



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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## News Reports from *The Organic & Non-GMO Report*

By Richard & Andrea

We subscribe to a publication entitled *The Organic & Non-GMO Report* which is a monthly publication led by editor Ken Roseboro. Roseboro has done extensive research, writing, and speaking about all aspects of genetically modified foods (GM/GMO) and their impact on society. The mission of this publication is to "...provide information you need to respond to the challenges of genetically modified (GM) foods." We appreciate this publication as it helps us stay up-to-date on global issues related to GM foods and reports on current scientific research and provides expert reports on important issues related to GM production. The most recent issue was packed with a lot of interesting information, so we thought we'd share a few highlights with you this week. We highly encourage you to check out their website ([non-gmoreport.com](http://non-gmoreport.com)) where you can read past articles about a wide variety of related topics and find more information about subscribing to their publication if you're interested in staying abreast of developments in this area.

One of the things we appreciate about this publication is that they present the facts, openly and honestly. As organic growers, we do not believe GMO foods and crops are good for humans, other creatures, the environment, etc. It is hard to read some of their reports about the damaging impacts we're seeing from the production of GM crops and the agrochemicals used adjunctively in their production. While we need and want to be informed, sometimes it can be pretty depressing information to read about! Another thing we appreciate about this publication is their focus on positive news as well, so let's start there.

One article highlighted the small Indian state of Sikkim, which made the bold move to go all organic and reject its country's trend towards agrochemical agriculture systems that dominate Indian agriculture.

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

## What's In The Box?

**ZUCCHINI AND/OR YELLOW SUMMER SQUASH:** We're trialing a few new varieties in our second planting including golden zucchini and a yellow summer squash called "Smooth Operator." It's part of a series of vegetables that the breeder has designated as "The Slick Pick Series." We had to try it!

**GREEN AND/OR SILVER SLICER CUCUMBERS:** Our second planting is coming on just as the first one is winding down. Cucumber slices sprinkled with salt and a little chili powder make for a quick & refreshing snack on a hot day.

**WHITE SPANISH ONIONS:** This is a burger onion, meaning it's an excellent onion to slice thinly and pile on a grilled burger. It is a mild, sweet onion, but it has a lot of flavor. This variety is not meant for long term storage, so use it within the next few weeks.

**ORANGE CARROTS:** These carrots are still from our first early planting, the tops just started to phase out so we harvested them without the tops. Check out this week's *Cooking With the Box* portion of our blog where you'll find several recipes that utilize carrots.

**BROCCOLI:** This is a big broccoli harvest week! It's relentlessly producing really nice harvests! Turn it into soup, use it for a salad, roast it, or blanch it and freeze it for winter.

**WHITE CAULIFLOWER:** We've been waiting for cauliflower to come on the scene! Looking for something simple? Roast the head whole or as florets and toss it with fresh herbs.

**ITALIAN FRYING PEPPERS AND/OR GREEN BELL PEPPERS:** Italian frying peppers are long, slender peppers with wide shoulders that taper to a point at the tip of the pepper. They are a thin-walled sweet pepper that will eventually turn red. They have excellent flavor when cooked. In contrast, green bell peppers are blocky and have a thicker wall. They work well in stews, soups, as well as eating them raw.

**JALAPEÑO PEPPER:** There is one jalapeño pepper in your box this week, so make sure you don't lose it! This is a hot pepper, perfect for making salsa or slice it thin and put it on a taco or sandwich.

**EGGPLANT:** Check out this week's *vegetable feature* for more information about this gorgeous vegetable!

**SUN JEWEL:** Sun jewel melons are the bright yellow melons with white stripes and an elongated shape. They have a crisp, sweet, white flesh.

**SWEET CORN:** This is one of our early varieties of sweet corn. The volume isn't a lot in this week's box, but there will be more to come. Save the cobs and add them to your next pot of vegetable or meat stock for added flavor.

**NEW POTATOES:** The term "new potatoes" refers to the fact that these potatoes were harvested fresh and have thin, delicate skins. Typically, potato vines are mowed off about a week before harvest to help set the skins so they are more durable and will store longer. It's pretty hard to find true "new potatoes" as most producers don't want to fuss with the delicate handling, but the flavor makes it worth it!

**GREEN OR YELLOW BEANS:** We're nearly done picking our second crop of beans this week. Yellow beans are used the same as green beans. The only difference is the color. Get ready, in the next planting we have purple beans!

**TOMATOES:** You will receive either Red Grape, Sun Orange or Chocolate Sprinkles

**CHOICE: BASIL**—Our plants keep producing, so we keep sending it your way! We've sent enough for about a handful for each vegetable share.

