



News from

Harmony Valley Farm

An Update for Our Community Supported Agriculture Members - Since 1993

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Winter Beef Sale

The demand for the beef we raise (Grazier's Organic) is so strong that we decided to process a little more than originally planned. We have extra ground beef, grill packs and franks for sale in December and January (and it's not too late to plan for May). We have reevaluated our costs and the organic franks and grill packs are reduced by between 25% and 10%. We hope that encourages you to give them a try.

In defense of the franks -- they're NOT junk food. They are made from ground beef, the very same meat we make the other cuts out of, plus organic spices, and reddened with organic beet powder, (not nitrates!), then hickory smoked. How can that be anything but wholesome? We taste tested two recipes in August and ran with the one with high marks. We think you'll find them delicious. And the best part is they are so easy and kids love 'em.

Pick up an order form at the site or go on line to our website.

Winter Veggie Boxes are delivered on JAN 21/22. (The calendar has mistakenly indicated Jan. 7 and 8th, as well. OOps!) The winter veg boxes and January fruit boxes are not delivered to all of the sites. Some garages (Spaight, Sprague, Rugby Row and Sidney) do not have small walk-in doors and would be too frigid with the large door open. Refer to the veg. brochure and fruit newsletters for details about where those site members pick up.

Popcorn on the cob! New this year, popcorn. We thought it would be a fun addition to the winter boxes. Both Linda and I grew up before Orvill Redenbacher's time. Our popcorn was homegrown and dried on the cob. When we wanted popcorn, we shelled a couple ears into a bowl. The twisting motion of the cob in the palm of your hand always brought a hot, chafing sensation to my hand that seemed so very familiar when I rubbed kernels off the cob this week.

With the kernels comes a fine chaff which we removed by pouring the kernels from one bowl to another held a foot or two below.. To keep it neat, we did this outdoors, in a slight breeze.

The shelling and cold outdoor winnowing makes for a very special bowl of popcorn, indeed.

Popcorn must be dried before it will pop properly. We have been drying them here for several weeks, but to determine if your ears are ready, shell off the kernels. Put several in your popper, kettle or whatever method you choose. If they pop, pop the rest. If they only open part way, leave the rest in an open bowl on the shelf for a week or more and try again.

Tonight I put a whole cob in a paper lunch bag and microwaved it. The bag filled with kernels that popped right off the cob. Some opened but refused to let go of the cob. It was fun, if not 100% edible. - Richard

When is the Last Box?

For some of you this is your very last box of the season -- if you are an **every-other week** member and are picking up today (ODD Week) this is it! However, for all weekly members and those of you not picking up this week (hence not even reading this right now) there is one more delivery. Check out this schedule ----

Dec. 3-4: Last **Odd** week. Fruit delivery.

Dec. 10- 11: NO BOX

Dec. 17 - 18: Last veg. box - **even** week. Fruit and Beef.

Dec. 24-25: NO BOX

Dec. 31, Jan 1: NO BOX

Jan. 7 - 8: Fruit Share only

Jan. 14-15: NO BOXES

Jan. 21-22: last fruit, beef and Extra Storage Box of Veggies (optional)

Can we enlist your help?

We are designing posters, we are buying brochure holders and we are printing door stuffers, all in the hopes that you will put them in places where they can be seen by food loving cooks!

The brochure and the extra insert in your last two boxes are to pass on to friends, but if you know of a good location for other brochures, please ask for some, and a holder, we'll set you up. Same goes for posters where brochures aren't practical.

All help is more than appreciated.

Renewals to date: 28 households!
(not including any electronic rollovers yet)

This Week's Box

- Brussels Sprouts**
- Beauty Heart Radish**
- Red Beets**
- Cabbage or Winter Squash**
- Carrots**
- Celeriac**
- Endive or Escarole**
- Onions, Red or Yellow**
- Popcorn on the cob**
- Porcelain Garlic**
- Red Shallots**
- Rutabaga**
- Scarlet or Gold Turnips**
- Sweet Potatoes**
- All-Blue Potatoes from Josh and Noah Engel -- Rainbow Potatoes**

Fruit Boxes

- Produce Plus A-Z**
- Foodbooks,**
- Garlic Braids**
- delivery today.**
- We have 40 garlic braids left and cookbooks, too.**

**For a Dec. 17/18 delivery call or e-mail the farm, send payment in the mail. A - Z Foodbook - \$16
1 Braid - \$16 or Box of 5 for \$75**



In The Kitchen

I've been enjoying having more time in the kitchen. I've done some experimenting and everything has been well received. I hope the cook(s) in your households are equally fortunate and appreciated. -Linda

Veg Notes:

Brussels Sprouts: Well, they have been off the stalk for weeks now and are showing a bit of age. However, they are tasting good, so we hope you do the extra trimming it takes to make them pretty. With a paring knife, trim the bottom high enough to remove with it the outer, yellowing leaves. For a few sprouts you will have to peel a couple more leaves off.

The **rutabaga** (tan with brick red shoulders) may be large, but it is NOT woody! Woodiness is a standard joke here at the farm, because we hear so many larger vegetables accused of becoming woody, but few ever do develop tough cores in growth or storage. Who DID popularize that common misconception of woodiness? If you do not need the whole rutabaga for one meal, it will keep reasonably well after being cut, best not peeled. Cover cut end with plastic wrap and put in a plastic bag.

