

What a Party! By Farmer Richard

Last Sunday we hosted our annual Fall Harvest Party and had a great day! Preparation for this party starts days before with planning, sending out invitations, ordering food, supplies, etc. Then, the Saturday before the party comes and we kick it into high gear to get everything ready. Our crew still had harvest to do as we finished putting together our orders for the week, but we all worked together to get the jobs done and then spent the last few hours of Saturday washing the work tractors, loading wood crates onto harvest wagons for the tour and making sure we were "parade ready." The packing shed crew spiffed up their area, moved equipment out and moved picnic tables in as we prepared for the potluck. Andrea spent all day preparing snacks and food including some delicious caramelized onion & roasted poblano dip, black bean salad with tomato vinaigrette, fig & apple chutney and purple tomatillo salsa! Angel, Oscar and Ascencion spent much of the day preparing the underground brick oven and the pork so it could slow-roast overnight. By the end of the day we were all tired, but excited for the next day and its activities.

We had some members who came on Saturday afternoon so they could camp out on Saturday night. They set up their tents in our camping area by the river, built a nice fire for cooking and beat the heat with frequent dips in the river to keep cool. Chris & Lisa (members from Madison) brought a super powerful telescope. After the sun went down, we had clear skies which made for spectacular star gazing. We could see Saturn with its rings, Jupiter and its moons and the Andromeda galaxy. What a cool treat! All of the campers seemed to enjoy their night with a few hooting owls and other night sounds.

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

What's In The Box?

PORCELAIN GARLIC: Check out this week's *Cooking with the Box* article where you'll find a link to a recipe for **Parmesan Roasted Cauliflower with Garlic & Thyme**. You roast the cloves whole!

JALAPEÑO PEPPERS: Pickled jalapeños are quick and easy to make and are a great condiment for salads, soup, etc.

RED OR YELLOW GRAPE TOMATOES: Cut these in half and add to a pasta or quinoa salad. If your tomatoes are a little on the green side, just leave them on the counter at room temperature for a few days or until they become bright yellow or red.

ORANGE ITALIAN FRYING PEPPERS: Cut in half lengthwise and then cut each long piece of pepper horizontally into two or three pieces. Now you have a nice piece of a pepper that will make a great carrier for a tasty dip!

BROCCOLI: Grilled broccoli? Why not!

VARIETY OF TOMATOES: We're glad to have tomatoes for another week. Cut them up and serve them on a refreshing iceberg lettuce salad!

ORANGE CARROTS: Carrots are back in this week's box and they are tasty! Eat them as a snack along with jicama sticks and mini-sweet peppers.

SALAD MIX: Fall salad mix is ready! Notice the dark, vibrant colors of this fall mix. Just put it in a bowl and add a light vinaigrette for a quick salad or side dish.

ICEBERG OR RED BATAVIA LETTUCE: If ever you were to eat iceberg lettuce, this would be the time. Give it a try and you'll find it is much different than California iceberg! The Red Batavia is a cross between iceberg and red leaf lettuce.

JICAMA: Not sure what this is? Look for the vegetable with light brown skin. You can read more about this vegetable and how to prepare it in this week's vegetable feature. Jicama is very sensitive to chill injury, so don't put it in the refrigerator! Store it on your countertop until you're ready to eat it.

MINI SWEET PEPPERS: These are the small, brightly colored peppers packaged in a brown paper bag. Don't let their size deceive you, they are packed with sweet flavor! This is a sweet pepper and does not have any heat to it. Eat them whole using the stem as the handle!

RED ONIONS: Toss thick slices of red onion on the grill and then add them to a burger, grilled steak, or just eat them on their own!

CAULIFLOWER: Our cauliflower fields keep producing beautiful heads of cauliflower! We are packing all three colors now, so don't be surprised if you find a yellow or purple cauliflower in your box this week!

BABY WHITE TURNIPS: Oh how we love these pretty little turnips! This is a mild, tender salad turnip with tender leaves that are edible as well. Eat them raw in salads or lightly cook both the greens and the roots.

CHOICE: ITALIAN BASIL—We're still enjoying this lovely basil! Take a handful to enjoy with this week's tomatoes!

Featured Vegetable: Jicama

Jicama is the odd-shaped vegetable with brown skin occupying one corner of this week's CSA box. It is also known as yam bean, Mexican yam or Mexican turnip and is native to Mexico. The name of this vegetable is pronounced HICK-uh-mah or HEE-kuh-mah. It is a tropical plant that resembles a bean plant with bean-like vines and seed pods. The jicama grows underground and is a tuber that can produce multiple tubers off the one main stem.

