



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993
www.harmonyvalleyfarm.com

August 31 - September 1, 2018

Severe Weather Event... Again

By Richard DeWilde

Well here we go again! Another severe weather event, the third in 3 years. This is starting to look like an annual event! What started in 2007, 12 inches in 24 hours, was called at the time a "100 year event." Meteorologists no longer refer to 50 or 100 year events, because they now appear to be annual events!

So what is it like for us to deal with such an event?! On Monday night it started to rain with possible "heavy rain" in the forecast. It rained and rained, our weather man referred to it as a "trailer," new to me but meaning that the band of showers did not just pass through, but the tail end continued to build into heavy showers for 12 hours! I dumped the rain gauge at 10 PM, emptying 4.5 inches. I tried to sleep, but our sweet dog Jack kept waking us to adjust his blanket covering because he was terrified by the constant thunder and lightning. So after a troubled sleep, we rose before dawn to assess the damage. By morning the total rainfall had risen to 8 inches rain in less than 12 hours.

From past events, the obvious first thing to check is the animal fencing that crosses the creek. Yep, they were washed out! Angel and Juan Pablo were here at the first light of dawn to contain our animals. As of Tuesday night the pigs are in the corral, their two creek fences still not complete. The cows are all accounted for and contained, but much more fencing work is needed!

Now, on to harvest! Our pre-dawn assessment found that no fields were accessible. River and creek crossings, roads to bench fields and the dry washes were all plugged with rock and debris. We canceled morning harvest, pulled every skilled operator and utilized every piece of equipment to spend the morning fixing roads and our yard to make them passable while the rest of the crew worked in the packing shed and greenhouses to pack things harvested the previous day and worked on trimming and

What's In The Box?

ZUCCHINI OR YELLOW SUMMER SQUASH: Despite the fact that we'll be harvesting winter squash soon, our summer squash and zucchini plants continue to be productive!

PURPLE MAJESTY POTATOES: Read more about this variety and the benefits of eating purple vegetables in *this week's vegetable feature article*.

ZOEY ONIONS: This is a mild, sweet onion that is tender with a thin, light brown papery skin. This is a good onion for eating raw or use them for caramelized onions.

MISSOURI GARLIC: This is a porcelain variety of garlic. The cloves are larger, firm and juicy with a full-bodied flavor. Use them raw or cooked.

ORANGE & PURPLE CARROTS: We're thankful we were able to harvest these carrots before the rain came in this week! This week we're packing both orange as well as purple carrots. Purple carrots retain their color best when roasted, baked or eaten raw.

JALAPEÑO PEPPERS: Check out this week's *Cooking with the Box* article where we feature several different recipes utilizing jalapeño peppers.

SWEET CORN: This is a new variety for us, featured by very robust ears filled with tender kernels of corn. This was a recommendation from Phil, our good friend and seed rep who has really helped us find varieties that work well on our farm.

VARIETY OF TOMATOES: This week's bags may contain two of the following tomatoes—Red Slicers, Gold Slicers, Pink Damsel or Black Velvet. We choose varieties that are most disease resistant, yet produce tasty, delicious fruit.

EDAMAME: These are edible soybeans meant for fresh eating. The pod is not edible, but the sweet bean inside the pod is! They can be boiled or roasted.

TOMATILLOS: Remove the husk from the tomatillos before using. It is normal for them to feel a little sticky, just give them a quick rinse before using them.

POBLANO PEPPERS: This is the dark green pepper with wide shoulders and a tapered point. They have a medium level of heat and are excellent eaten raw or roasted.

ORANGE ITALIAN FRYING PEPPERS: This is a thin-walled, sweet pepper. We like it for its color, flavor, sweetness and because they have historically been more resistant to disease in a wet year!

RED GRAPE TOMATOES: Cut these little tomatoes in half, toss with olive oil, salt and pepper and roast them until they are soft and slightly golden. You'll find they become sweet and have a different flavor than when eaten raw.

RED SEEDLESS WATERMELON: In this week's *Cooking with the Box* article we link to a recipe for grilled watermelon! Perfect for Labor Day weekend!

CHOICE: See the banner on your site's checklist for choice item information.

cleaning onions and shallots for storage.

In the afternoon, we loaded up the harvest wagons to resume harvest. Unfortunately, the rain started just as the crews were heading to the field. It was a wet, muddy afternoon, but we were able to pick peppers, eggplant, tomatoes and tomatillos in the on again/off again rain! We had to fix some of the tomato trellises that had tipped over with the soggy soil. Not the most fun day of harvest, but the product was fine and the crew got it done.

See our blog for the rest of this article!