Endive -- the head with curly leaves, or Frisee -- the head with very finely curled leaves, or Escarole - the head with wavy, broader leaves, can be used interchangeably in recipes. Because they grow very flat to the ground in this cold weather, you will find there is a lot of soil to be washed out of the base of the leaves. I cut off the stem end so the head falls apart and rinse them in a sink full of cold water, agitating vigorously. Then I transfer them to another sinkful and rinse again. Then pat dry with a towel or paper towels (a bit of moisture is good) and store wrapped loosely in paper towel inside a ziplock bag. They will keep for a long while like this. The blanched hearts of the heads are the sweetest and most tender and can be eaten raw or cooked. The outer leaves and leaf tips are great wilted or cooked.

The **Beauty Heart Radish** (green and tan with pink flesh) will keep for a very long time in a plastic bag in the frig. Peeling removes much of the radishy bite.

Carrots - store away from apples. The apples will turn your carrots bitter. If your carrots do get a bitter edge, use them in cooked applications, heat removes most of the bitterness.

The **all blue potatoes** are an all-purpose type. They can look a bit grey when

mashed so I tend to use them in other ways. Anyone have a secret for keeping them looking appetizing when mashed?

Shallots are perfect for salad dressings, though can be used anywhere you would use an onion. They seem stronger than an onion when chopping or when raw, but mellow very nicely when cooked.

Celeriac - the knarly root. Trim the root end off generously, don't try to peel out the rooty, hairy area on the bottom. These don't like to be wrapped too tightly in plastic. Store wrapped in a paper towel and in a loose plastic bag for weeks.

In my experimentation these past two weeks I have visited several websites specializing in seasonal recipes. Epicurious.com is the very easiest and most versatile. I have read lots of recipe reviews and it doesn't surprise me that more than just a couple refer to their "vegetable box" or to their CSA giving them generous amounts of this or that vegetable. I take that as a commentary on the positive effect of CSA participation in keeping from-scratch home cooking alive in this time of busy schedules and family meals taking a back seat to soccer and careers. CSA members are out there cooking up a seasonal storm of adventurous, delicious meals! Hurray!

Ideas - We gobbled up a tuna salad made with minced shallot, celeriac and red bell pepper, dressed with mayo spiked with ranch dressing and bits of blue cheese. We served it on top of tender parts of the escarole torn into smallish bits.

I sauteed chopped escarole in garlic and shallots until just wilted and then added thinly sliced granny smith apples and toasted hickory nuts (pecans work) and stirred for a minute then put the lid on. Even Ari ate this! And it was FAST! The recipe called for vinegar, but that is NOT a family favorite.

Try any greens, sauteed until tender, layered in a baking dish with a left over grain (like brown rice) with your favorite cheese. Top with buttery bread crumbs if you like to fuss. Bake on a fairly high heat until browning and smelling good!

*Rutabaga
art by
Rebecca
Parish*



Two Winter Soups

HEARTY WINTER CSA Box SOUP

1 tablespoon olive oil
1 1/2 cups chopped leek (white and pale green parts only)
1/2 cup chopped celery or celeriac
1 garlic clove, minced
2 cups 1/2-inch pieces peeled turnips
2 cups 1/2-inch pieces peeled rutabagas
2 cups 1/2-inch pieces peeled potatoes
2 cups sliced carrots
1 28-ounce can diced tomatoes in juice
4 14 1/2-ounce cans vegetable broth or low-salt chicken broth

Heat oil in heavy large pot over medium-low heat. Add leek, celery and garlic and sauté until vegetables begin to soften, about 5 minutes. Add turnips, rutabagas, potatoes, carrots, tomatoes with juices and 2 cans broth. Bring to boil. Reduce heat; cover and simmer until vegetables are very tender, about 45 minutes.

Transfer 3 cups soup to processor. Puree until almost smooth. Return puree to pot. Add remaining 2 cans broth; bring to simmer. Season with salt and pepper. Ladle soup into bowls and serve.

Serves an army or freezes well!

ROOTS AND BARLEY SOUP

1 tablespoon vegetable oil
2 1/2 pounds meaty lamb neck bones
10 cups water
1/2 small cabbage, chopped
2 carrots, peeled, chopped
1 large onion, chopped
1/2 large rutabaga, peeled, chopped (or use some turnip for the rutabaga)
2/3 cup pearl barley, rinsed
3 tablespoons instant beef bouillon granules

2 teaspoons dried thyme
2 bay leaves

Pinch of ground allspice

Heat oil in heavy large pot or Dutch oven over high heat. Add lamb bones; sauté until dark brown, about 10 minutes. Add remaining ingredients. Bring to boil. Reduce heat to medium; simmer until lamb, barley and all vegetables are tender and soup is thick, stirring occasionally, about 1 hour 30 minutes. Remove bay leaves. Season with salt and pepper.

You can, of course, make this with beef stew meat, diced chuck roast, those meaty soup bones you got in your beef order, diced up round steak, whatever.

This got very good reviews from the many people who made it.

I found these on epicurious.com