



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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## Dusk...Fall...Frost... Winter

By Chef Andrea

Last weekend we had our first hard frost with temperatures dropping down into the twenties. We also saw snow flying and on Saturday we were pelted with snow, rain and sleet as we unloaded the harvest wagons when the crews came in for lunch! Needless to say, now that the chill is on it's time to truly acknowledge we're shifting seasons. While some may scowl at the thought of winter weather, the changing of seasons is one of the beauties of living...and eating in the midwest. As CSA members, you are probably some of the most seasonally informed eaters as we follow the cues nature gives us as we harvest and plant across the wide range of seasons we experience from spring to summer and then fall and into winter. Nature gives us what we need, when we need it and now we're entering into the season of the year where the daylight hours are dwindling, the temperatures are dropping, and it's time for us to slow down and keep warm. In *The Birchwood Café Cookbook*, they call the transition from summer to fall the season of "Dusk" and mark the transition to winter with the onset of the first frost. I like the description they use: "...out in our fields, ghosts of the harvest—stalks and vines, a few errant squash—are coated with silver and glisten in the morning sun. The sudden cold snaps our appetites into action. Hungers surge, and we start roasting roots and cooking whole grains and working with farmstead meats." This description is what we woke up to Sunday morning and those "ghosts of the harvest" were evident. Stalks and stems once vibrant and alive now with frosted, wilted leaves frozen and motionless. Our field work is dwindling, but we're well-stocked with plenty of delicious vegetables to sustain us through the winter.

"Bittersweet. That's fall in a nutshell. Leaves are dropping, along with the temperatures, and the lush plants bursting with life such a short time ago look all used up. Yet after summer's frenetic growth, I can't help but

## What's In The Box?

**ORANGE CARROTS:** Make a tasty root mash with carrots and this week's russet potatoes. You'll end up with a sweet, light, peach colored mash. Finish it off with a little butter and warm milk if you like.

**RED ONIONS:** These onions make a beautiful pickled onion that you can use as a condiment for tacos, sandwiches, or just serve on the side with roasted meats, etc.

**GARLIC:** This week we're planting garlic for our 2019 crop. Planting conditions are much better this year than they were when we planted last year's crop and the crew is doing an awesome job making sure the cloves are at the right depth, correctly spaced, etc. Lets all cross our fingers that we have a super-awesome harvest in 2019!

**POTATOES:** This is the last week we'll be delivering potatoes. Boxes will contain either Russet, Harvest Moon or Purple Majesty potatoes.

**SWEET POTATOES:** Some boxes this week will receive Burgundy sweet potatoes and others may receive Japanese sweet potatoes, or possibly a combination of the two. You'll know the difference because the Japanese variety has purple skin with white flesh and the Burgundy variety has a burgundy skin with orange flesh. Both varieties are sweet and moist.

**BABY RED BEETS:** Why are the beets so small this year? Well, they aren't all this small, but we did have quite a few small beets when we harvested due to the challenges posed by this year's wet fall weather. Big or little, they're still delicious and the beauty of this size is that they are faster to cook and cool!

**SPAGHETTI SQUASH:** This is the bright yellow squash that is oblong and has a smooth skin. Refer back to our **October 4 blog post** for more information and recipes.

**KABOCHA SQUASH:** This is the bright orange squash in this week's box. It has thick, deep orange flesh that is sweet and moist. Refer to our **September 20 blog post** for more information and recipes.

**GREEN CURLY OR LACINATO KALE:** This kale has been sweetened by the frost, which means it is likely the best tasting kale of the year! Add it to your morning scramble, use it to make a fall minestrone, or make kale chips!

**CELERIAC:** Check out **this week's vegetable feature** for more information about how to prepare and use this delicious root!

**GREEN TOP RED RADISHES:** This is the last of our fresh radishes. Dip them in salt for a tasty snack and use the mild radish tops in a stir-fry, soup or scrambled eggs.

**KOHLRABI:** This kohlrabi variety is supposed to grow larger than our spring planted variety and will store well. Cut off what you want to use and keep any unused portion in the refrigerator. You'll find that it's sweet, crispy, juicy and delicious!

welcome fall's slower pace. I'm ready to be indoors, spending a little longer by the warm stove...Vegetables that love the cold—like Brussels sprouts and braising greens—are coming into their prime, sweetened by the cold nights and occasional fall frosts that encourage sugar development. Roots are sweeter now as well. I do still serve some fall vegetables raw, especially those first Brussels spouts and kale leaves. But I'm more likely now than in early months to turn up the stove and transform the vegetables with heat." This is an excerpt from Joshua McFadden's book *Six Seasons* in which he introduces the changing of seasons and cooking in the fall. He's right, the slower pace of winter can be a welcomed relief.

