



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

August 16 - 17, 2019

What's In The Box?

ZOEY YELLOW ONIONS: We're finishing up the early white onions and moving into our yellow onions. Zoey is a sweet, mild onion with a thinner skin and tender flesh.

GREEN AND/OR ITALIAN ZUCCHINI: Zucchini season won't last forever, so make it count while we have it! In this week's Cooking With the Box article, you'll find recipes for a creamy **Summer Squash (Zucchini) Tart with Ricotta & Feta** and **Grilled Zucchini Hummus!**

BROCCOLI: This is likely the last week of broccoli until our fall crops start coming in. Consider making the **Healthier Chicken Broccoli Casserole** highlighted in this week's Cooking With the Box article.

GREEN AND/OR SILVER SLICER CUCUMBERS: Use cucumbers to make this week's featured recipe for **Sushi Salad** featuring edamame!

EDAMAME: This is a fresh soybean that comes to you still encased by its shell! The beans inside are tender and sweet, but the shell is not edible! Read this week's **vegetable feature** article for more information about how to cook and eat edamame.

ITALIAN GARLIC: Fresh salsa isn't complete without fresh garlic! Store at room temperature until ready to use.

ORANGE CARROTS: Send crispy sticks of carrot to school with the kids for lunch or a quick snack. Don't forget to send hummus, ranch dressing, or their favorite salad dressing to use as a dip!

GREEN BELL OR ORANGE UKRAINE PEPPERS: We're just starting to see some color in our pepper field! Both of these pepper varieties are classified as sweet peppers and may be eaten raw or cooked.

SUNORANGE, RED GRAPE OR CHOCOLATE SPRINKLES TOMATOES: Cut in half and toss with minced fresh garlic, chopped fresh herbs, salt, pepper and flavorful olive oil. Use this quick and easy salad as an accompaniment to eggs or serve it on top of grilled steak or salmon.

EGGPLANT: Refer to **last week's vegetable feature article** for more information about how to use eggplant. In this article you'll find a link to a previous blog post that will help you identify the variety you have in your box, which will be one of the four varieties we grow.

TOMATILLOS: First remove the husk from the tomatillo, then wash the tomatillo before using. It will feel a little sticky after you take off the husk, this is normal. Store tomatillos at room temperature until you're ready to use them. Make a classic tomatillo salsa verde or refer to this week's **Cooking with the Box** article on our blog for more recipe suggestions.

GREEN CURLY KALE: No lettuce for salads? Use kale instead! This week's newsletter recipe includes kale!

SUN JEWEL OR SWEET SARAH MELON: Our melons are finally ripening! Sun Jewel melons are bright yellow with white stripes and are football-shaped. Sweet Sarah Melons are a classic cantaloupe, but better tasting and less musky. They have a more smooth, netted rind without ribs.

FRENCH ORANGE: French Orange melons are a small, personal-sized melon with a netted, slightly ribbed rind and dark orange flesh that is sweet, aromatic and flavorful.

SWEET CORN: Sadly, our tomatoes aren't ripening very fast this week. The good news is the corn is ready! This week there are just a few ears, but next week should yield larger harvests!

CHOICE: BASIL—Take a little handful of basil from the choice box this week and use it to make a fresh tomato salad!

Produce Plus Items Available to order now for delivery August 22 - 24 (Depending on your delivery area)

Roma Tomatoes, 25 pounds - \$48

Green Tomatillos, 10 pounds - \$35

Edamame, 10 pounds - \$48

Yellow Onions, 3 pound bag - \$7.50

When ordering, please email: csa@harmonyvalleyfarm.com and include:

First and last name, Phone number, Pick-up location, and Quantity of each item you are ordering

See your **What's In The Box Email** for more information!

VEGETABLE FEATURE: Edamame

By Andrea Yoder

Edamame (eh-dah-MAH-may) is a fresh soybean that has grown in popularity in the United States over the past few years, but has been a part of Japanese and Chinese cuisine for much longer. True edamame intended for fresh eating is quite different than oil-seed soybeans and tofu beans most often grown to make tofu and other processed soy products. The edamame varieties we grow were developed specifically because they produce a sweet bean that doesn't have a "beany" aftertaste and is the preferred variety in Japan and China for fresh eating. Seed varieties for tofu beans are typically much less expensive than varieties for fresh eating, thus in this country the edamame found in the frozen section, either in the pod or shelled, is likely a tofu bean with that "beany" aftertaste. We actually save our own seed, which still comes at a cost, but allows us to grow our preferred, clean tasting varieties.

