



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

June 14 - 15, 2019

## VEGETABLE FEATURE: Kale

By Andrea Yoder

Kale has come a long way over the past 20-30 years. What once was a vegetable eaten by hippies or used to decorate salad bars and buffets became a well-known hipster “super-food.” I’m not sure how kale became so popular, but I’m glad more people learned how to use and enjoy it because it really is a delicious and nutrient packed vegetable and there are so many different ways to incorporate it into your diet!

There are different types of kale. This week we’re harvesting Lacinato kale as well as green curly kale. Lacinato kale is sometimes referred to as Toscano, dino kale or dinosaur kale. This type of kale is dark green in color and has more of a flat, slightly savoyed leaf. Green curly kale is just as its name says—it’s lighter green in color with ruffled leaves. We also grow a unique variety called Portuguese kale. This is a much different kale compared to lacinato and green curly kale. We’ve grown this in the past and have a small planting for this fall which we plan to harvest with all of you at our fall Harvest party! Kale is usually available from mid-June through October or early November. The flavor can change over the course of the season. Right now it is pretty mild flavored. In the heat of the summer it might have a little stronger flavor and then after it gets kissed by frost, the flavor becomes a little more sweet and mild again.

Kale is part of the family of vegetables called *brassic*as or crucifers. Vegetables in this family share some similar nutrient characteristics including being high in vitamins, minerals and sulfur-rich phytonutrients that aid in cancer prevention. They are also high in fiber and low in calories. In particular, kale is an excellent source of vitamins K, C, and A as well as lutein and beta carotene.

Kale has a pretty mild flavor and can be eaten both raw and cooked. The texture of a kale leaf is much different than some of the other greens we’ve had this spring such as bok choy and hon tsai tai. Kale leaves are thicker

## What’s In The Box?

**POTATO ONIONS:** This is an overwintered green onion. Use it in any recipe that calls for green onions or scallions.

**GARLIC SCAPES:** These are the curly green vegetables in the box. Nearly the entire curly coil is edible. Just trim off the tapered end on top. Chop up the remainder up and use it in any recipe calling for garlic.

**ASPARAGUS:** It’s been a great asparagus season, but this will be our final week of harvest. Pick your favorite recipe for asparagus and make it one more time!

**STRAWBERRIES:** Strawberry season is a little late this year, so we’re just getting started on strawberries. This week’s boxes have just a little container to tease your tastebuds! More coming over the next few weeks.

**RED OAK LETTUCE:** This is the head lettuce that is dark red in color. The leaves are rounded and the inner part closest to the stem is green in color. This tender lettuce is best used in fresh salads dressed with a vinaigrette or light, creamy dressing. It is also good piled high on a sandwich. Store in the refrigerator in a loosely wrapped plastic bag. Wash and dry the leaves well before using.

**RED BUTTERHEAD LETTUCE:** This is a smaller variety of lettuce that is a mix of a Butterhead type and Little Gem. It has more of an open leaf structure, but does form a bit of a dense, small head in the center. This is a super crispy lettuce. The larger outer leaves can be used as a wrapper for a piece of cheese, meat or some sort of a sandwich type filling. The crispy inner leaves are good in salads. Store in the refrigerator in a loosely wrapped plastic bag. Wash and dry the leaves well before using.

**DILL:** This is the ferny looking bunched herb in this week’s box. Check out this week’s *Cooking With the Box* article for several recipe suggestions.

**PEA VINE:** We featured pea vine on our blog last week. Check out this featured article as well as a recipe for **Pea Vine Pasta with Asparagus and Avocado Cream Sauce**.

**BUNCHED SPINACH:** Remove twist tie and wash well in a sink of water. Tender enough to eat raw or cooked. Don’t forget to eat the stem too! Chop it finely.

**SALAD MIX:** This week’s mix is heavy on vibrant colored red lettuce. Since we’ve already washed it for you, this can be a quick go-to food for the week. Just drizzle it with your favorite dressing and enjoy.

**LACINATO KALE:** Check out *this week’s feature article* and recipes in the newsletter or on our *blog*.

**BABY WHITE TURNIPS:** Don’t forget, the roots and the greens are both edible. If you’re looking for ideas about how to use this, check out our *blog* from several weeks ago

### Strawberry Field Update from Farmer Richard:

The strawberry field looks good, but due to the record cool weather, they are very late. Only 3 shorter beds out of the 14 total beds are just starting to ripen. We are expecting several weeks of abundant berries for CSA boxes, but this Sunday we’re only estimating we’ll have enough ripe berries to pick about 250 pints. This is about half of what was picked at last year’s Strawberry Day. The weather forecast looks good, cool and sunny! We do want you to come see our beautiful farm. Plus, we need help eating the fresh batch of Castle Rock strawberry ice cream made just for us with our own strawberries preserved from last year’s harvest.

