



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993
www.harmonyvalleyfarm.com

November 8 - 9, 2019

VEGETABLE FEATURE: Tat Soi

by Andrea Yoder

I look forward to this vegetable every year and consider it to be one of our staple greens for these late season CSA boxes. I had never seen tat soi before I came to Harmony Valley Farm. I remember the first time Richard showed me this vegetable. It was so beautiful I almost didn't want to eat it....but that feeling quickly passed and I dove in! It's also packed with nutrients which make us healthy, but also give it a rich flavor. I suppose I should back up and tell you what this gorgeous vegetable looks like! You'll recognize the tat soi in your box this week as the large, dark green flower-like vegetable with long slender light green stems and rounded spoon-like leaves. It is a relative of bok choi and has a mild mustard flavor that has been sweetened by a few frosty nights. Both the leaves and the stems are tender and may be eaten raw or cooked.

This is one of the last crops we plant during our main season, with the intention to harvest it as late as possible. Depending on the weather, we are usually able to leave it in the field until mid-November. While this plant usually grows upright, as the temperatures start to decrease it lays itself flat to hug the ground for warmth. The result is a very open, flat rosette that has a deep, dark green color that intensifies with cold weather. Tat soi is very resilient to cold temperatures and can recover after being frozen, which is why it's a unique selection for this time of the year. We do put hoops and a field cover over them to offer them some protection from the really cold nights. If you see some outer leaves on your tat soi that have a white to grayish hue, you're looking at a little frost damage. You might also see some stems that have kind of a wrinkled, loose appearance. This happens sometimes when the stem freezes and then thaws. These stems and leaves are still good to eat and those frosty, cold nights are what make this green taste so mild and sweet!

If you're looking for recipes that use tat soi, your search will likely turn up pretty slim. Expand your search to include recipes that feature bok choi, spinach or even chard as tat soi can be used interchangeably in recipes with any of these greens. Tat soi leaves and stems are tender enough to be chopped and eaten raw as a salad. Use it to make a beautiful winter salad with shredded carrot, slices of beauty heart or purple daikon radish and a light vinaigrette. Turn it into an entrée by adding a protein such as seared beef, fish or tofu. Tat soi is also a quick-cooking tasty green to use in stir-fry and pasta dishes. It's also a nice addition to brothy soups such as miso soup or hot and sour soup or use it in a tasty bowl of ramen such as in this week's featured recipe.

What's In The Box?

RED & YELLOW ONIONS: This week's onion varieties are Monastrell and Scout. Monastrell is the native word used in Spain for the Mourvedre grape, a black-skinned grape that yields intensely colored red wines. Now you understand why it is the chosen name for these intensely colored red onions! Scout is the name of this week's yellow onion which is a Spanish variety known for being mild and sweet.

ITALIAN GARLIC: Garlic is great on toast or French bread, but what about biscuits! Check out this week's **Cooking With the Box** article for links to recipes for **Garlic Butter Biscuits** and **Roasted Garlic Parmesan Biscuits**!

BRUSSELS SPROUTS: To prepare sprouts for cooking, trim the base just a bit with a paring knife. If any of the outer leaves have spots on them, they'll fall off. These were harvested just before temperatures dropped into the 20's. A few frosty nights help to sweeten them up!

ORANGE CARROTS: Carrots are delicious in cake, but what about pie? Check out this week's **Cooking With the Box** article for a link to a **Chai Carrot Pie** recipe!

COVINGTON SWEET POTATOES: This week's sweet potato variety is one of our favorites, known for its flavorful, sweet flesh. Store them in a cool, dry place or at room temperature. Do not store them in the refrigerator or they'll get chill injury!

GERMAN BUTTERBALL POTATOES: With "butter" built into the name, you know this is going to be a tasty potato! This potato is great for frying, baking, soups and smashing.

BUTTERSCOTCH BUTTERNUT OR BUTTERKIN SQUASH: In the world of vegetable varieties, this is an award-winning squash being awarded as the National 2015 All-America Selections winner shortly after it was released. One of the breeders says "it gets sweeter as you chew!" Butterkin looks like a pumpkin, but tastes like butternut squash!

GREEN SAVOY CABBAGE: Richard has always preferred this crinkly savoyed cabbage over traditional flat leaf varieties, partly for flavor and partly for its artistic flair! Excellent eaten raw or lightly cooked.