On the outside jicama is not the most attractive or flashy vegetable. Peel away the brown, leathery skin and you'll find a solid white flesh inside that is mild in flavor, crunchy with a slight sweetness and slightly starchy. You can eat jicama both raw and cooked. One of the most basic ways to eat jicama is to slice it into sticks and give it a squeeze of lime juice and a light sprinkling of chili powder and salt. Jicama also pairs well with citrus fruit and is often used in raw salads and salsas prepared with limes and/or oranges. It also pairs well with avocado, peppers, cilantro, tomatoes, seafood, onions, and garlic to name just a few complementary ingredients. In Asian cuisine you may find jicama used in stir-fry type preparations. When stir-fried, jicama should be added towards the end of cooking to retain the crisp texture. If you let it get just slightly soft, it has almost a potato-like flavor and texture.

Jicama is very sensitive to chill injury, so it is best to store it on your kitchen counter until you are ready to use it. Once you cut into it, store any cut jicama in the refrigerator and eat it within a few days.

*(See our **blog** for the rest of this vegetable feature article to learn more about Jicama!)*

Cooking With This Week's Box!

Welcome back to another week of delicious cooking out of your CSA box. This week's box has a few special treats in it including this week's featured vegetable which is jicama! If you aren't familiar with jicama, please take a few minutes to read this week's vegetable feature. While it can be eaten raw or cooked, I'm opting to eat it raw this week and have found two tasty and very simple salad recipes to share with you. You may actually have enough jicama to give both a try! The **Jicama Apple Slaw** (see below) recipe is made with tart Granny Smith apples and has a creamy dressing made with yogurt, lime juice and zest as well as a little heat from some jalapeño. We included Granny Smith apples and limes in last week's fruit box, so this might be a good recipe choice for members who also receive the fruit share. The second recipe is for **Thai Jicama & Red Onion Salad**. (See below) The author of this recipe recommends serving it with shrimp, but I think it would be delicious with any fish, seafood or even chicken.

I came across two interesting recipes this week for broccoli and cauliflower. The first recipe is **Grilled Broccoli with Avocado and Sesame**. This is an interesting recipe that has several components to it that come together in the end. Grilled broccoli is drizzled with a dressing made from avocado and tahini and then the salad is garnished with slices of red onion and a bit of pickled jalapeño. This salad will make good use of not only the broccoli in this week's box, but also will utilize the jalapeños and red onions. Serve this salad as a main dish on its own or alongside grilled steak or chicken. The other recipe I came across is for **Parmesan Roasted Cauliflower with Garlic & Thyme**. With this recipe you roast whole cloves of garlic with the cauliflower along with some onions. When you serve this dish, diners can squeeze the sweet roasted garlic out of its skins and eat it with the cauliflower or you can spread the roasted garlic on bread and to eat alongside the cauliflower. Any color of cauliflower will work for this recipe.

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

Jicama Apple Slaw

Yield: 4-5 servings

- 1 small jicama, peeled and fine julienned (3-4 cups)
- 1 Granny Smith apple, fine julienned
- 2 Tbsps cilantro, chopped
- ¼ green cabbage head, shredded (could substitute broccoli stems)

For the Dressing:

- 1 cup plain yogurt
- 1 jalapeño, seeded and minced
- 2 limes, zest and juice
- ¼ cup sherry wine vinegar
- Salt and black pepper, to taste

1. Mix julienned jicama, apples, cilantro, and cabbage together.
2. Whisk all dressing ingredients together. Toss with jicama apple mixture. Season as needed with salt and black pepper. Serve immediately. This recipe is best eaten the day of.

Recipe borrowed from *Food52.com*.

Thai Jicama & Red Onion Salad

Yield: 4-6 servings

- 1 small or ½ of a medium jicama, peeled
- ½ small red onion, peeled
- 1 ½ Tbsp fish sauce
- 1 ½ Tbsp rice vinegar
- 2 tsp agave nectar (can substitute sugar)
- 1 red chili, minced or ½ tsp red chile flakes
- ¼ cup chopped cilantro

1. Cut jicama into quarters, then thinly slice. Thinly slice the red onion into half-moon pieces.
2. In a small bowl, whisk together the fish sauce, rice vinegar and agave nectar or sugar until it dissolves. Add chile or chile flakes and whisk again.
3. Place the jicama and onion slices into a medium-sized bowl. Toss with the rice vinegar dressing.
4. Add the cilantro and toss again. Serve.

Recipe borrowed from *cookincanuck.com*.