



# Harmony Valley Farm

An update for our Community Supported Agriculture Customers ~ Since 1993  
Twin Cities Edition ~Green Week Delivery

## Meet the New Chef

Hello, my name is David Tegtmeyer. I graduated from the culinary program at Le Cordon Bleu, Twin Cities in 2005. Some of you might remember reading about me in one of last summer's newsletters; I was a member of the shop crew and worked in the field. Working in the field gave me the experience of really knowing where food comes from and the effort that goes into getting it to my plate. Unfortunately, I had to leave the farm to help on my wife's family's dairy farm. I was pleasantly surprised when Richard contacted me about the opening for the Chef position here. I am still cooking in Viroqua in the evenings but I was ready for a new challenge. I look forward to utilizing the freshest produce possible. I realize that probably every chef that has worked here has written about the challenge of working with whatever happens to be fresh here on the farm; it can be daunting but also exciting. I have a bit of practice eating fresh as my wife Kristine and I have large vegetable gardens that are our primary food source (my first try at artichokes is looking very good!), so eating fresh is no problem, it is the scale that I have to get used to (the lunch crowd is averaging around 35-40). It is the beginning of my second week back and so far, the crew likes what they have been served.

A little bit about me, I was born and raised in the San Francisco Bay area. I started working in an Italian restaurant when I was thirteen washing dishes and soon moved up to working on the line. I had no idea how much that time at the restaurant would affect my life. After

high school, I joined the Navy and was a Journalist with a specialty in radio and television. I was able to travel all over Asia and experience cultures that I had previously only read about. After my time in the Navy, I was eager to have an outdoor job, so I took work in a retail nursery and soon found out that I have a green thumb. As I learned about growing things, I kept coming across organics. This way of growing food just made sense to me. After selling plants and answering questions for five years, I took another path that would change my life. I had read the book **The Tracker** by Tom Brown Jr., a story about how

## THIS WEEK'S BOX

**AMARANTH GREENS:** See vegetable feature and recipes on back. Beautiful red colored cooking greens and a very good source of vitamins including vitamins A, B6, C, riboflavin, and folate, and dietary minerals including calcium, iron, magnesium, phosphorus, potassium, zinc, copper, and manganese. Also known as callaloo in Caribbean dishes.

**WHITE, FRESH CIPOLLINI ONION:** These onions have a bright fresh flavor. Keep in the fridge wrapped in plastic. Cipollini can be used just like a regular onion; just take off the thin outer membrane.

**FRESH ITALIAN GARLIC:** Peel and simmer in several changes of water for a total of 20 minutes until the cloves turn soft and surprisingly mild tasting. You can then spoon over fish and meats as a tasty garnish. You can also use it now as is, in any recipe that calls for garlic, or store on your counter to dry it for longer term storage.

**CHIOGGIA BEETS:** These are multicolored beets, candy striped with red. Basic roasting for beets: rub the beets with oil (olive or veg) wrap tightly with foil, put on a baking sheet, and put into a 400-degree oven for about one to one and a half hours. The beets are ready when they can be pierced with a knife. Let them cool, cut off the root and slip off the skin with your hands.

**GREEN TOP CARROTS:** Trim off all but 1 inch of the greens before storage. Instead of using a peeler try scraping the carrots with a knife this way you don't lose so much tasty stuff or don't peel at all, these are very tender carrots.

**ARUGULA OR SAUTÉ MIX:** Arugula has a very peppery taste that goes well with beef or poultry. Summer arugula has a stronger pepper taste than the arugula you had this spring or in what you will taste in the fall. Try either of these greens with blue cheese and a raspberry vinaigrette! The bagged sauté mix is tender enough to eat raw as a salad, but can also hold up to cooking. Dress with an Asian vinaigrette or add to miso soup.

**ARROWHEAD CABBAGE:** This cabbage is sweet and perfect in cold salads. Store it in the fridge in a paper bag or plastic with some vents cut in the bag. To keep the cabbage from falling apart when you try to slice, leave some of the center core attached to the sections. The core is often the tastiest part!

