



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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How to Grow, Care for & Use Your Herb Packs!

By Chef Andrea

Fresh herbs bring a fragrant vitality to your kitchen as well as adding beauty to your landscape or patio if your garden space is limited to potted plants. Back in our early days of CSA, we used to include more herbs in the CSA shares. We wanted to give members fresh herbs to cook with, however we heard frequently from members that they were not using all of the herbs in a bunch before they went bad. We brought this issue up at a meeting with our members and one member suggested we send the herbs as plants that they can plant themselves. What a great idea and an even better way to accomplish the overall goal of making fresh herbs available for CSA members to incorporate in their meals! When you need a fresh herb, you simply cut it from your plant—it doesn't get any fresher than that!

This is our second week of deliveries for herb packs, so hopefully by the end of this week everyone will have a pack! You can plant your herbs in a garden space or in pots to keep on your patio, porch or kitchen window sill if you're limited on space. Choose good, loose garden soil mixed with lots of compost (up to 1" mixed into the soil if you're planting into a garden space). The plants will do best in well-drained soil with full sun. If you don't have a space with full sun exposure, partial sun will be ok too. If you have rabbits or other little herb-loving critters in your yard, you might need to fence your herbs to protect them.

Sage	German Winter Thyme	Winter Savory
Greek Oregano	Chervil	Italian Parsley
Basil	Basil	Curly Parsley

*The rest of this article and easy identification pictures of each herb can be found on our **blog!***

What's In The Box?

EGYPTIAN WALKING OR POTATO ONIONS: These are overwintered onions that were planted with the garlic last fall, came up early this spring, and are ready for us to enjoy now as we wait for our spring planted scallions to grow up. You can eat both the lower purplish white portion as well as the greens. They are delicious both raw and cooked, especially roasted or grilled.

ASPARAGUS: We had a cool start to this week, so our asparagus harvests have been lighter than last week. See last week's vegetable feature on our **blog** for storage information and recipes or visit this week's *Cooking With The Box* article on our **blog** to see this week's recipe suggestions.

RHUBARB: This is the red and green stalk-like vegetable in your box. Read more about rhubarb and how to use it in both sweet and savory dishes in this week's *Vegetable Feature* article. There is a little more than one pound in your box this week.

SORREL: Sorrel is the bunched green with arrow shaped leaves. It has a tangy, citrus flavor and may be eaten raw or cooked. When cooked, the leaves turn olive green and soften to the point where they melt into a sauce like texture that is lovely in soups and sauces. You'll find more information about sorrel on our **blog**.

RED RADISHES: We've been waiting for these pretty little red roots to grow up and they made it for this week's box! Just trim off the little root end, give them a wash and they are ready to eat. Don't forget the radish tops, they're edible too! Chop them up and add them to your morning eggs, use them in a stir-fry or add them to a salad.

MINI GREEN & RED ROMAINE LETTUCE: These little lettuces were grown in one of our tunnel greenhouses that we use to grow edible flowers. Separate the leaves from the base and wash them to remove any dirt. Pat the leaves to remove any excess water before using them to make a salad or even a lettuce wrap.

GREEN GARLIC: This is immature garlic that smells like garlic, but resembles a green onion. You can tell the difference between the two by looking at their green leaves. Green garlic has flat leaves whereas the green tops on the onions this week are rounded. You can eat both the lower white portion as well as the green tops.

PEA VINE: This vegetable is an immature pea plant, harvested before it starts to blossom. Pea vine has a fresh, light pea flavor and may be eaten raw or cooked. When it is young and tender, you can eat both the stems and the leaves. As it gets a little bigger, sometimes the stem can get tough and is not as pleasurable for eating. It does have a lot of flavor though, so can be used to flavor broths and sauces. Visit our **blog** and check out the previous feature article about pea vine.

CHOICE: HERB PACK—This week we are delivering herb packs for Every Other Week Brown Vegetable shareholders, Members receiving a Flex box or an Early Season Trial Share, and any individual who requested another pack after last week. This week's newsletter is all about the herbs in the herb packs as well as how to grow them and cook with them!

Cooking With This Week's Box!

While it feels like spring has been slow to come this year, I'm always amazed at how the natural progression of vegetables always happens and each week we're able to pack our CSA boxes. Just as ramps were winding down, asparagus started to come in and this week we've replaced the ramps with green garlic and Egyptian walking onions. We also have several new greens in this week's box along with a splash of color from pretty little radishes and rhubarb. Yes, we have plenty of ingredients to use this week!

