



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)

August 2 - 3, 2019

## What's In The Box?

**SIERRA BLANCA WHITE ONIONS:** This variety is a mild, early onion meant for fresh eating as opposed to long-term storage. They don't form a thick skin, so we like to deliver them freshly harvested. Slice them thinly and use them raw in salads and on sandwiches.

**GREEN AND/OR ITALIAN ZUCCHINI:** If you're not sure what to do with zucchini, refer to our weekly **Cooking With the Box** article on our blog. This week there is a link for **Skillet Zucchini Pesto Pizza!**

**BROCCOLI:** We're harvesting the last crop of our spring planted broccoli. When this crop is finished, likely next week, we'll have a few weeks before we start harvesting fall broccoli.

**GREEN AND/OR SILVER SLICER CUCUMBERS:** Check out **last week's vegetable feature article** about cucumbers on our blog and you'll find a list of 30 different recipes/recipe ideas for things to make with cucumbers. There are some interesting recipes including **Cucumber Avocado Sushi Rolls** and **Mojito Cucumber Sorbet!**

**FRESH PORCELAIN AND ITALIAN GARLIC:** Italian garlic is the variety we've been sending thus far. It has purple coloring on the skins and generally has smaller cloves with more cloves per bulb. Porcelain garlic is characterized by larger cloves with fewer per bulb. This garlic generally has white skin with little to no purple coloring.

**ORANGE CARROTS:** These smaller, tender early season carrots are quite tasty to munch on for an afternoon snack and really don't need to be cut or peeled. Just give them a little scrub and you're ready to go!

**GREEN OR AMETHYST PURPLE BEANS:** We'll be picking purple beans this week and next week. If you do receive purple beans this week, note that the best way to retain their purple color is to either use them raw or blanch them for less than 30 seconds just to soften them and then shock them with cold water. They are a great bean to use in salads.

**GOLDEN CAROLA POTATOES:** This is a gold skin, gold flesh variety with waxy, buttery flesh. This variety is great for boiling, steaming or roasting.

**GREEN BELL PEPPERS:** Check out this week's featured recipe for **Portuguese Bread and Garlic Soup with Cilantro**. This recipe is a perfect CSA box recipe for this week as it uses a bell pepper, jalapeño, garlic and cilantro to make a paste to coat the bread and season the soup.

**JALAPEÑO PEPPER:** There is one jalapeño pepper in this week's box. This is a hot pepper and may be used in any recipe calling for jalapeños or serrano peppers, although serrano peppers are usually a little hotter than jalapeños.

**SUNORANGE, CHOCOLATE SPRINKLES, OR MIXED VARIETY LARGE TOMATOES:** Our tomatoes are just starting to ripen, so this is just a little teaser of tomato taste this week!

**CILANTRO:** Cilantro is a versatile herb that can be used in fresh salsa and salads as well as soups, rice, on tacos and more! Wash it well and dry, then store it in the refrigerator in a plastic bag, sealed container or wrap it in a damp towel.

**RAINBOW CHARD:** Chard is a nutrient packed green that is actually in the beet family. It's high in vitamin K as well as antioxidants and a whole host of other vitamins and minerals. It is a great green to eat raw or cooked in the heat of the summer when lettuce and other salad greens are less available.

**CHOICE: ITALIAN BASIL**—Please only take a handful of basil per vegetable share. Use it to add a little fresh flavor to pasta dishes, scrambled eggs, or make a fun treat by wrapping a basil leaf around a cheese curd!

## VEGETABLE FEATURE: Garlic

By Andrea Yoder

"In all of its many forms and in kitchens around the globe, the lusty and pungent allium garlic is the flavor of comfort." This is the opening line in an article entitled "*The Glories of Garlic*" published in *Saveur* magazine October 9, 2014. Garlic is one of the oldest cultivated crops and has made its way around the globe to permeate and enhance the cuisine of cultures all around the world. In Spain it's used to make Ajo Blanco, a chilled garlic and almond soup. In Argentina it's a key ingredient for making chimichurri, a fresh sauce or condiment consisting of parsley, oregano, garlic and red wine vinegar that is commonly served with grilled meat. In Chinese cuisine, garlic is an integral part of the base of many dishes along with ginger and scallions. In France, garlic is used to make aioli, or rather a fancy name for homemade garlic mayonnaise. These are just a few examples of how important garlic is to our diets, no matter where we come from in this world. So this week we are featuring this staple ingredient that we strive to include in every CSA box throughout the season, in one form or another!

Garlic is a big deal crop for us, partly because we like the challenge of growing it, but also because we value having it available and we use it in meals throughout the entire year. We start off the season with green garlic, then move on to garlic scapes, then fresh bulb garlic and finally, dried garlic that can be stored throughout the fall and winter. We value garlic for its flavor, but also for its health and medicinal value. It's antimicrobial, antifungal, antibacterial....basically, it's good medicine. Richard swears by a good raw garlic sandwich to ward off something as simple as the common cold. Perhaps including

garlic in your diet daily is a good dose of prevention and gives your immune system the daily boost it needs to keep you healthy!

