



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

May 24 - 25, 2019

What's In The Box?

SALAD MIX: This mix is a blend of baby lettuce varieties mixed with flavorful Asian greens. It is more delicate, thus is best dressed with a light vinaigrette just before serving.

SPINACH: Start the day off right with spinach for breakfast. Add it to your morning smoothie or green drink, mix it into your scrambled eggs, or make a breakfast casserole with spinach in it!

CHIVES: This week's chives have blossoms on them which are also edible. Open them up and pull the little purple pieces apart to use them as a garnish for soups and salads.

GREEN GARLIC: While this resembles a green onion, it's actually an immature garlic plant. It's tender enough at this stage to use the entire plant including the green leaves, main stem and lower portion.

DIANA RADISHES: These are the purple and white radishes in this week's box. Don't forget to eat the radish tops as well. There's a tasty recipe for **Radish Top Pasta** in our archives.

RED RADISHES: It's a radish week! Our first crop of red radishes is producing like crazy this week, so we're taking advantage of the bounty and adding a second bunch to this week's box. For radish lovers, it's a jackpot of a week. For those of you who don't care for radishes, consider roasting them. The flavor mellows when they are cooked.

BABY WHITE TURNIPS: These tender, mild salad turnips are delicious raw or cooked. The greens are also edible!

ASPARAGUS: Store asparagus upright with the base of the spears in a glass of water or wrapped with a wet towel. Enjoy asparagus grilled, lightly steamed, stir-fried or even raw!

HON TSAI TAI: This is the bunching green with green leaves and purple stems. Some bunches may also have yellow flowers which are also edible. See this week's vegetable feature article for more information.

OVERWINTERED SUNCHOKES: This is the knobby tuber that some people mistake for ginger. They may be eaten raw or cooked and have a mild, slightly nutty flavor. Sunchokes contain inulin which is a non-digestible fiber that is beneficial for gut health. Unfortunately, some individuals may get a belly ache if they eat too many sunchokes at one time. So, if this is your first time eating them, eat a small portion to start with and check out our blog post from May 2016 to learn more about this unique vegetable.

CHOICE: GARDEN HERB PACKS—We've sent one herb pack for every vegetable share this week (not per household if you have a share partner). We have plenty of herb packs at the farm, so if you'd like another herb pack for yourself or your share partner would like one, please leave your name and phone number on the notebook by the checklist at your site. Your site host will let us know and we'll send an extra pack next week (May 30/31/June 1).

GARDEN HERB PACKS....Notes of advice from Farmer Richard

This week we are sending one herb pack for every vegetable share. The plants have filled their little cells and are ready to be planted. It's time to put on your gardening gloves and have some fun! You can plant your herbs in a garden space or in pots to keep on your patio, porch or kitchen window sill if you're limited on space. Choose good, loose garden soil mixed with lots of compost (up to 1" mixed into the soil if you're planting into a garden space). The plants will do best in well-drained soil with full sun. If you don't have a space with full sun exposure, partial sun will be ok too. If you have rabbits or other little herb-loving critters in your yard, you might need to fence your herbs to protect them.

Refer to this diagram to identify the different plants in your pack. You can also find more information about each herb on our blog. Check out the post we did on May 23, 2018 which includes pictures as well as more information about planting and using your herbs!

Sage	German Winter Thyme	Winter Savory
Greek Oregano	Chervil	Italian Parsley
Basil	Basil	Curly Parsley

VEGETABLE FEATURE: Hon Tsai Tai

By Chef Andrea

Hon tsai tai (pronounced hon-sigh-tie) holds an important place in our spring vegetable line-up. It matures more quickly than other spring-planted greens and is very tasty when grown in cool spring weather. It is in a group of plants referred to as “flowering brassicas.” While it is related to such vegetables as mustard greens and bok choy, what sets it apart is that it has beautiful purple stems that produce a sweet, delicate, edible yellow flower. While other vegetables in the brassica family also produce flowers, they do so towards the end of their life cycle and at that point there are often undesirable flavor changes in the edible portion of the plant. Hon tsai tai is unique in that it produces the flower early in its life when all the parts of the plant still taste good.

Hon tsai tai has a mild mustard flavor that is very well-balanced this time of the year. The entire plant is edible and may be eaten raw or cooked. The thin purple stems are more tender when the plant is young. While still flavorful, they may become more coarse as the plant matures, so should be cut very finely at this stage. Hon tsai tai is delicious in stir-fries or lightly steamed, but also makes a stunning and flavorful addition to raw salads. A common preparation in Chinese cuisine is to quickly stir-fry hon tsai tai with garlic, onions, and ginger, then add oyster sauce. This would also be a tasty green to use in spring rolls, pot stickers or fried rice. This vegetable is also a good addition to broth-based soups such as miso soup or could be a nice addition to a ramen bowl.

