



# Harmony Valley Farm

An Update for Our Community Supported Agriculture Members

Harmony Valley Farm, S. 3442 Wire Hollow Rd., Viroqua, WI 54665  
608-483-2143 harmony@mwt.net www.harmonyvalleyfarm.com

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## THIS WEEK'S BOX

**THIS IS AN EVEN WEEK STAWBERRIES EARLY GLOW, OUR FAVORITE FLAVORED VARIETY. OFTEN HAS WHITE TIP THAT IS VERY SLOW TO TURN RED.**

**OREGANO - THE SMALL LEAFED, LIGHT GREEN BUNCH WITH THE GOOD AROMA**

**SALAD MIX - LAST WEEK FOR THE PEA VINE, THE DARK, COPPERY RED IS BULL'S BLOOD BEET LEAF.**

**SAUTE MIX - THE ASIAN AND EUROPEAN GREENS ONLY, NO LETTUCES. MEANT TO BE SAUTEED, WILTED, USED LIKE YOU WOULD SPINACH**

**GARLIC CHIVES - LOOKS LIKE SUCCULENT GRASS, TASTS LIKE MILD GARLIC**

**RHUBARB - RED RED HEAD LETTUCES - LITTLE GEM GREEN ROMAINE AND/OR RED OAKLEAF**

### CHOICE BOX

**BULK ARUGULA - SPICY RAW, Milder WHEN COOKED**



Red Mustard

IN YOUR SALAD MOST WEEKS

## News Flash - Weather Causes Grumpiness in Plants and People

This field report will be brief because to be lengthy would be redundant, "Pepper Growth Slows" -- "Kohlrabi Increasing Imperceptibly In Size" -- "Cilantro Size Appears Unchanged," -- "Broccoli Growing At A Snail's Pace," -- "Stagnation Detected In Summer Squash Field" -- "Linda Goes on a Shopping Spree, Returns with a Bi-zillion Rain Suits!"

Anyway, in explanation for those who are new to CSA, a normal box at this time of the year would include the first kohlrabi, possibly broccoli, asparagus would still be producing, and cilantro would be in, for sure. Baby beets would be dime sized and zucchini would be producing the first baby squash. Instead, because of the unusual cool, wet weather we have plants just hanging on, waiting for the sun to reappear before they put forth new growth. We usually say that for any kind of weather there are crops that don't like it and others that thrive. Well, it's hard to see any thriving crops right now. Everything needs sun! For plants that make food from sunshine (and a few chemicals) it's like being on a diet. At this time of the year, when the plants are supposed to be growing like teenagers, it's a bad time to be on a diet. To at least keep the heat-loving plants as warm as possible we have left the spun-poly row covers in place. Tomatoes are pushing the covers up, sweet potatoes and watermelons are protected under their blankets, too. The early zukes are just about to flower, but no bees can get in to pollinate (The down side is that not 100% of the sunlight gets through the covers, which is not really a problem in years when there is plenty of sun.)

Anyway, the lettuces are growing nicely, no sun-caused tip burn to worry about! The salad mix, spinach and arugula are actually benefitting from the cooler temperatures. Peas like cool weather, too. The strawberries are ripening steadily, a pleasant change from the usual feeling that they are ripening behind you as you pick. Normally we think sunny weather helps improve flavor in berries, but we all are quite amazed by the very good tasting Early Glows that we have picked this week.

In between all the rain and muddy field conditions we have managed to plant our crops on time, except for one week of salad mix. The greenhouse is empty -- everything left to transplant is self-watering in the outdoor cold frames until we can get it into the field.

Expect Kohlrabi next week, continued modest amounts of berries, cilantro.

## Interesting Conversation!

If you have joined the Harmony Valley CSA discussion group, then you know what I'm talking about. Richard and I have really enjoyed the conversation and information about cheese that has been happening this week. There have also been recipes and other good CSA member info and questions. If you have not received an e-mail invitation to join it means we do not have your current e-mail address. If you are interested in joining send a message to Jim at: [jhudson@alum.mit.edu](mailto:jhudson@alum.mit.edu)

By the way, we are still working on a cheese option for CSA members. Thanks to those who let us know their opinions through the e-group. Now that we have feedback there are even more considerations. Even if you are not a part of the e-group we value your input. Do you want cheese through the CSA? E-mail us your response.

