



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

June 22 - 23, 2018

Strawberry Day 2018!

By Farmer Richard

We plan for working around the weather every day, and party days are no different! This past Sunday we hosted our annual Strawberry Day event and it was a hot one! We had planned for about 200 people, but the forecast for a hot day with the possibility of thunderstorms must've deterred our visitors. We did have about 100 people in attendance with just two brave families camping. Were we disappointed? No! We enjoyed the smaller numbers which allowed us to have more personal contact with those in attendance. We had a great crowd of interested members and some of them brought extended family and friends as well. We had a great day! Thankfully the weather cooperated. Hot? Yes, but we had a nice breeze, traveled on covered wagons, parked in the shade and drank lots of ice water. Our campers enjoyed their night in the valley. Did the choir of frogs keep them awake? No, they had the best night's sleep they'd had in weeks!

After enjoying a delicious potluck picnic lunch, everyone found their place on the wagons and we started off down the road for the field tour. Given the heat, we decided to stay close to the home farm and had intended to cut the field tour a little short. Even though we only traveled from one end of our home farm to the other, we still had a lengthy field tour as everyone was interested in learning about the crops along the way, stopped to harvest some for themselves and asked great questions! At our first stop we harvested celtuce, a new crop in this week's box that originated in China. We were thankful that Christopher, a member from Madison, brought his parents with him to the party and they are from China! We considered them to be our guest "experts" about celtuce and they shared some of their uses for preparing it. We really appreciated their contributions and one young CSA member even had a chance to practice

What's In The Box?

GREEN SCALLIONS: This may be our last week to enjoy scallions before we move on to our next onion selection. Thinly slice the green tops and add them to salads or cooked dishes just before serving for a little extra flavor.

RED BUTTERHEAD LETTUCE: This variety of lettuce is described as a "midi" variety meaning that it is supposed to yield a compact head of lettuce that is smaller than full size. While the leaves are mostly green, they do have a reddish-bronze coloring on the tips. This is a crisp, dense head of lettuce.

GARLIC SCAPES: This may be our last week for garlic scapes before we start harvesting fresh garlic. Check out last week's **blog** post for more information about how to use garlic scapes.

BABY WHITE TURNIPS: This is our last week of baby white turnips until we plant them again in the fall. You can, and should, eat both the turnip roots as well as the tender green tops.

ITALIAN &/OR GREEN ZUCCHINI: The striped zucchini with ribs is the Italian variety. It is usually more firm when cooked than the green variety. Store zucchini at room temperature. If you refrigerate them they can get chill injury which will decrease their quality and shelf life.

STRAWBERRIES: We should have another solid week of picking, but strawberry season never lasts very long. Don't forget to keep your berries cold to preserve their quality until you are ready to eat them, but please eat them soon after receiving them.

BROCCOLI: This is the first of our spring planted broccoli crop. The stems are edible and, if young, may be tender enough to eat without peeling. The leaves are also edible and should be prepared as you would prepare collards or any other hearty cooking green.

RAINBOW CHARD: Use the stem and the leaf. Both are tender enough now to eat the chard either raw or cooked.

CELTUCE: This is the vegetable in your box that has green leaves on top of a thick, long white stem. Please read this week's vegetable feature for more information.

SUGAR SNAP PEAS: It's easy to just eat these right out of the bag, especially since the pod is also edible. Don't forget to remove the stem and the string that runs on the top seam of the pea pod before doing so.

CHOICE: ZUCCHINI—We had a pretty toasty weekend and the zucchini soaked in the heat and produced some pretty large zucchini! We couldn't bear to leave them behind so we have packed some of the larger zucchini as a choice item for those of you who love zucchini. They'll make great zucchini bread or cake!

speaking Mandarin Chinese with them! While we were hanging out in the celtuce field, some members wandered into the adjacent field to pick baby dill, arugula, turnips, radishes, cilantro and some baby lettuce while learning more about which crops we plant every week as well as some of the opportunities and challenges associated with growing these vegetables.

We jumped back onto the wagon and continued on to the far end of the garlic field. We had to stop and dig a few garlic just to see how they were doing. Garlic harvest will be happening within the next month, so we learned how to read the signs of the plant to make the decision about when to harvest. We also learned a little bit about how we irrigate the garlic crop from our lead irrigation crew member, Vicente.

See our **blog** for the rest of this article!

