



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

May 6 - 7, 2022

What's In The Box?

WILD RAMPS: There are two bunches of ramps in your box this week. They resemble a green onion with white bulbs on the bottom and rounded lily-like leaves. If you are not familiar with how to use this special spring vegetable, read more about them on our [blog](#). The leaves are delicate, so it's best to store them in the refrigerator in a plastic bag or wrapped in a moist cloth. Use the leaves within several days. The white bulbs will store easily for 1-2 weeks.

OVERWINTERED SPINACH: This week's boxes contain 2 bags of spinach, 8 oz each! This is special spinach, unlike any other you'll eat throughout the year. We planted it last fall and we are harvesting the new growth this spring. The leaves are thick, tender and sweet! You may notice a little discoloration on the edges of some leaves. This is likely a little frost damage, but the frost is what makes it taste good so we hope you'll be forgiving. For optimum shelf life, we recommend you line the bag with a paper towel or clean cloth to absorb any extra moisture and keep it in the refrigerator.

OVERWINTERED PARSNIPS: While we harvest most of our parsnips in the fall, we always leave some in the field over the winter and dig them in late March or early April. One way they are able to survive the winter is by increasing their natural sugars which act as an antifreeze. The side benefit of this adaptation is they are super sweet and delicious! They may be roasted, boiled and pan fried. Check out this week's [Cooking With the Box](#) article on our blog for several recipe suggestions!

OVERWINTERED SUNCHOKES: You'll find a one pound portion of sunchokes packed in a brown paper bag this week. We encourage you to read more about how to prepare and use this vegetable in this week's vegetable feature article. Store them in the refrigerator until you're ready to use them.

CHIVES: We set out to include a vegetable from the onion family in every CSA box, starting with this week's chives! It's best to wrap the bunch of chives in a damp towel and store them in the refrigerator until you're ready to use them. If you have more than you'll use in a week, cut them up and dehydrate them in a low heat oven or dehydrator so you they don't go to waste!

RED POTATOES: These red skinned-white flesh potatoes were grown by our friends at Driftless Organics. We thought they'd be a nice addition to this week's box while we're waiting for more green things to come in from our own fields! It's best to store potatoes in a cool, dry place and out of direct sunlight. It's the time of year when potatoes naturally want to start sprouting, so we recommend using them within a week or two.

HORSERADISH WHIPS: We packed a ¼-pound portion for you in a clear resealable bag. These thin pieces are called "whips" and grow off the main root. Read more about how to use, handle and prepare horseradish in this week's vegetable feature article. Horseradish stores for a long time, so just keep it in the bag and store it in the refrigerator until you're ready to use it!

CHOICE: DECORATIVE WILLOW—We plant a variety of pussy willow and curly willow in hedgerows in between and around our fields to provide nesting habitat and a source of food for our bird and insect allies! In the winter we trim the branches to facilitate new growth. We bunch the trimmings and this week we're offering them to you as a bonus item. While they are not edible, they are enjoyable and very low maintenance! They can be kept at room temperature for a year or more and do not require water!

VEGETABLE FEATURE: HORSERADISH WHIPS & SUNCHOKES

One of the exciting parts of participating in CSA is learning to eat with the seasons. In our northern climate, spring can be a challenging time to grow vegetables. Over the years Richard has learned how to work with Mother Nature to figure out how we can eat locally and seasonally during these sometimes challenging times of the year. In the spring we turn to perennial crops like the chives in this week's box along with asparagus, nettles and sorrel which we hope to include in the next few weeks. We also employ strategies of overwintering vegetables in the field that are then available for harvest early in the spring. This includes root vegetables such as the sunchokes and parsnips in this week's box along with our crop of overwintered spinach. The other way we work along with Mother Nature is by foraging wild vegetables. Every spring we look forward to harvesting wild ramps from our wooded hillsides. We also hope to harvest watercress which grows in our spring-fed creeks. So while some of the vegetables in this week's box may be unfamiliar to you, we hope you will embrace this opportunity to partner with Mother Nature in this season.

Every week throughout the season we'll feature a vegetable in your box. This is your opportunity to learn more about vegetables you may be less familiar with, but we also use these articles to share information specific to this year's crop as well as offer suggestions for ways you might prepare them. So, hopefully there will be helpful information for everyone from our newest members to our seasoned veterans!

Visit our Blog where you'll find the rest of this article along with more recipe links!

Egg Noodles in Ramp Horseradish Cream

Yield: 4 Servings

1-12 oz package of egg noodles	3 Tbsp prepared horseradish, drained
3 Tbsp butter	1-2 tsp lemon juice
6 ramps, cleaned, trimmed and cut into bite sized pieces	Pinch of sugar
1 small onion (or additional ramp bulbs), diced	Chives, minced for garnishing
1 Tbsp all-purpose flour	
1 cup vegetable broth	
$\frac{3}{4}$ cup heavy cream	

1. Cook the egg noodles according to the ingredients on the package. Drain and place back in the pot, cover with a lid to keep warm.
2. Melt the butter in a large skillet over medium-high heat.
3. Add the ramps (bulbs and leaves) and onions and cook, stirring occasionally until the onions are transparent and the ramps have softened.
4. Sprinkle the flour evenly over the mixture and stir to combine.
5. Add the cream and the vegetable broth to the skillet. Bring to a boil. Turn down the heat to low and let the mixture simmer until it thickens.
6. Stir in the horseradish a tablespoon at a time. Add a teaspoon or 2 of the lemon juice and the pinch of sugar. Season with salt and freshly ground pepper to taste.
7. Place the noodles in a bowl and pour the sauce over them. Toss to combine, then garnish with chopped chives and serve.

Recipe sourced from diaryofamadhausfrau.com.

Sunchoke, Potato and Horseradish Soup

Yield: 4 Servings

1 pound sunchokes	1 Tbsp freshly grated horseradish
4 Tbsp olive oil	2 Tbsp chopped fresh chives
1 onion, finely chopped	4 Tbsp cream
1-2 cloves garlic, crushed	Spinach pesto, or any other pesto you have available, optional
1 tsp sea salt and a pinch of black pepper	
2 cups vegetable stock	
1 medium potato, diced	

1. Heat the oven to 375°F. Cut the sunchokes into large chunks and drizzle with about 2 Tbsp oil. Toss to combine and spread them out on a baking sheet. Bake for 30-40 minutes until tender. Remove from the oven and set aside to cool.
2. Meanwhile, add 1-2 Tbsp olive oil to a large saucepan over medium heat. Add the onions and saute for 4 minutes, then add the garlic and cook an additional minute. Add the stock and potato, bring to a boil, then simmer for about 10 minutes or until the potatoes are tender.
3. When the sunchokes are cooled slightly, transfer to a food processor or blender. Add some of the cooked potatoes and a little of the vegetable stock and process until smooth. If you want a perfectly smooth soup, blend all of the portion of soup that was cooked with the potatoes in the saucepan. If you prefer a more coarse, rustic soup, just puree enough to blend the sunchokes.
4. Return the processed mixture to the saucepan and heat gently. Stir in the freshly grated horseradish and season with salt and black pepper. Simmer for a few minutes before tasting and adjust the seasoning to your preference.
5. Ladle the soup into bowls and top each with a tablespoon of cream. Drizzle each bowl with pesto if you are using it and garnish with fresh chives.

Recipe sourced from www.neantog.com