



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 19 -20, 2018

## Farm Update

Fall is here! The trees are turning beautiful colors. It seems quiet now that the humming birds, swallows, dragonflies and butterflies have all left for warmer climates in the south. We look forward to their return in the spring! We heard a few whippoorwills as they passed through on their way south, but now the resident Great Horned and Bard owls keep us company as they talk to us every morning and at night.

It is proving to be a very wet fall encompassing multiple flood events followed by weeks of wet days. The damage caused by the floods at the end of August and first of September created quite a mess for us to clean up! The powerful waters blew out field protecting berms, washing away as much as five inches of the best topsoil and depositing sand, rock and driftwood in its place. It's a mess to say the least! So we have spent the last three weeks clearing not only piles of driftwood and rocks from fields, but also removing most of the trees that have grown up in the creek bed over many years. This is a huge job involving six crew members daily for three full weeks. Our little spring fed creek normally is only six inches deep and six feet wide, but when the run off from the surrounding woods and poorly managed ridgetop fields pours into our valley, the result has been devastating. This year we saw significant damage to fields that have not been flooded since 1952. The NRCS staff that cost-shared our streambank repairs in 2006 and again in 2008 admit they did not understand how to prevent future damage. Together we figured it out and are working to improve the landscape before the next substantial weather event. We removed all trees that impeded water movement. We left single trees of apple, walnut and majestic shade trees and a few black locust to use for future wood and fence posts. We made sure there are no two trees left side-by-side that could catch drifting logs and create a dam effect. The concept is to let flood water easily spread rather than forcing a bank to wash out or overflow into our fields. The result is actually attractive.

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

## What's In The Box?

**ORANGE CARROTS:** We were able to harvest more carrots last weekend! We'll have enough carrots to continue including them in your boxes until the end of the season.

**YELLOW ONIONS:** We are now moving into our fall storage onions. This variety, Calibra, is known for its long storage potential. You'll notice that the skin on this onions is more substantial than on some of our earlier onions.

**GARLIC:** We're anxious to get our 2019 garlic crop planted. While this year wasn't our best garlic year, we're happy we were able to get some seed to be able to replant! We'll try again next year!

**BROCCOLI:** The pieces in this week's box are small, but should be pretty tasty after surviving chilly, frosty nights! If you notice a little dark spot on the crown of broccoli, just trim it away. It's likely a soft spot caused by frost.

**BROCCOLI ROMANESCO OR CAULIFLOWER:** This will be the last week for broccoli Romanesco and likely cauliflower too, although we have one more variety of white cauliflower that could still produce nice heads.

**HONEYNUT BUTTERNUT SQUASH:** These little squash have deep orange, sweet, rich flesh. Cut them in half and bake, then top with coconut oil or butter and a little cinnamon.

**RUSSET POTATOES:** These are very dense, firm potatoes and have been storing very nicely. This is a dry, starchy potato, which is different from our other varieties that are more waxy. These are the potatoes to use for mashed potatoes.

**BURGUNDY SWEET POTATOES:** Check out *last week's newsletter* article on our blog for more information about growing and cooking sweet potatoes!

**BABY ARUGULA:** This week's baby arugula is beautiful and tastes great! While still spicy, fall arugula has a more balanced flavor. Eat this arugula raw as a salad green or wilt it on hot pizza or pasta.

**GREEN SAVOY CABBAGE:** Check out *this week's vegetable feature* for more information and check out the recipes in this week's newsletter as well.

## Featured Vegetable: Green Savoy Cabbage

This week we're featuring one of our favorite fall & winter greens, green savoy cabbage. While many growers choose to grow "kraut cabbage" which is the standard smooth, green cabbage, we choose to grow savoy cabbage. The term savoy refers to the ruffled leaves which we think are beautiful! We also like this type of cabbage because it has more texture when eaten raw or cooked. In addition to green savoy cabbage, we have a red savoy cabbage variety as well. Despite the fact that this is a great variety, both beautiful and has long storage potential, the seed producers have chosen to discontinue seed production. This will be our last year to grow and deliver red savoy cabbages as we have planted out the remainder of the seed we had in storage and cannot get any more. We'll be delivering red savoy cabbage in late November or December.

Cabbage has long been known as a staple vegetable necessary for surviving a long winter in cold climates. It stores well and has a wide variety of uses. Additionally, cabbage is packed with nutrients including vitamins C and K, fiber B6 as well as antioxidants. When it's too cold to harvest other greens, we can rely on cabbage to get us through until spring!

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

## Cooking With This Week's Box!

Here we are, almost at the end of October! The past week has been a chilly one which makes me really ready to fully transition to fall and winter cooking. Let's kick off this week's discussion with a super-simple recipe for **Green Cabbage Soup with Potatoes and Sour Cream** (see below). Deborah Madison is well-known for simple, vegetable-centric recipes. This soup is no exception. From beginning to end it only took me 35 minutes to prep all the vegetables and simmer the soup. No blenders, no complicated steps and very limited ingredients. This is nothing fancy, but it's nourishing and delicious. I followed Deborah's suggestion to garnish it with a dollop of sour cream and freshly chopped parsley. You could grate Parmesan cheese on top or you could add a can of cannellini beans to the soup if you wanted to add a little more protein or body. We enjoyed this warm soup with a piece of rustic bread and a light salad made with our salad mix tossed with vinegar and oil.

