

Harmony Valley Farm

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



Holy Brassicas! by Andrea Yoder

Every season has its own character and brings with it many things to look forward to and enjoy, especially when you are talking about food. So what will fall bring us? More Cauliflower! It just doesn't seem to stop coming! We planned to have a nice, gradual progression, but we could only control the growth rate so much, mainly with progressive plantings. This year, all the cauliflowers seemed to do well and mature altogether, within several weeks. But autumn is the season for growing and eating vegetables in the brassica family, including Romanesco, collards, kohlrabi, Bok choy, and cabbage. Kissed by cool temperatures and early morning frosts, the vegetables in this family become sweeter and are at their prime. Nature knows too well what we should be eating this time of year: Rich winter squash, pot roast with turnips bobbing in the gravy, braised cabbage and fall greens, warming root mashes, and salads of zesty winter radishes and escarole. Nature's bounty is different this time of year. Spring and summer vegetables are meant to be harvested and eaten within a short period of time, whereas fall vegetables will store well into the cold winter months when there is nothing available to harvest. As I look at these vegetables, I can't help but feel their richness and think they've got to be loaded with nutrients and goodness to fuel me through the winter.

I was recently given the book "The 150 Healthiest Foods on Earth" by a longtime member and friend of the farm. She exulted to me that many of the foods highlighted in the book are grown, produced or distributed at Harmony Valley Farm. Before I knew it, I found myself flipping through the pages and making a list of all these foods. What I found was very exciting as I thought about my own diet of "Farm Food." Some of our favorites that made the list include cauliflower, beets, bok choy, broccoli, carrots, endive, fennel, kale, kohlrabi and leeks. In fact, nearly every vegetable in your box this week is on the list! Of the 36 vegetables that made the list, we grow 32 of them! Many of the fruits on the list are either grown on the farm or are included in the fruit share, including mango,

- • • • •
- **This is the Last Peak Vegetable Share Delivery!**
- **Weekly & Every other Week Shares continue through December.**
- **Our new meat order form is on the web!**
- **Get your turkey, pork, and beef orders in soon!**
- **www.harmonyvalleyfarm.com/GrazierBeefOrderForm.pdf**
- • • • •

THIS WEEK'S BOX

GARLIC: Here is a good list of a wide range of garlic recipes:

<http://www.garlicrecipes.org/>

LEEKs: Refrigerate leeks, unwashed, in a loosely fitting plastic bag for up to one week. Leeks carry some dirt, especially in between the layer of overlapping leaves. As such, they should be cleaned carefully.

POTATOES: This variety is best to roast, boil, or mash by hand (or they get gooey).

CARROTS: Hardy vegetables, carrots will keep longer than many others if stored properly. The trick is to minimize the amount of moisture they lose. To do this, put carrots in a plastic storage bag and keep them in the coldest part of the refrigerator with the highest humidity. They should keep fresh up to two weeks. Remember to store carrots away from apples, pears and potatoes as they release ethylene gas, which turns carrots bitter.

ROMANESCO: Store, unwashed, in the refrigerator in a plastic bag, leaving the bag open or using a perforated plastic bag. This will avoid excess moisture, which causes mold to grow. It can be blanched and then frozen and kept in the freezer for up to a year. The best way to cook this vegetable is to steam or stir-fry with a little broth or water.

PEPPERS – UKRAINE AND MINI SWEET: To tray freeze sweet peppers, wash and core peppers. Chop, dice or slice according to how you plan to use them. Spread in a single layer on a tray of a cookie sheet. Place tray in the freezer for an hour or longer. Loosen pepper pieces from the tray and pour into zip close freezer bags. Immediately place sealed bags in the freezer. The pepper pieces will remain separated for ease of measuring. Simply remove as many as you need, reseal the bag and return to the freezer.

DELICATA SQUASH: Cooked squash freezes well. Pack into freezer containers or freezer bags leaving ½ inch head space and freeze for up to one year.

KABOCHA SQUASH: Inside the hard reddish-orange, spotted outer skin, there is a semi-firm, dense golden flesh that has a rich, sweet flavor and a texture similar to a tender potato. With a flavor that tastes similar to pumpkin or a sweet potato, it is a good substitute for recipes requiring pumpkin or sweet potatoes as ingredients. It can be baked, braised, pureed, stuffed, or steamed to be served as a side dish or as a base for soups, cakes, and pies.

SAUTÉ MIX: This is an ever-growing source for stir fry recipes: <http://www.chickenstirfryrecipe.com/>

SPINACH: For longer term storage, spinach may be frozen. Blanch for 1-2 minutes, rinse in cold water to stop the cooking process, drain well and pack into airtight containers, such as zip-lock freezer bags. Only one more week of Spinach!

BROCCOLI: Try a cold broccoli salad with pomegranate seeds instead of raisins.

RAINBOW KALE: Wrap kale in damp towel or place in plastic bag and keep in the hydrator drawer of the refrigerator. Kale is best used fresh but will keep for 2-4 days if kept moist and refrigerated. For long-term storage, kale can be frozen. Wash, destem, and blanch leaves for 2 minutes. Rinse in ice-cold water and pack into zip-lock bag or airtight container. Freeze.

raspberries, strawberries, melons, avocados, figs, blueberries, dates, lemons, limes, oranges, grapes, and cherries.