Featured Vegetable: Purple Potatoes

Potatoes are the fourth largest food crop in the world, following behind rice, wheat and corn. Potatoes originated in the Andes Mountains of Peru and Bolivia but have spread throughout the world and are grown and eaten all over the world. While we're accustomed to seeing just a few common varieties on grocery store shelves, the world of potatoes is actually very diverse with hundreds of different varieties that go beyond the common Yukon gold, red potatoes and Russet potatoes for baking. Earlier this week we harvested these beautiful Purple Majesty potatoes which you'll find have a deep bluish-purple skin and purple flesh. This variety is classified as a waxy, high moisture potato, thus it is a good potato for roasting, pan-frying, and it will hold together well in soups and stews.

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

Cooking With This Week's Box!

When I was a kid, purple was one of my favorite colors. At that time I had no idea that there were purple potatoes or purple carrots! I do envy CSA kids who get to grow up eating all of these cool vegetables! We'll kick off this week's cooking talk with a recipe for **Breakfast Potato Nachos** (see below). The Purple Majesty potatoes are a good variety to use for this and make for a colorful presentation. The potatoes are cut into thin slices and then baked as crisp as you like them, thus becoming the "chip" part of the nachos. Top them with cheese and whatever other vegetables you like, such as black beans, tomatoes, onions, and avocado. Put a fried egg on top and you have authorization to eat nachos for breakfast! Our other recipe suggestion for this week's Purple Majesty potatoes is a simple recipe for **Peppery Zucchini & Potato Packets on the Grill** (see below). If you're grilling out for Labor Day weekend, consider adding this to the menu. If you have a camping trip planned for the holiday weekend, this is a fun thing to make over the campfire. We used to make these at summer camp. You can cook the packets on a grill set over the fire, or add an extra layer of foil and put the packet right into the hot coals.

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

Breakfast Potato Nachos

Yield: 4 servings

Chili Spiced Potatoes:

2 pounds potatoes, sliced
into $\frac{1}{8}$ -inch or $\frac{1}{4}$ -inch thick
rounds
2 Tbsp olive oil
1 tsp chili powder

$\frac{1}{2}$ tsp ground cumin
 $\frac{1}{4}$ tsp garlic powder
 $\frac{1}{4}$ tsp fine sea salt
 $\frac{1}{4}$ tsp ground black pepper
 $\frac{1}{8}$ tsp ground cayenne pepper

Toppings:

$\frac{1}{2}$ cup shredded Colby-Jack
cheese
 $\frac{1}{2}$ cup canned black beans,
rinsed and drained
2 jalapeños, thinly sliced
tomato salsa

sour cream
sliced green onions
chopped cilantro
sliced avocado
lime wedges
fried egg

1. Preheat oven to 400° F.
2. In a small bowl, combine chili powder, cumin, garlic powder, salt, pepper, and cayenne pepper. Set aside.
3. Coat potato slices with olive oil. Arrange potatoes in a single layer on two baking sheet trays, making sure the potatoes do not overlap. Sprinkle spice mixture over potatoes, flip potatoes and sprinkle spice mixture on the other side. Bake for 25-30 minutes until potatoes are tender. (Note: if you slice the potatoes $\frac{1}{8}$ -inch thickness, bake for 20-25 minutes until potatoes are crisp)
4. Set oven to broiler setting.
5. Layer about half of baked potatoes on a baking sheet. Sprinkle with half of black beans and half of shredded cheese. Top with remaining potatoes, black beans, and shredded cheese. Set under broiler for 20-30 seconds until cheese is melted.
6. Garnish nachos with salsa, sour cream, sliced jalapeños, avocado slices, sliced green onions, and chopped cilantro. Before serving, top with fried egg. Enjoy immediately.

This recipe was borrowed from Maryanne Cabrera and was featured on thelittleepicurean.com.

Peppery Potato and Zucchini Packets on the Grill

Yield: 4 servings

1 $\frac{1}{2}$ pounds potatoes, scrubbed and thinly sliced
1 zucchini, thinly sliced
1 medium onion, thinly sliced
1 Tbsp olive oil
1 tsp fresh thyme, or $\frac{1}{2}$ tsp dried thyme
 $\frac{1}{2}$ tsp salt

1. Heat the grill.
2. Mix all of the ingredients in a bowl. Divide the mixture among 4 pieces of aluminum foil, placing the mixture near one end. Fold in half to form a packet; then fold the edges to seal completely. Grill the packets 25 to 30 minutes, turning over once, until the potatoes are tender when pierced.

Recipe borrowed from *The CSA Farm Cookbook*, by Mi Ae Lipe.