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

## Featured Vegetable: Celeriac

Celeriac, or celery root as it is also known, can be a bit intimidating if you're encountering it for the first time. However, as with all vegetables, there's really no need to be intimidated...it's just a vegetable! Celeriac is in the same family as celery. The difference is that celeriac is grown for its root and celery is grown for its stalks. The stalks on celeriac resemble celery and have a lot of delicious flavor in them, however they are more tough and fibrous than celery and are not usually eaten as you would eat a celery stalk. While this week's celeriac do not have tops, we do sometimes deliver green top celeriac. If you ever get celeriac with the tops still on, don't throw them away! Their flavor can add depth to a pot of stock or soup.

Now for the root bulb. First, scrub the exterior of the root the best you can. Next, thinly slice away the top and bottom of the root so there is a flat side on the top and the bottom.

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

## Cooking With This Week's Box!

It's time to transition to hearty fall and winter fare. Braised vegetables and meats, casseroles, hearty stews and crispy root vegetable winter salads. Lets dive into this week's box and tackle celeriac first. You may be surprised by how far even one medium celeriac will go, and it's a pretty versatile vegetable to use. I really enjoy the how the flavors of wild rice and celeriac go together as both are very hearty and slightly earthy. You'll enjoy this combination in this week's featured recipe for **Wild Rice & Celeriac Gratin** (see below). This dish can stand on its own as a main dish or you could serve it as a side dish along roast beef or braised pork. The other recipe we're featuring this week is for a simple raw **Celeriac Salad with Buttermilk Dressing** (See Below). This recipe calls for celery, which I don't have right now so I'm going to use shaved carrots instead. If you don't have fresh pomegranate seeds, you could also use fresh or dried cranberries in place of them.

Wait until you taste the kohlrabi in the box this week! We don't always grow kohlrabi in the fall, but thought we would include it this year so we have another crispy, crunchy option to enjoy in salads and just as a raw vegetable after all the other fresh vegetables are harvested.

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

## Wild Rice and Celeriac Gratin

Yield: 4 to 6 servings

¼ cup minced shallot or onion	Freshly milled white pepper	2 Tbsp chopped parsley, plus extra for garnish
3 Tbsp butter or oil	½ tsp grated nutmeg	Sea salt and freshly milled pepper
2 Tbps flour	1 Tbsp butter	3 cups wild rice, cooked
1 ½ cups milk, scalded (can be nondairy milk)	1 small celeriac, peeled and grated	½ cup grated Gruyère
½ tsp sea salt	Juice of 1 lemon	¼ cup freshly grated parmesan
	1 clove garlic, minced	

1. Cook the shallot in 3 Tbsp butter in a small saucepan over low heat for 3 minutes. Stir in the flour and cook for 2 minutes more. Whisk in the hot milk all at once, then cook for 20 minutes, stirring frequently, or for 30 minutes in the top of a double boiler. Season with ½ tsp salt, a little white pepper, and the nutmeg. Set the sauce aside.
2. Preheat the oven to 400°F. Lightly butter or oil a baking dish. Melt 1 Tbsp butter in a medium skillet over medium heat. Add the celeriac with the lemon juice, garlic, and parsley and cook until tender, about 5 to 7 minutes. Season with salt and pepper to taste. Combine the wild rice, celeriac, and sauce and stir in the cheeses. Turn into the dish and bake until firm, about 25 minutes. Sprinkle with chopped parsley and serve.

Recipe adapted from *The New Vegetarian Cooking for Everyone* by Deborah Madison

## Celeriac Salad with Buttermilk Dressing

Yield: 4 side salads

1 celeriac (about ¾ pound)	1 cup pomegranate seeds	1 Tbsp extra-virgin olive oil
¾ cup Buttermilk Dressing (recipe follows)	1 cup fresh flat-leaf parsley leaves	1 tsp freshly squeezed lemon juice
	1 cup peeled and shaved celery	Kosher salt

1. Use a vegetable peeler to peel the celeriac, and then finely julienne it. In a bowl, dress the celeriac with ½ cup of the buttermilk dressing.
2. In a small bowl, combine the pomegranate seeds, parsley, celery, olive oil, and lemon juice. Season to taste with salt, and toss well.
3. Spoon 1 Tbsp of the remaining buttermilk dressing on each plate, and spread it out with the back of your spoon. Divide the dressed celeriac among the plates, and then spoon the pomegranate, parsley, and celeriac salad evenly over the top.

## Buttermilk Dressing

Yield: 1 cup

½ cup buttermilk	¼ cup mayonnaise
1 Tbsp Dijon mustard	2 Tbsp crème fraiche
1 Tbsp freshly squeezed lemon juice	½ tsp kosher salt

1. Freshly ground black pepper, to taste
2. Combine the buttermilk, mustard, lemon juice, mayonnaise, crème fraiche, salt, and pepper in a small bowl. Whisk to combine, and serve. The dressing will keep in the refrigerator for 5 days.

Recipes borrowed from *The Broad Fork, Recipes for the wide world of vegetables and fruits* by Hugh Acheson