



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

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

May 28 - 29, 2021

## What's In The Box?

**GREEN GARLIC:** This is our final week of green garlic before we start harvesting garlic scapes next week! If you didn't try the **Greens & Green Garlic Pesto** recipe in last week's newsletter/feature, perhaps this is the week to do so!

**POTATO ONIONS:** Despite their name, these onions do not taste like potatoes. This is an overwintered multiplier onion that grows from an onion "set" that we plant in the fall. Use them anywhere you need a green onion/scallion and enjoy their delicious, savory flavor.

**ASPARAGUS:** Store asparagus in the refrigerator standing upright in a glass of water. Alternatively, wrap the base of the spears (the cut end) with a moist paper or cloth towel and wrap loosely in a plastic bag for storage.

**BABY SPINACH:** This week's spinach is the first of our spring plantings. Unfortunately, the recent heat coupled with moisture just before harvest this week was rough on the spinach and as such the leaves are more delicate. We anticipate the spinach will not have the usual shelf life we typically see, so we encourage you to eat it within the first few days after receiving it.

**SALAD MIX:** The message about this week's salad mix is the same as the message on the Baby Spinach. Eat it within a few days after receiving it.

**RHUBARB:** Rhubarb is a unique crop that needs 2-3 years to become established after planting. As such we are not harvesting from our crop until next year. This week's rhubarb is an heirloom variety Richard's friend, John Zehrer, grows on his farm. Check out this week's **Cooking With the Box** article for recipe ideas that will take you beyond the typical rhubarb pie recipes!

**PURPELLA RADISHES:** This is a spring radish that is purple on the outside with crispy white flesh. Eat them fresh in salads or thinly sliced on a sandwich. You can also toss them with a little oil, salt and pepper and roast them. As always, don't throw the green tops out—they are edible too!

**HON TSAI TAI:** Read more about this unique spring green in **last week's vegetable feature**. The stems, leaves, and tender flowers are all edible and may be eaten either raw or lightly cooked. The recipe for **Soy and Sesame Hon Tsai Tai and Chicken Salad** that we featured in a previous newsletter is a favorite member recipe every year. (Note, this recipe makes extra dressing which you can use with other salad greens)

**BABY WHITE TURNIPS:** This week's turnips are more like teenagers than last week's baby sized turnips! They are still tender, delicate and delicious eaten raw or cooked. The greens are also edible and may be used raw or cooked. Check out this week's featured recipe!

**CILANTRO:** Our first planting of cilantro is ready! Use it to make pesto or chimichurri along with the green garlic, then serve it with grilled steak or fish.

**MINI ROMAINE HEAD LETTUCE:** We'll have more head lettuce coming in the next few weeks, but this first crop got its start in one of our tunnel greenhouses. Use it in salads or just separate the leaves from the base and dip them in your favorite dressing!

**CULINARY HERB PACKS:** This week we have sent one herb pack for members who did not receive a vegetable share last week (Every Other Week Vegetables-Brown Week delivery and Flex members). If you received a herb pack last week, please do not take another one this week. If you are a member of a sharing household, please only take one herb pack. If you'd like a second pack for the other household, please email [csa@harmonyvalleyfarm.com](mailto:csa@harmonyvalleyfarm.com) to request another pack. Please include your name and delivery site with your request and we'll deliver it for you next week, if available.

Use the diagram to reference the plants in your herb pack. Visit our **blog** where you'll find a recent blogpost that includes a picture of each herb as well as ways to use your herbs and planting instructions.

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

## VEGETABLE FEATURE: Baby White Turnips

By: Chef Andrea Yoder

**Description:** Baby white turnips are a classy little vegetable we often describe as being “pristine.” They are classified as a salad turnip and are tender with a sweet, mild flavor. Both the roots and the green tops are edible and may be eaten raw or lightly cooked. Compared to the common purple top turnip or other storage turnips we grow in the fall, salad turnips are much more mild and subtle in both flavor and texture. So if you think you don’t like turnips, at least give these a try!