PARSNIPS: This was our featured vegetable several weeks ago and we included a recipe for **Oatmeal Chocolate Cherry Parsnip Cookies**! Check it out on the blog!

TAT SOI: Wondering what the big, beautiful green vegetable with spoon-like leaves is? Tat soi, a cold-hearty green we look forward to every year. Check out this week's **vegetable feature**!

BONUS: BABY BOK CHOI: This is the last week for bok choi now that the field is covered in snow!

It's best to store tat soi in a plastic bag in the refrigerator until you're ready to use it. To prepare it for use, turn it over and use a paring knife to cut the stems away from the base. Wash the stems and leaves vigorously in a sink of cold water. If you're using it to make a salad or stir-fry, make sure you pat the leaves dry or dry them in a salad spinner. If you're using them in a soup or just wilting them, just shake a little water off of them. Savor the last of this year's greens!

Produce plus offer available to order now for delivery before Thanksgiving - We will have more offers for December!

November 14-16 (meat only week) or November 21-23 (all shares delivered)

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

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

See your Email for more information!

Orange Carrots, 5 pounds for \$12.00
Sweet Potatoes, 15 pounds for \$28.00
Beauty Heart Radishes, 5 pounds for \$10.00
Shallots, 5 pounds for \$28.00
Porcelain Garlic, 3 pounds for \$30.00
Butternut Squash, 15 pounds for \$18.00
Brussels Sprouts, 3 pounds for \$18.00

Vegan One-Pot Ramen Noodles with Tat Soi

Yield: 3-4 servings

This recipe was borrowed from alexandracooks.com with just a few minor changes. It is her adaptation from a recipe for "Better-Than-Take-Out Stir-Fried Udon" originally published in *Bon Appetit* magazine. The original recipe included ground pork, which you could also add to this recipe if you wish.

Alexandra's recipe calls for green savoy cabbage, but she offers this note: "This recipe can be adapted to what you like or have on hand. I love draining noodles over things like cabbage and dark leafy greens to soften them just slightly. If you want to add carrots, sweet potato, or other harder vegetables, you could shred them in the food processor to ensure they cook quickly." So, I (Chef Andrea) took the liberty of adapting this recipe one more time to include this week's tat soi!

7-8 cups tat soi or bok choi, leaves and stems thinly sliced	Pinch crushed red pepper flakes or more to taste
6-8 oz ramen noodles (could substitute rice or udon noodles)	$\frac{1}{3}$ cup mirin
10 ounces Cremini (or other) mushrooms	$\frac{1}{3}$ cup soy sauce
1 small knob ginger, about an inch long, peeled	1 medium red onion, finely minced
2 cloves garlic, minced	1 Tbsp sesame seeds, toasted
1 Tbsp olive oil	2-4 tsp toasted sesame oil
Salt, to taste	Hot sauce, such as Sriracha, for serving

1. Fill a large, wide sauté pan or Dutch oven with water and bring to a simmer. (Alexandra recommends using a wide sauté pan to make this a one-pot endeavor, but you could also simply use a small saucepan to boil the noodles and then a separate large sauté pan to sauté everything together. Cleanup will still be minimal.)
2. Place the thinly sliced tat soi in the colander you will use to drain the noodles.
3. Add the ramen noodles to the simmering water and cook for 30 seconds. Using a fork, separate them a little bit and continue to cook for another 3-5 minutes. You don't want them to be fully cooked, more like 85% done. Drain the noodles over the tat soi, being careful the noodles don't slip over the sides. Keep colander in sink. Reserve your pan.
4. Meanwhile: chop the mushrooms and mince the ginger and garlic.
5. Heat the 1 Tbsp of olive oil in your reserved sauté pan over high heat. Add the mushrooms, season with a pinch of kosher salt, stir. Let cook undisturbed for 1 minute, then stir and continue to cook at medium-high heat until the mushrooms begin to brown, 3 to 5 minutes.
6. Add the ginger, garlic and a pinch of crushed red pepper flakes to the pan, and stir to combine. Add the reserved noodles and tat soi. Add the mirin and soy sauce. Use tongs to stir and combine. Simmer for just a few minutes.
7. Add the onions, sesame seeds, and sesame oil, and using tongs again, stir to combine.
8. Serve immediately, passing hot sauce of choice on the side.