Edamame resembles a small lima bean encased in a pod. The beans are sweet and tender and best eaten lightly cooked. Unlike sugar snap peas, **edamame pods are not edible** and should be discarded. Edamame is hard to shell when it's raw. It is easiest to cook edamame in its pod first and then remove the beans from the pod. To cook edamame, rinse the pods thoroughly with cold water. Bring a pot of heavily salted water (salty like the sea) to a boil. Add the edamame and boil for about 3-4 minutes. You should see the pods change to a bright green color. Remove the edamame from the boiling water and immediately put them in ice water or run cold water over them to quickly cool them. After the beans are cooked you can easily squeeze the pod to pop the beans out, either into a bowl or directly into your mouth! Once you've removed them from the pods, they are ready to incorporate into a recipe or eat as a snack.

You can also roast edamame in their pods. There's a basic recipe on our website (<http://www.harmonyvalleyfarm.com/NLTR/MAD/csamad090822.pdf>), but basically you toss the edamame pods with oil and seasonings of your choice. Serve the beans whole with their pods still on. While you won't eat the pod, you can use your teeth to pull the edamame out of the pod and in the process you'll pick up the seasoning on the outside of the pod!

You can store fresh or cooked edamame for up to a week in the refrigerator, but it is best to eat them soon for the sweetest flavor and best texture. If you are want to preserve edamame for later use, simply follow the cooking procedure above, then freeze the beans either in their pods or remove them and freeze just the bean. It's fun to pull something green out of the freezer in the winter to enjoy as a snack or incorporate into a winter stir-fry or pan of fried rice.

Edamame is often eaten as a simple snack, but you can also incorporate it into vegetable or grain salads, stir-fry, fried rice, steamed dumplings or pot stickers to name just a few suggestions. They pair well with any combination of traditional Asian ingredients such as sesame oil, soy sauce and ginger. They are also a nice, bright addition to brothly soups such as a miso soup. If you follow the suggested method for boiling edamame before shelling them, the bean will already be fully cooked, so if you are adding edamame to a hot dish or recipe, do so at the end of the cooking.

Sushi Salad with Brown Rice, Edamame, Nori and Miso Dressing

Author's Note: "The beauty of this salad is that you can prep everything ahead of time with the exception of cutting the avocado. You may want to double the dressing. I've been doing this, and it has been so nice to have on hand, especially when you have leftover rice, edamame, lettuce, etc. on hand — makes for such a satisfying and fast lunch. On subsequent days, you may need to thin the dressing with more water."

FOR THE SALAD:

3 cups cooked short grain brown rice, cooled
1–2 cups shelled edamame
4 small cucumbers, thinly sliced into rounds
2 avocados, peeled and sliced
A few handfuls baby spinach, kale, chard or other tender greens
Olive oil, to taste (optional)
1 Tbsp sesame seeds
4 toasted nori seaweed sheets, cut into thin slices
Sea salt, to taste

FOR THE DRESSING:

3 Tbsp miso paste
1 Tbsp toasted sesame oil
1 Tbsp mirin
1 tsp sugar
1 tsp sesame seeds
1–2 Tbsp water or more as needed

1. First, make the dressing. Whisk together the miso paste, sesame oil, mirin, sugar, and 1 to 2 Tbsp water until smooth. Add more water by the tablespoon until the dressing is the consistency of cream — it should be pourable. Stir in the sesame seeds. Taste. Add a sprinkling of sea salt if necessary.
2. Assemble the salad. You can assemble this salad in various ways. You can set out all of the components in bowls and let people assemble their own bowl. But you can also combine everything in one large bowl. Here's how: In a large bowl, combine the rice, edamame, cucumber, avocado, and baby spinach. Toss together gently. To serve, transfer salad to bowls or plates, drizzle over the dressing, a little olive oil (if you wish), and a sprinkling of sea salt. Top with the nori strips and sesame seeds.

Recipe adapted from Hetty McKinnon's *Family* on alexandracooks.com.