and require a little more cooking time to make them tender. If you choose to eat kale raw in salads and such, it helps to marinate the kale in a vinaigrette or dressing for 30 minutes to an hour before serving. The acidity from vinegar, lemon juice, etc in a vinaigrette helps to soften the leaves. The great thing about kale salads is that they are more durable in comparison to a lettuce salad. You can put the dressing on the night before and the salad isn't soggy the next day! It actually is better the next day! In its cooked form, kale is often used in soups. It can also be steamed, baked, sautéed and even roasted, as in the case of kale chips. It can also be made into pesto, added to pizzas, incorporated into lasagna, casseroles and gratins. You can even add it to smoothies and use it to make baked goods! Yes, you can put kale into muffins, cakes, etc! Check out this week's recipe for **Lemon Kale Muffins**! Kale pairs well with many other vegetables including mushrooms, tomatoes, peppers, other greens, root vegetables and potatoes. It is also often used in recipes paired with beans and lentils as well as citrus, dairy and pork products. It is often incorporated into pasta and rice dishes as well. This week we've featured a recipe for **Spicy Kale and Coconut Fried Rice** that is pretty tasty and very easy to make!

Both lacinato and green curly kale have a thicker stem that the leaf is part of. It is best to wash the kale in a sink of cold water first, then strip the leaves off the main stem. Store kale in the refrigerator in a plastic bag or wrapped in a damp towel.

### Spicy Kale & Coconut Fried Rice

Yield: 3-4 servings

|   |   |  |
|---|---|--|
| 2 Tbsp coconut oil or sunflower oil                 | 1 cup chopped seasonal vegetable (mushrooms, carrots, peppers, etc) | 1 Tbsp tamari or soy sauce             |
| 2 eggs, beaten                                      |   | 1-2 tsp chili garlic sauce or sriracha |
| 2 Tbsp finely chopped green garlic or garlic scapes | 1 bunch lacinato or green curly kale                                | 1 lime, halved                         |
| 1 Tbsp fresh ginger, peeled and minced              | ¼ tsp sea salt, plus more to taste                                  | Fresh cilantro, for garnish            |
| ¾ cup thinly sliced green onions                    | ¾ cup large, unsweetened coconut flakes                             | ¼ cup toasted sesame seeds (optional)  |
|   | 3 cups cooked and chilled brown rice                                |  |

1. Heat a large wok or skillet over medium-high heat. Once the pan is hot enough, add 1-2 tsp oil and swirl the pan to coat the bottom. Pour in the beaten eggs and cook, stirring frequently, until the eggs are scrambled and lightly set. Transfer the eggs to an empty bowl. Wipe out the pan if necessary with a paper towel.
2. Add 1 tablespoon oil to the pan and add the garlic, ginger, green onions and additional vegetable of your choosing. Cook until vegetables are just starting to get tender, stirring frequently, for 30 seconds or longer. Add the kale and salt. Continue to cook until the kale is wilted and tender, stirring frequently, about 1 to 2 minutes. Transfer the contents of the pan to the bowl with the eggs.
3. Add the remaining 2-3 tsp oil to the pan. Pour in the coconut flakes and cook, stirring frequently until the flakes are lightly golden, about 30 seconds. Add the rice to the pan and cook, stirring occasionally, until the rice is hot, about 3 minutes.
4. Pour the contents of the bowl back into the pan, breaking up the scrambled egg with your spatula or spoon. Once warmed, remove the pan from the heat.
5. Add the tamari, chili garlic sauce and juice of ½ lime. Stir to combine. Taste, and if it's not fantastic yet, add another teaspoon of tamari or a pinch of salt, as needed.
6. Slice the remaining ½ lime into wedges, then divide the fried rice into individual bowls. Garnish with wedges of lime, cilantro and toasted sesame seeds.

Recipe adapted from [cookieandkate.com](http://cookieandkate.com).

### Lemon Kale Muffins

Yield: 12 muffins

|                                 |                             |                            |
|---------------------------------|-----------------------------|----------------------------|
| 2 cups packed raw kale leaves   | 2 eggs                      | 1 ½ cups all-purpose flour |
| ½ cup unsalted butter, softened | 2 teaspoons vanilla extract | 1 tsp baking powder        |
| ¾ cup sugar                     | 1 lemon, zest and juice     | ½ teaspoon salt            |

1. Preheat oven to 325°F. Line or grease a muffin pan.
2. Tear the kale leaves into bite-sized pieces and boil or steam for a few minutes until tender. Refresh in cold water, drain and puree in a food processor or blender (it will still be a bit stringy). Set aside.
3. In a large bowl, cream together the butter and sugar until light and fluffy. Beat in the eggs, one at a time, and then beat in the kale, vanilla, zest and lemon juice.
4. Sift in the flour, baking powder and salt and stir to gently combine.
5. Fill the muffin cups ¾ full and bake for 15-20 minutes or until an inserted skewer comes out clean. Allow to cool in the tins for 10 minutes then remove and allow to cool completely on a wire rack.

Recipe borrowed from [www.veggiedesserts.co.uk](http://www.veggiedesserts.co.uk).