While we have several different varieties of garlic, we have two main types that are our “workhorse” varieties. These two varieties are Italian and Porcelain. At the farmers’ market we are frequently asked “What’s the difference between the two?” I don’t think the flavor of these two garlic varieties are much different, but perhaps you’ll detect some subtle differences. The thing that sets these apart in my kitchen is the size of the cloves. Garlic forms a bulb or head of garlic that contains individual pieces of garlic called cloves. Italian garlic forms more cloves per head than porcelain, but the cloves are smaller. Porcelain garlic, on the other hand, has fewer cloves per head but the individual cloves are bigger. We use a lot of garlic in our household, so I tend to gravitate towards porcelain garlic simply because it means less peeling! You can tell the difference between the two not only by the size of the cloves, but also by the color of the skin. Porcelain garlic has pure white skin with just an occasional streak of purple while Italian garlic has more reddish purple coloring.

Properly dried garlic typically has a long shelf life if stored in the right environment. We store garlic in a cold, dry cooler at about 34-36°F. Home refrigerators are usually too humid to properly store garlic, so if you are looking to store garlic for awhile or over the winter in your home, we recommend you store it in a cool, dry place out of direct sunlight and a location with good ventilation. If you ever purchase garlic from us as a produce plus item, we’ll pack it in a mesh bag that can be hung up. The mesh contains the garlic but allows it to breathe and have better airflow.

In its raw form, the flavor of garlic can be very strong, spicy and even might burn a bit if you eat a big piece! Some people really like this bold, strong garlic flavor. Others may find raw garlic too pungent for their palate, so for those individuals I recommend enjoying garlic either sautéed, fried or roasted. Cooking releases some of the pungent sulfur compounds, mellows the intensity and even sweetens it up a bit. You can roast a whole head of garlic in the oven until the cloves are soft and golden, then pull the cloves off the head and squeeze the soft, roasted garlic out of the skins. You can also peel garlic in advance, toss it with oil and roast it in the oven or cover it with oil and slow roast it to make garlic confit. The benefit of the latter is that you end up with a flavorful garlic oil as well as roasted garlic cloves!

This year’s garlic has been drying in the greenhouse for almost three weeks now and it’s finally ready to start removing the tops and sorting. We have a big job ahead of us over the next two weeks as we sort out our seed and get everything moved from the greenhouse to the cooler for storage until late December. This week we encourage you to try some more garlic-forward recipes as we embrace this beautiful vegetable, celebrate its recent harvest and look forward to enjoying garlic throughout the remainder of the season!

### Triple Garlic Linguine

Yield: 4-6 servings

1 head garlic, plus 10 cloves (7 thinly sliced, 3 minced)	12 oz linguine	2 Tbsp roughly chopped parsley, for garnish
1 cup olive oil	4 ½ cups chicken stock	Kosher salt, to taste
½ tsp crushed red chile flakes	½ cup grated parmesan	
	2 Tbsp fresh lemon juice	

1. Heat oven to 350°F. Slice garlic head in half crosswise and set cut side up on a piece of aluminum foil. Drizzle with 2 Tbsp oil and 2 Tbsp cold water; wrap into a tight package. Bake until tender, 1–1 ½ hours.
2. Heat remaining oil and the sliced garlic in a 1-qt. saucepan over medium; cook until garlic is golden, 4–6 minutes. Using a slotted spoon, transfer garlic chips to paper towels to drain; set ½ cup oil aside. Reserve remaining oil for another use, if you like.
3. Heat reserved ½ cup oil, the minced garlic, and chile flakes in a 14” high-sided skillet over medium. Cook until garlic is soft but not golden, 2–3 minutes. Add pasta and stock; bring to a boil. Cook, using tongs to stir pasta occasionally, until liquid is almost evaporated and pasta is al dente, about 12 minutes. Unwrap roasted garlic and squeeze cloves into pasta. Add parmesan, lemon juice, parsley, and salt; toss to combine. Garnish with reserved garlic chips.

Recipe borrowed from [saveur.com](http://saveur.com).

### Portuguese Bread and Garlic Soup with Cilantro (Açorda à Alentejana)

Yield: 6-8 servings

4 cups roughly chopped cilantro leaves and stems	1 serrano or jalapeño pepper, stemmed, seeded, and roughly chopped	½ cup olive oil
7 cloves garlic, peeled	Kosher salt, to taste	½ lb crusty bread (such as a baguette or French bread)
1 large green bell pepper, stemmed, seeded, and roughly chopped	Freshly ground black pepper, to taste	8 cups chicken stock
		4 eggs, lightly beaten

1. Pulse cilantro, garlic, bell pepper, serrano/jalapeño, salt, and pepper in a food processor until roughly chopped. Add oil; purée to a smooth paste. Place ½ cup of paste in a bowl. Add bread and toss to coat; set aside.
2. Heat remaining paste in a 6-qt. saucepan over medium heat; cook until fragrant, 2–3 minutes. Add stock and bring to a boil. While stirring constantly, slowly drizzle in eggs; cook until eggs are just set, about 1 minute. Remove from heat and stir in bread mixture; serve hot.

Recipe borrowed from [saveur.com](http://saveur.com).