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Featured Vegetable: Celtuce

By Chef Andrea

This week we're excited to share a new vegetable with you! We enjoy growing and learning about new vegetables and this year we decided to challenge ourselves as well as our members with celtuce. Celtuce is thought to have originated in southern China and is also known as "Lettuce Stem." While it is relatively well-known in China, you seldom see it in the United States but it can be found in some Asian grocery stores. Botanically, it is a member of the lettuce family. The plant grows similarly to lettuce and the leaves resemble lettuce leaves. While you can eat the leaves, the main feature of this plant is the long, thick stem. The lower leaves are usually trimmed away as they can sometimes become bitter as the plant matures. The upper leaves are usually left intact and are tender and generally less bitter if at all. Once the leaves are trimmed away, the thick, white stem is revealed.

*(See our **blog** for the rest of this vegetable feature article!)*

Cooking With This Week's Box!

This week we get to experiment with a new vegetable! Celtuce is not very well-known in this country, so it's hard to find recipes to use it. The key is to just keep it simple so you don't cover up its unique flavor. As I was thinking about the best ways to use it, I couldn't help but think of fried rice, thus I created this simple recipe for **Fried Rice with Chicken & Celtuce** (see below). This is a simple way to prepare this week's celtuce along with the sugar snap peas. If you'd prefer to eat the celtuce raw, try the recipe for the **Pickled Celtuce Salad with Ginger and Sesame** (see below). It's delicious eaten alongside a simple piece of grilled or pan fried fish or chicken.

With the remaining sugar snap peas, consider making this **Quinoa Salad with Sugar Snap Peas and Mint**. It's light, refreshing and simple to make. It also travels well, so it's a good candidate to take to work with you. As long as we're on the topic of fresh, simple salads, we should talk about making a **Creamy Cucumber Salad**.

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

Pickled Celtuce Salad with Ginger & Sesame

Yield: 3-4 cups

2 Tbsp rice vinegar	2 celtuce stalks, peeled and julienned	½ tsp salt, plus more to taste
1 Tbsp finely chopped crystallized ginger	2 scallions, thinly sliced (green tops included)	Finely ground black pepper, to taste
2 Tbsp sunflower oil	2 Tbsp finely chopped cilantro	1 ½ tsp toasted white or black sesame seeds

1. Put vinegar and crystallized ginger in a small bowl and set aside for a few minutes to soften the ginger. Stir in the sunflower oil and set aside.
2. In a medium mixing bowl, combine celtuce, scallions, cilantro and ½ tsp salt and freshly ground black pepper. Pour the ginger vinaigrette over the vegetable mixture and stir well to combine. Add the toasted sesame seeds and stir again. Let the salad rest for a minimum of 15-20 minutes or overnight. This will allow the flavors to come together.
3. Taste the salad and adjust the seasoning to your liking by adding more salt, pepper and/or vinegar as needed. Serve this salad either at room temperature or refrigerated.

Recipe created by Chef Andrea Yoder, Harmony Valley Farm

Fried Rice with Chicken & Celtuce

Yield: 4-6 servings

4-5 Tbsp vegetable oil, divided	3 scallions, thinly sliced (including green tops)	4 cups cooked rice
4 eggs, beaten	1 cup sugar snap peas cut into ½-inch pieces	4 Tbsp soy sauce
¼ tsp salt plus more to taste	2 celtuce stems, peeled, quartered and cut into ¼ inch slices	Freshly ground white and/or black pepper
2 boneless, skinless chicken breasts		Toasted sesame oil, for serving.
2 garlic scapes, finely chopped		
2 Tbsp fresh ginger, minced		

1. First, heat a small to medium skillet over medium heat and add 1 tsp of oil. When the pan and oil are hot, add the beaten eggs and ¼ tsp salt. Scramble the eggs until they are cooked through, yet soft. Remove from the heat and set aside.
2. In a large skillet or wok, heat 2 Tbsp oil over medium-high heat. Cut the chicken breasts into thin, bite-sized strips. Once the oil is hot, add the chicken pieces and cook until golden brown. Stir to turn the chicken pieces over and brown the other side.
3. Next, add the garlic scapes, ginger and scallions. Stir the mixture to prevent the ginger and garlic from getting too brown while you continue to stir-fry for 1-2 minutes or until the scallions are soft and the ginger is fragrant. Next, add the celtuce, sugar snap peas, and pepper. Continue to cook for another 3-4 minutes, stirring frequently.
4. Add 2 more Tbsp of oil to the pan and tip the pan to distribute the oil evenly. Next, add the rice and continue to move the rice so it is evenly distributed in the pan. Continue to stir-fry the mixture until the rice is thoroughly heated, 3-5 minutes.
5. Next, add 4 Tbsp of soy sauce. Reduce the heat to low and cook for a few more minutes. Adjust the seasoning with more soy sauce if you like and additional salt if needed. Stir in the scrambled eggs and serve hot with a drizzle of toasted sesame oil if desired.

Recipe by Chef Andrea Yoder, Harmony Valley Farm