**GREEN BEANS:** Try my favorite green bean dish: In a sauté pan, heat 1 tsp of butter and 1 tsp of olive oil. Toss in some sliced onion, let it get soft, then in go the green beans. After a minute or two of sauté, add some chicken or vegetable broth just to cover, toss in some minced garlic and a pinch of salt, reduce to a simmer, cover and simmer for about 15 minutes. A family favorite.

he learned wilderness survival and tracking skills. It turns out that he has a school that teaches these things in New Jersey of all places. I went and took the basic class and was hooked. All of my free time was spent out in the woods tracking and learning about all the wild things around my home in California. After a couple of classes I was invited to work for the school as an intern (read Cook) and found myself cooking for 150 to 200 students three meals a day in a kitchen - three propane camp stoves under a blue tarp. I will admit there were some seasoning "incidents" but I learned that cooking was something that wasn't going to leave me alone. The best thing about my time at the Tracker School was meeting my wife Kristine. We have moved around quite a bit, but when we came to Viroqua to meet her family, I was hooked. We soon moved from the mountains above Santa Barbara back to Viroqua and haven't regretted it. I did various odd jobs, concrete, landscaping, etc. However, when I heard that the Firehouse restaurant was going to open just up the street from my house I had to apply. Once I started working back on the line in a hot kitchen, I knew that this was the life for me. After cooking for six months, I decided that I really needed a solid foundation in the culinary arts. My education at Le Cordon Bleu gave me the confidence to fly by the seat of my pants in the kitchen and experiment with new and unusual ingredients. That is continuing here at the farm. You just don't know what Richard is going to lay down on your cutting board. Today it was a few okra pods that went into the crew's chicken stir-fry.

That is about it for me this week; I really enjoyed meeting many of you at the Barn Dance. Please feel free to contact me if you have any culinary or vegetable identification, storage or preparation questions.  
chef@harmonyvalleyfarm.com

To keep your produce as fresh as possible this summer, pick up as early as you can on your delivery day and use a cooler with a reusable ice pack to transport your CSA shares home!

### BASIC BOILED OR STEAMED AMARANTH GREENS SERVES 2

Bring two quarts of water to a boil or two cups to one quart of water to boil in a steamer. Boil or steam the Amaranth until it melts (about 1 to 2 minutes) and drain the Amaranth in a colander. Press on the greens with the back of a spoon to squeeze out excess water. Stir the Amaranth with butter, season to taste with salt and pepper. You can also use steamed or boiled amaranth greens in grain pilaf, tossed into pasta dishes, or chill and toss with a vinaigrette for a delightfully pink veggie salad.



### VEGETABLE CRUDITÉS WITH CHIPOTLE LIME DIP

Crudité appetizer trays are comprised of raw or blanched veggies and dips. Cucumbers, celery, and sweet peppers are great raw, while cauliflower, carrots, peas, beans, and broccoli do well when blanched. To blanch veggies, bring a gallon of heavily salted water to a boil. Have a bowl of ice water ready. Put the cut vegetables by small batches into the boiling water for one minute and remove with a slotted spoon to the ice water bath. Continue with the remaining veggies. When the veggies have cooled in the bath, remove to paper towels to dry. These can be eaten as is or with a dip.

#### CHIPOTLE LIME DIP:

1 cup mayonnaise  
½ cup sour cream  
1 small cipollini onion minced  
1 chipotle chili chopped plus 1tbsp adobo sauce  
1 tsp lime zest  
1tbsp lime juice

Combine all the ingredients in a bowl. Cover and let rest in the refrigerator for at least one hour, or overnight.

One of the items in your box this week is **Amaranth Greens**. I was familiar with the seeds of this plant, which can be puffed in a hot pan for a nutty cereal, but I have never used the greens. The information that I have come up with (and a little experimentation in the kitchen), is to treat these interesting greens much like spinach. A simple use for Amaranth Greens is that they can be steamed; with the stems first and then add the greens, toss with some olive oil and lemon. Soups are another use for these greens, be warned however that they will give your broth an interesting pink color. As with most greens the leaves can be simply sautéed with garlic and onion. You will want to use Amaranth as soon as possible. If it looks like it needs a perk up, trim the stalk base and soak greens for a few minutes in the sink filled with lukewarm water and pack into an airtight container. One experiment that I attempted was to take a flank steak, butterfly it and add a layer of thin horseradish cheddar, a layer of amaranth greens and some thin sliced cipollini onion. I then rolled and tied this roast, coated it with oil, salt and pepper. It went into a 425 degree oven for about 30-40 minutes and rested for about 10 minutes. When it was sliced it was a yummy gooey pink color, very tasty. If you are making lasagna, add some greens to give a different texture to your dish.