A food's potential to provide us with a powerful pack of nutrients is what landed it on the list of healthiest foods, but that potential needs to be maximized to really benefit you. One of the points the author, Johnny Bowden, emphasizes is that not all vegetables are created equal. A vegetable or any other food can only reach its full potential when it is grown responsibly and provided with a rich and balanced nutrient source. For example, consider these three different carrots and decide which you would choose: 1) Grown organically, but in nutrient depleted soils. 2) Grown conventionally in marginal soil and sprayed with pesticides for weed control in the field. 3) Grown organically in nutrient rich soil cared for with applications of compost, green manure cover crops, and no pesticides to contaminate the soil. You may make your decision based just on what I've told you thus far, or you might also consider color, appearance and taste. Or you may be skeptical: They are all carrots—How can they be any different?! Well, take a bite and you will find that there are taste differences in vegetables depending on the soil they came from. Vitamins, minerals and other nutrients really do translate to flavor. They are also responsible for giving vegetables their colors. You will often find vegetables with deep, rich, vibrant colors are tastier than lighter colored or pale vegetables. So back to the cauliflower that just doesn't seem to stop coming. What about the purple and cheddar cauliflower—do they taste any different? Well, you be the judge. We think they have a richer flavor, and if you eat with your eyes (open or closed) these varieties trump white any day of the week.

So what is it that earned the brassica family rights to join the list of the 150 healthiest foods? Well, vegetables in this family are rich in antioxidants called indoles that disarm free radicals that cause inflammation, cancer and other destruction in the cells of our bodies. These antioxidants help detoxify our bodies.

As the season progresses and we move into the final boxes of the year, you can look forward to plenty of kales, collards, cabbage, turnips, beets, carrots and many other nutrient rich vegetables in your boxes. Our goal is to raise vegetables that reach their full nutrient potential, evidenced in their colors, quality and flavor. I hope you will enjoy your final taste of cauliflower and Romanesco by making your favorite cauliflower casserole, dipping it in a flavorful veggie dip, or making an Indian vegetable

curry. If you have reached your cauliflower threshold, make a creamy cauliflower soup and freeze it to enjoy later this winter. Pickle the flowerets with sweet mini-peppers and store them in a jar in your refrigerator to enjoy later this winter as the perfect accompaniment to a pork roast or a grilled cheese sandwich. Remember, many of these fall and winter vegetables were meant to be stored. If you aren't able to eat them all before your next box, don't let them go to waste. Store them properly and you can enjoy them in several weeks. Use your winter squash as a beautiful fall decoration for your dining room table. If you start to have a craving for squash, or see a bad spot starting to form on one of them, that's your cue to cook it up and have it for dinner.

Risotto with Squash and Leeks

1 large Kabocha squash, peeled, seeded, cut into 1/2-inch pieces
4 tablespoons olive oil
6 cups (about) chicken stock or canned low-salt chicken broth
3 large leeks (white and pale green parts only), thinly sliced (about 3 cups)
2 cups Arborio rice or medium-grain rice
1/2 cup dry white wine
1/2 cup whipping cream
1/2 cup grated Parmesan cheese
2 tablespoons chopped fresh sage

-Preheat oven to 400°F. Place squash on large rimmed baking sheet. Drizzle with 2 tablespoons oil and sprinkle with salt and pepper; toss to coat. Roast until tender and beginning to brown, stirring occasionally, about 40 minutes.

-Bring stock to simmer in heavy large saucepan. Reduce heat to very low; cover and keep stock warm.

-Heat 2 tablespoons oil in another heavy large saucepan over medium-low heat. Add leeks and sauté until soft but not brown, about 10 minutes. Add rice; stir 1 minute. Add wine and simmer until absorbed, stirring constantly, about 2 minutes. Add 1/2 cups hot stock; simmer until absorbed, stirring frequently. Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently, until rice is tender and mixture is creamy, about 25 minutes longer. Add roasted squash, cream, Parmesan cheese and sage; stir until heated through. Season to taste with salt and pepper. Serve warm.

Delivery Schedule Reminder:

We switch to an every other week delivery schedule in November.

Upcoming delivery dates:

October 30 - Brown week, weekly, coffee, cheese
November 6 - Brown AND green week, weekly, coffee, cheese, fruit
November 13 - Meat only. No other CSA shares will be delivered this date
November 20 - Brown AND green week, weekly, coffee, cheese, fruit
November 27 - Happy Thanksgiving! HVF crew vacation, no deliveries
December 4 - Brown AND green week, weekly, coffee, cheese, fruit
December 11- Meat only. No other CSA shares will be delivered this date
December 18 - LAST REGULAR SEASON DELIVERY
Brown AND green week, weekly, coffee, cheese, fruit, holiday gift orders
January 8 - Extended Season, coffee, cheese, fruit
January 22 - Meat, Extended Season, coffee, cheese, fruit

Produce Plus

5# Medium Red Cipollini: \$20, 3# Porcelain Garlic: \$20, 5# Shallots: \$20
Place your order via phone (608/483-2143x2) or email (csa@harmonyvalleyfarm.com) by Monday, October 27. Please send a check for payment directly to the farm the day you place your order. Your produce will be delivered to your site on October 30, in a box with your name on it. Thanks & enjoy!