## Ohh, Oregano

Oregano happens to be one of those herbs that can be added to countless dishes. Best when fresh, it is perfect in anything Italian, especially with tomatoes, anything Mexican, eggs, salad dressings, and vinaigrettes. Taste for yourself and decide how much you want to put into your food. It can be overused and overpowering, so take it easy. A little does wonders. If you can't seem to use it fast enough, simply hang the bunch upside down for a few days until it is dry, then crumble the leaves into a small jar. This dried oregano has much more flavor than anything you find at the grocery store. Dried oregano is in many seasoning mixes, so read the ingredients before adding a double dose. It is also more potent than fresh because of reduced water content. Enjoy herbs to their fullest. Taste and experiment, they will add incredible depth to your cooking. -- Harry

**IMPORTANT TIME CHANGES- Beginning June 16, (and continuing for the rest of 2001) delivery to some Madison sites will arrive 30 minutes later than listed in manual / calendar. If you do not have a calendar yet, check the site and pick one up! It's useful! Sites effected are: Green Lake, Rae Lane, Elmside, Spaight, Paterson.**

# You can do it!

By Harry Stoehr

Last week I wrote about “stress” and the positive effects good food has on your health. This week I would like to continue by discussing issues of how we begin, what we can do, and where we can find it.

First, “What”. The thing to remember is, start simply. Take a look around your kitchen. Look at the way your kitchen is arranged. Does the order and flow of the kitchen facilitate easy cooking? Is the stove tucked far in a corner, away from food sources and prep areas? If it is, take steps to organize yourself before you begin cooking. This will reduce the amount of trips, slips, burns, forgotten items, and wasted time. Before you begin, look at the recipe, or think about what you want to cook. Take out all of the components of your meal and place them on the table. Next, take out the corresponding number of small bowls and one larger bowl. This may seem like a lot of dishes, but if you simply rinse or wash the bowls as you use the item inside, there are no bowls to wash when you are finished. At your cutting board, cut, peel, measure, etc. each of the items and place in the bowls. Use the larger bowl for scraps and waste. This saves a lot of clean up time, and messes created as you walk back and forth to the garbage can. It doesn't matter how large or small your kitchen, it is always possible to work efficiently. Most time it is best to set up your prep station near the stove without being dangerous. This will give you a better view of what you are doing. Having all of your prepped items in front of you will make cooking more effortless and more fun. It gives you a chance to be attentive to the changes your food undergoes, putting in perspective the different things that need to be cooked, at different temperatures, for different amounts of time, so that all of the components come together at one time and are eaten at perfect flavor and doneness. All of these “tips” are designed to save time, which seems to be the major reason people are not eating properly. However, nothing is immediate, except gratification, so we need to MAKE time to cook and enjoy a proper meal, which leads to “How”.

If you are having a problem changing your mindset surrounding food, just think about how and what you do eat. Think about how much time you take, first deciding what or where you are going to eat, then getting into your car, and driving to the establishment, stared at the menu, ordered your food, waited and then received. Sure, “Fast food” is fast, but because gratification is immediate we forget about all the time it took us to receive. In that 15 - 30 minutes we could have stayed home and cooked a fabulous meal, saved time, saved money, and most importantly saved ourselves. There are infinite possibilities to food. Even a composed salad and hot or cold sandwich is faster than a “TV dinner”, and you can't personalize a “TV dinner”. If you think of cooking as fun and adventurous rather than a chore, even the simplest things will have class, and be just right for your tastes. Begin to change the way you think and you will change how you feel. Very soon you will be excited about cooking, the time that you spend creating and enjoying food will be cherished.