## Featured Vegetable: Eggplant - Flashy, yet humble

Eggplant is one of the most beautiful crops we grow. The plants grow several feet tall and, in their peak, are loaded with beautiful glossy fruit hanging heavy on the plant. There are many varieties of eggplant ranging in size from small round eggplant the size of a golf ball to large globe eggplant weighing over a pound. They come in a variety of colors ranging from various shades of purple to black, green, lavender, white and orange. We have narrowed our lineup of eggplant to our four favorite varieties including Lilac Bride, Purple Dancer, Listada and the traditional Black eggplant. Please refer to our previous blog post (August 10, 2016) which includes pictures and profiles of each eggplant and highlights the characteristics of each in further detail. Each variety is best for different uses, so it's helpful to visualize which variety you have before you decide how you want to use it.

Eggplant is a member of the nightshade family and must be cooked. Many resources will tell you to salt eggplant before cooking it to remove bitterness. While some older varieties were bitter, the new varieties we grow have been selected because they are not bitter, thus you can skip the salting step for that reason. You may still choose to salt eggplant to soften the flesh so it doesn't absorb too much oil. Most of our varieties of eggplant have skin that is tender enough to eat, thus you do not need to peel them.

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

## Cooking With This Week's Box!

Here we go...summer bounty is upon us and the box is bursting at the seams! Our *CSA Facebook Group* has been awesome this past week! If you are a CSA member and haven't joined the group, we encourage you to do so. Check your weekly email for more information. A lot of great ideas were posted in the group this week, including this recipe for **Julia Child's Eggplant Pizzas** (see our **blog**) which was very timely for this week's focus on Eggplant as our featured vegetable of the week. This "pizza" concept makes use of the eggplant as the base to carry a delicious, and simple, tomato and cheese topping. You should know, this recipe is endorsed by one of our CSA kids who, at age 7, prepared this recipe herself! Come on adults, you can do this.

Our other featured recipe is a super simple recipe for a **One-Pot Vegetable Thai Red Curry** (see below). I love this recipe because it's very adaptable to the season. I made it last winter with sweet potatoes and root vegetables and have been anxiously waiting to make the summer version of this recipe using eggplant. I've adapted the recipe to guide you in being creative with how you make this. Basically, make sure you have 5 cups of vegetables and feel free to vary the combination to your liking. This week I made it using eggplant, carrots, potatoes and cauliflower. It goes together really fast and, served with rice, is a complete meal on its own. It also reheats well, so you have something to take for lunch the next day!

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

## One-Pot Vegetable Thai Red Curry

Yield: 4 servings

5 cups seasonal vegetables** (eg 1 ½ cups eggplant, 1 cup carrots, 1 cup new potatoes, 1 ½ cups cauliflower florets)	½ tsp salt 3-4 cloves garlic, minced (about 2 Tbsp) 2-inches fresh ginger, minced (about 2 Tbsp)	1 ¼ cup water 2 Tbsp tamari ½ Tbsp maple syrup 1 Tbsp lime juice (or rice wine vinegar), plus more to taste
2 Tbsp olive oil	4 ounces red curry paste	Fresh basil, for serving
1 small onion, finely chopped (about 1 cup)	1 can (13.5 fl oz) coconut milk	Cooked brown rice, for serving

1. Prepare the vegetables: Cut vegetables into ½-¾ inch dice or into bite-sized pieces. You'll want to group the vegetables according to how much cooking time they'll need. Harder vegetables such as carrots, potatoes, and other root crops will need a longer cooking time. Some vegetables, such as eggplant, peppers, green beans, zucchini, and broccoli will need a moderate amount of cooking time while greens such as spinach and kale may need less time. You'll need to use your best judgement with the vegetables you choose to use.
2. In a large pot, warm the oil over medium heat. Add the onion, sprinkle with salt and cook for 3 minutes, until translucent. Next add the garlic, ginger and any more dense vegetables such as carrots, potatoes, etc. Continue to cook for 5 more minutes.
3. Add the curry paste, coconut milk and water then bring to a boil. Stir in any vegetables requiring a moderate cooking time. Reduce to a simmer then cover and cook for about 7-10 minutes, until vegetables are tender. If you are using any quick-cooking vegetables, add them now.
4. Stir in the tamari, maple syrup, and lime juice (or rice wine vinegar). Taste and adjust the seasoning with salt, tamari or lime juice to your liking. Serve over warm rice with fresh basil and enjoy!

### \*\*SUGGESTIONS FOR SEASONAL VARIATIONS:

**Summer:** Eggplant, Carrots, New Potatoes, Peppers, Zucchini, Broccoli, Green Beans, Corn

**Fall:** Sweet peppers, Potatoes, Sweet Potatoes, Kale, Carrots, Cauliflower, Romanesco, Delicata or Butternut Squash

**Winter:** Carrots, Winter Squash, Sweet Potatoes, Turnips, Rutabaga, Celeriac, Sunchokes

**Spring:** Asparagus, Ramps, Mushrooms, Spinach, Baby White Turnips

This recipe is Chef Andrea's adaptation of a recipe originally featured on the blog, *Making Thyme For Health*, [makingthymeforhealth.com](http://makingthymeforhealth.com)

**Visit our blog where you'll find a bonus recipe for Julia Child's Eggplant Pizzas.**