The other cabbage recipe we're featuring this week is a combination of recipes from Andrea Bemis's book, *Dishing up the Dirt*, and Sarah Britton's book, *Naturally Nourished*. Andrea has a delicious recipe for **Roasted Cabbage with Bacon Gremolata** (see below). This is another very easy recipe that doesn't take much time to prepare, you just have to be patient while the cabbage roasts. If you don't care for the Bacon Gremolata, try Sarah's **Toasted Walnut Sauce** (see below).

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

### Green Cabbage Soup with Potatoes and Sour Cream

Yield: 7 to 8 cups

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| 5-6 cups green savoy cabbage, thinly sliced         | 1 tsp sea salt, plus more to taste    |
| 2 to 3 Tbsp butter                                  | Freshly ground black pepper, to taste |
| 1 ½ cups sliced leek or diced yellow onion          | Sour cream or yogurt, for serving     |
| 2 cups diced potato (russet potatoes are preferred) | Minced parsley or dill, for serving   |

1. Melt the butter in a soup pot. Add the leek or onion and potato, give them a stir, and cook for a minute or two, then add the cabbage and 1 tsp salt. Pour over 5 cups water, bring to a boil, then lower the heat and simmer, covered, for 20 minutes or until the potato is tender.
2. Taste and adjust the seasoning with additional salt and pepper.
3. Ladle the soup in to bowls, then add to each a dollop of sour cream, a sprinkling of fresh herbs, and a final grinding of pepper.

Variations:

- Add 5 juniper berries and 2 tsp finely chopped rosemary to the leek/onion and potato. Serve the soup with an extra pinch of rosemary.
- Reduce the water by ½ cup and at the end replace the sour cream with crème fraîche or cream.

Recipe adapted from *Vegetable Soups from Deborah Madison's Kitchen*, by Deborah Madison.

### Roasted Cabbage with Bacon Gremolata Or Toasted Walnut Sauce

We're offering two suggestions for serving this roasted cabbage. If you enjoy meat, try the **Bacon Gremolata with Parmesan cheese**. If you're looking for something a little lighter and/or a vegetarian option, try the **Toasted Walnut Sauce**.—Chef Andrea

Yield: 4 servings

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| 1 medium-sized head of cabbage, sliced crosswise into 1-inch thick rounds | Bacon Gremolata and Freshly grated Parmesan Cheese or Toasted Walnut Sauce (see below) |
| 2 Tbsp olive oil  | Fine sea salt and freshly ground black pepper  |

1. Preheat the oven to 400°F. Brush both sides of the cabbage rounds with olive oil. Place them on a baking sheet and roast until they are tender and browned on all sides, 35 to 45 minutes. Toss halfway through cooking.
2. To serve, sprinkle the roasted cabbage with the gremolata and Parmesan or drizzle with Toasted Walnut Sauce. Season to taste with salt and pepper.

Recipe from *Dishing up the Dirt*, By Andrea Bemis.

#### Bacon Gremolata

- 4 strips good-quality thick-cut bacon
- ¼ cup roasted unsalted almonds
- 3 Tbsp minced fresh parsley
- 1 tsp freshly grated lemon zest
- Pinch of kosher salt

1. Heat a large skillet over medium heat. Add the bacon and cook until it is slightly crispy on both sides. Transfer the bacon to paper-towel-lined plates to drain, and when it's cool enough to handle, chop it into small pieces.
2. Finely chop the almonds into small pieces. Add the chopped nuts to a bowl, along with the bacon crumbles, minced parsley, lemon zest, and pinch of salt. Set aside.

Recipe from *Dishing up the Dirt*, By Andrea Bemis.

#### Toasted Walnut Sauce

- Yield: Approximately 1 cup
- 1 cup raw, unsalted walnuts
  - 1 garlic clove
  - 2 Tbsp cold-pressed olive oil
  - 4 tsp apple cider vinegar
  - 2 tsp pure maple syrup or raw honey
  - 2 generous pinches of fine sea salt, plus more as needed
1. Preheat oven to 350°F.
  2. Spread the walnuts in a single layer on a rimmed baking sheet. Toast until they are golden and fragrant, 7 to 10 minutes, watching them carefully so they do not burn. Remove from the oven and let cool slightly.
  3. Add the toasted walnuts, garlic, olive oil, apple cider vinegar, and maple syrup to a blender. Blend on high, adding 1 cup of water to thin the dressing as needed—you are looking for the consistency of melted ice cream. Season with salt. Store in an airtight glass container in the fridge for up to 5 days.

Recipe from *Naturally Nourished*, by Sarah Britton.