**Preparation & Use:** To prepare baby white turnips for use, separate the roots from the greens and wash both well to remove any dirt. Salad turnips have such a thin exterior layer, they do not need to be peeled. They are delicious eaten raw in a salad, or just munch on them with dip or hummus. You can also cook these turnips, but remember to keep the cooking time short as it doesn’t take much to cook them to fork tender. You can simply sauté them in butter, stir-fry or roast them. The greens may be added to raw salads, or lightly sauté or wilt them in a little butter.

**Storage:** To prolong the shelf life, separate the greens from the roots with a knife and store separately in plastic bags in your refrigerator.

**Growing Information:** We plant baby white turnips for harvest early in the spring and again in the fall when the growing conditions are cooler. We harvest them while they are still small and tender, when the sweet flavor matches their delicate appearance. The other turnips we grow in the fall are meant for storage purposes and have a thicker skin compared to the thin skin of a salad turnip. Baby white turnips also mature much faster than beets, carrots and fennel, etc. so they are a very important part of our spring menus until the other root vegetables are ready for harvest.

### Vegetarian Carbonara with Baby White Turnips & Greens

Yield: 4 servings

12 ounces pasta (fettucine, papparadelle, linguini, or any small pasta that holds sauce well)	1 ½ cups cremini or white button mushrooms, medium dice	1 tsp salt, plus more to taste
2 Tbsp olive oil	½ cup thinly sliced green garlic	Freshly ground black pepper, to taste
1 ½ cups baby white turnips, medium dice	½ tsp red pepper flakes (optional)	2 large eggs
	½ tsp smoked paprika	½ cup grated Parmesan cheese, plus more for serving
	8-10 cups greens, roughly chopped*	1-2 Tbsp fresh lemon juice, plus more to taste

1. Boil a large pot of salted water and cook pasta to al dente according to package instructions. When the pasta is cooked, remove 1 cup of the pasta water and set it aside before you drain the pasta.
2. Meanwhile, heat the olive oil in a large sauté pan over medium heat. When the oil shimmers, add the turnips, mushrooms and green garlic. Sauté for 5-7 minutes or until the vegetables are tender but not completely cooked. Add the red pepper flakes and smoked paprika. Stir to combine and saute an additional 30 seconds.
3. Add the chopped greens to the pan and sprinkle with 1 teaspoon of salt and freshly ground black pepper. Continue to cook over medium to medium-high heat until the greens wilt down. Use tongs to flip the greens around periodically to help them wilt.
4. While the greens are cooking down, prepare the carbonara sauce. In a medium bowl, beat the eggs, then whisk in the parmesan and 1 Tbsp lemon juice. Slowly whisk in ¼ cup of the reserved pasta water.
5. Once the greens are wilted down, reduce the heat to low and add the drained pasta to the pan. It’s important to reduce the heat before adding the egg mixture. If the pan is too hot the eggs will scramble instead of making a nice, smooth sauce.
6. Pour the egg mixture over the pasta and vegetable mixture. Stir to combine and simmer, stirring frequently for 5-7 minutes or until the eggs and cheese have formed a light sauce that evenly coats the pasta. Taste and adjust the seasoning with additional lemon juice, salt and freshly ground black pepper. You may also wish to add a little more pasta cooking liquid if the sauce seems too “tight” or thick.
7. Once seasoned to your liking, serve warm with grated Parmesan as desired.

**\*Note:** You may use any greens you have available. I suggest using the green tops from the turnips along with spinach, radish tops, hon tsai tai, bok choy or sauté mix. Basically, anything that will wilt down into this pasta dish will work! It will seem like there are a lot of greens, but once they wilt down the quantity will be appropriate for this dish.

Recipe based on “*Weeknight Carbonara: No Bacon, Loaded with Greens*” from [alexandracooks.com](http://alexandracooks.com).