Finally, “Where” you go is the easiest problem to solve. Everyone reading this now is extremely commendable, in that you are taking a conscious step in bringing good food into your lives. Here in the Midwest there are many CSA opportunities, Whole Foods Stores, co-ops, and of course farmers' markets. Markets are a fantastic resource for artisanal and special items, as well as good produce. Be observant, and even ask questions about how the product is cared for and presented. Does the farmer seem to care for and take pride in what they are selling? Be selective. Co-ops and other organic or whole food retailers are the best source for all of your everyday items. It has now become possible to replace any to all, over processed, commercial, potentially detrimental, food items that you consume. The best way to decide what items you want to replace is look at the label. If there are any additives, chemicals, or questionable ingredients, consider buying the same product, in an organic or less processed form. You will notice a difference. Organic milk is number two on my list. It is noticeably sweeter and fresher tasting. Number “One” of course is fresh organic produce. I could go on and on, but frankly you all know what I am saying. It is the reason we are sharing this very moment. Thank you for supporting your local producers. It is important that we let everyone know that they are doing a good thing. You may not be able to do it yourselves, like they did in the past, but know that there are still people right here that are caring, loving, and passionate about creating good food, so that others can enjoy life. Spread the love and share the wealth. Live in harmony, supporting community, buying only the best for you and yours, making time and saving time to enjoy a sustainable meal, that will leave you strengthened, nourished, and ready to face the world with good energy. Happy Cooking!

## GARLIC CHIVE MASHERS

*6 to 8 large yukon gold potatoes, washed*

*8 garlic cloves, or green garlic*

*1 cup chopped garlic chives, may substitute regular chives*

*1 cup heavy cream*

*1 tablespoon butter*

*Salt and black pepper to taste*

Bake the potatoes until fully cooked (about 45 minutes at 350 degrees). In a saucepan, saute half of the chives and garlic in a little butter. Add cream and reduce by 50 per cent. With a hand blender, mix well and check for seasoning. Add the remaining chives. Hand mash the potatoes, skin and all. Add the cream, butter and check for seasoning. Yield: 4 servings

## Hooray for Sauté!!!

Sauté mix is a wonderful blend of sturdy greens, like spinach, tat-soi, arugula, mizuna, etc, that hold up well when cooked. They are very versatile, and have a wonderful flavor. They can be cooked as simply as sautéed in butter or olive oil with salt and pepper, or with bacon and shallots, or wilted in a hot pan with a light vinaigrette. I have used them in stir-fries, soups, stuffings, and as a simple side dish. Sauté mix can even be enjoyed as a hearty salad, and is perfect for hot dressings that would destroy delicate salad mix.

## Ag Facts

**Monsanto, developers of the New Leaf Potato, a potato that makes its own pesticide in every cell, (to be continued next week)**

## RED BOSTON WITH GARLIC CHIVES & BUTTER DRESSING

(A Romaine or Mature Leaf Lettuce works, too)

Although it may sound heavy, this dressing has a light, silky texture that keeps it from weighing down the delicate lettuce. The salad needs to be eaten immediately, before the dressing cools. Serve it as a first course or a side dish — it would go especially well with grilled steak. Active time: 15 min Start to finish: 15 min

3 tablespoons thinly sliced fresh garlic chives

1 head Boston lettuce, larger leaves torn into pieces

1/2 stick (1/4 cup) unsalted butter, cut into slices

1 garlic clove, finely chopped

4 teaspoons fresh lemon juice

Sprinkle chives over lettuce in a large bowl.

Heat butter and garlic in a small heavy saucepan over moderate heat, stirring occasionally, until garlic is golden and butter has a slightly nutty aroma (there will be golden-brown bits of milk solids on bottom of pan), about 5 minutes. Remove from heat and add lemon juice and salt and pepper to taste. Toss salad with dressing and serve immediately.

Makes 4 servings.

## STRAWBERRY FEST! JUNE 17! PLAN TO

**COME!** Potluck at noon, tour at 1:00, berry picking at end of tour! Members can pick a flat for free, friends pay \$1 / lb. You'll find a map to the farm in the manual or on our website.