If you do a search for recipes using hon tsai tai, you likely won't find much. Your best bet is to check out our recipe archive on our website for past recipes we've featured in previous newsletters. You can also use hon tsai tai interchangeably in recipes calling for bok choy or mustard greens. Store hon tsai tai loosely wrapped in a plastic bag in the crisper drawer of your refrigerator until ready for use.

Hon Tsai Tai & Shiitake Potstickers with Sesame Honey Dipping Sauce

Yield: 30-40 potstickers

2-3 tbsp vegetable oil
1 Tbsp fresh ginger, minced
½ cup minced green garlic
8 oz fresh shiitake mushrooms, sliced
thinly and chopped
3 Tbsp low sodium soy sauce or tamari
1 tsp ground coriander

1 bunch hon tsai tai, leaves and stems
finely chopped
¼ cup minced fresh chives
2 Tbsp sesame seeds, toasted
Salt and black pepper, to taste
36-40 dumpling wrappers (see note
below)

Dipping Sauce:

¼ cup finely minced chives
⅓ cup rice vinegar
¼ cup toasted sesame oil
1 Tbsp Korean chili paste or chili sauce
2 Tbsp low sodium soy sauce or tamari
1 Tbsp honey

1. Heat 2 tablespoon oil in a large skillet over medium high heat. When the oil shimmers, add the ginger and green garlic. Saute for 1 minute. Add the mushrooms and continue to saute until they are softened.
2. Add soy sauce and coriander. Stir to combine. Add hon tsai tai and season with a small amount of salt and black pepper. Cover the pan and steam for about 1 minute or until the greens have wilted down. Reduce the heat to medium. Stir in the chives and sesame seeds. Cook until nearly all the liquid has evaporated.
3. Remove from heat and taste a bit of the mixture. Season to your liking with additional salt, pepper or soy sauce. Set aside to cool while you make the dipping sauce.
4. In a small bowl, whisk together all ingredients except for the chives. At the very end, stir in the chives. Set aside at room temperature until ready to serve.
5. Now it's time to assemble the potstickers. If you are using eggroll wrappers, make sure your potsticker wrappers are cut and ready to use. Lay the wrappers out on a work surface, 3-4 at a time. Leave the remaining wrappers covered with a towel or plastic wrap to keep them from drying out. Put about 1 tablespoon of filling on each wrapper. Brush water around the edge of each wrapper with your finger. Fold the wrapper in half to create a half moon shape. Using your fingers, pinch the edges to seal them. The water will act like the glue to hold the two sides together. You want to have enough filling in the wrapper so the dumpling is full, but not too much or it will pop open. Once the edges are sealed, you can pleat the top by folding the edges over on themselves (there are videos online that demonstrate how to do this) and pinching the pleats to secure them. Place the formed dumplings on a platter and continue to form the remainder of the dumplings.
6. Once the dumplings are formed, heat a large skillet (or two if you want to cook them all at the same time) over medium-high heat. Add about 1 tablespoon of oil, or enough to just lightly coat the bottom of the pan. When the oil shimmers, add the potstickers to the pan. You want to leave a little space in between each, don't overcrowd the pan. Once they are in the pan, let them cook for about 3 minutes or until the bottoms are light golden brown.
7. Next, you need to steam the dumplings to finish cooking them. To do this you will need to add ¼ cup water to the pan, but do so carefully and immediately cover the pan with a lid. Continue to cook, covered for about 3 minutes to steam the dumplings.
8. Remove the lid and reduce the heat just a bit. Continue to cook until all the liquid has evaporated. This will help crisp up the bottoms of the potstickers. Be careful not to get them too crispy though! Serve hot with the dipping sauce.

Recipe adapted by Chef Andrea from an original recipe featured at www.halfbakedharvest.com. Check out this week's **Cooking With the Box** article for additional information and resources about potstickers including links to videos demonstrating how to form them.

Note about dumpling wrappers: Dumpling wrappers are thin sheets of dough typically round and about 3 inches in diameter. You can make them (there are lots of recipes on the internet) or buy them premade. They are typically found in the refrigerated section near tofu, tempeh, kim chi and sometimes tortillas. If you are not able to find round dumpling wrappers, you can use egg roll wrappers which are made from a similar dough. Egg roll wrappers are rectangular, so you need to cut them into rounds using a biscuit or cookie cutter, a round glass, etc. I used egg roll wrappers when I made these and was able to use a 2½ to 3 inch cutter to get two round pieces from each egg roll sheet.