Our featured vegetable this week is rhubarb, which may be used in both sweet and savory preparations. One of this week's recipes is for a **Chipotle Rhubarb Sauce** (see below) which may be used as an **Enchilada Sauce** or treat it like a barbecue sauce and use it to baste barbecued chicken, grilled pork chops, pork loin roast or serve it with grilled or pan-fried salmon. I used it on a pork loin roast and it was delicious! I mixed some of the leftover sauce into mayonnaise and used that as a spread to make sandwiches with the leftover pork. The sauce has a little kick of heat from the chipotle and the rhubarb gives it a nice tanginess that works well with meat.

(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: Rhubarb

By Chef Andrea

I grew up in a Mennonite & Amish community where it's expected that everyone has a rhubarb plant in their back yard. I loved to harvest rhubarb and we looked forward to eating it every spring, mostly in the form of pie. In the world I came from, I only knew rhubarb as a "fruit" that paired well with sugar in my Grandma Yoder's kitchen to create a delicious rhubarb custard pie or a rosy rhubarb sauce we would spoon over shortcake. My mother made a delicious rhubarb crisp, Aunt Marty made tasty rhubarb snack bars, and there was a lady at church that made this magical dessert that was simply called rhubarb fluff (and likely contained Cool Whip as the main ingredient.) It wasn't until my adult life that I learned that rhubarb is really a vegetable and can be used in savory ways as well!

(See our [blog](#) for the rest of this vegetable feature article!)

Grandma Yoder's Rhubarb Custard Pie

Yield: Yield: 1—8 or 9 inch pie

Pie Crust Dough, enough to make an 8 or 9-inch single crust pie	5 Tbsp water	Pinch of salt
2 ¼-2 ½ cups rhubarb, small to medium dice	1 cup sugar	Cinnamon
2 eggs	1 Tbsp all-purpose flour	1-2 Tbsp cold butter
	1 Tbsp cornstarch	

1. Preheat the oven to 400°F. Roll out pie dough to a thickness of about ⅛ inch. Put the pie dough in an 8 or 9 inch pie pan and trim the excess dough from around the edges. Crimp the edge of the pie crust if you would like and then put the pie crust in the refrigerator until you finish preparing the filling.
2. In a medium mixing bowl, beat 2 eggs until pale yellow, then add the water and beat until the mixture is frothy. In a small bowl, mix together the sugar, flour, cornstarch and salt. Once the dry ingredients are combined, add them to the egg mixture and beat well to combine.
3. Remove the pie crust from the refrigerator and put the diced rhubarb in the pie crust. You want enough rhubarb to fill the pan evenly. Pour the egg and sugar mixture over the rhubarb.
4. Dot the top of the pie with pieces of cold butter and sprinkle the top of the pie with cinnamon.
5. Bake the pie for 10 minutes at 400°F, then reduce the oven temperature to 325°F and continue to bake for another 40-50 minutes. Bake the pie until the crust and top of the pie are golden brown. The center of the pie may still be soft, but it should not be runny.
6. Remove the pie from the oven and cool to room temperature before you cut and serve it. If you are not going to eat it right away it is best to store the pie in the refrigerator.

This recipe has been passed down through our family and is the rhubarb pie recipe my Grandma Yoder always made for us. Her original recipe was essentially a list of ingredients with a few comments eluding to the procedure. I interpreted the recipe, recreating it to match the memory of it in my mind! While I've never tried this, I think you could substitute milk for the water in the filling to give a creamier filling that is more similar to traditional custard.—Chef Andrea

Chipotle Rhubarb Sauce

Yield: About 2 cups

This recipe was adapted from the recipe for **Swiss Chard and Black Bean Enchiladas with Chipotle Sauce** that was featured at [naturallyella.com](#). You can use this sauce as an enchilada sauce or treat it like a barbecue sauce and baste it on grilled chicken or pork chops or slather it on a pork roast. It would also make a good dipping sauce for chicken strips or mix it with mayonnaise to make a sandwich spread.

1 Tbsp olive oil	1 tsp ground cumin	2 ½ Tbsp maple syrup
¼ cup minced onion	½ tsp paprika	2 Tbsp apple cider vinegar
2 cups diced rhubarb	¼ tsp salt, plus more to taste	
½ tsp chipotle powder	¼ cup veggie broth or water	

1. In a larger pot, heat olive oil over medium. Add in onions and sauté until the onions become translucent, 4-5 minutes. Stir in rhubarb and continue to cook until rhubarb begins to soften, 3-4 minutes.
2. Next, add remaining ingredients. Stir and bring sauce to a boil, then reduce to a simmer. Let cook for 10-15 minutes. The rhubarb will begin to break down and sauce will smooth out as it cooks. You can leave it as a coarse, slightly chunky sauce, or you can puree it in a blender for a smooth sauce.
3. Once the sauce is cooked, taste it and adjust the seasonings as needed by adding more salt, chipotle powder and/or maple syrup.