



Harmony Valley Farm

Producers of Fine Organic Produce & Beef

An Update for Our Community Supported Agriculture Members - Since 1993

Madison & Local Edition

Farm Update

-by Richard de Wilde

After what seemed like a short winter to plan, fix machinery and recruit a work force, we hit the ground running with an April 10-11 planting of salad, arugula, cilantro, radishes, spinach, carrots and beets. That short window of opportunity closed with a 6" snowfall, but not before we put a polyester cover over those crops. Those seeds were up shortly after the snow melted. That early planting combined with overwintered sorrel, spinach, parsnip, sunchoke, onions and garlic has resulted in these nice early boxes.

We lost 10 days of planting time to the snow and resulting mud but that was the last precipitation we would see until a gentle rain on May 12th totaling .7 inches. In the dry period between, we planted 2 acres of onions, shallots and cipollini - 4 rows to a bed on silver plastic which will keep the tiny thrips from damaging them. We transplanted two crops of lettuce for full sized heads, fennel, broccoli, cauliflower, brussels sprouts and 25,000 celeriac plants. From seed we planted more salad greens, cilantro, spinach, radishes, two crops of peas, a second crop of beets and carrots, 5 acres of parsnip, a burdock crop, parsley root and two plantings of potatoes. We have lots of yellow flesh potatoes this year and a few blue. No good red fleshed potato was available which is probably good because we overdid those the last two years; but, personally, I'll miss those



Planting Onions

beautiful pink mashed potatoes. We also planted \$4,000 worth of rhubarb roots for a future crop. We have now started planting the warm weather crops, put the bean, edamame and sweet corn in and transplanted the summer squash and cucumber.

During all this planting we also managed to keep up the greenhouse planting schedule of melons, watermelons, tomato, peppers and winter squash. All germinated well and are ready for the field. The strawberries had their straw cover removed and look fantastic, the currants bloomed and set fruit without frost damage. The garlic crop is a foot tall and has been weeded. We had to start irrigating last week because it was bone dry.

There are many more tasks accomplished including the birth of twin baby goats and 10 new baby pigs, but you get the point. An extraordinary feat of management and many man/

This Week's Box

Green Week

Vegetables

- ♥ **Asparagus:** Brush lightly with oil and roast or grill.
- ♥ **Egyptian Walking Onion:** Use in recipes calling for "scallions."
- ♥ **Italian Green Garlic:** Slice thinly and add as a topping on pizza.
- ♥ **Parsnips:** Use instead of carrots in cakes and muffins.
- ♥ **Pea Vines:** See feature and recipe on back.
- ♥ **Radishes:** Slice on buttered bread with a sprinkle of salt for a radish sandwich.
- ♥ **Sorrel:** See feature and recipe on back.
- ♥ **Spinach:** Saute with green garlic, soy sauce and sesame oil for an Asian-inspired side dish
- ♥ **Salad Mix:** Sweet and Tender and fresh from the field!

Choice

- ♥ **Herb Packs:** Time to plant your garden or patio herb patch. (*see herb map on back*)

For Every-Other-Week Green only!

woman hours of fast, precise and skillful work. Much of the work was done with a new "temporary" crew that showed up in abundance to share the workload while we waited for our experienced crew. Our regular crew comes from a winter in Mexico on H2A visas, which

are always delayed and only some are granted. Our crew finally arrived May 7 & 8 but only 9 out of 12 of them were able to come. We will surely miss Jose Manuel, Antonio and Vicente who's visas were denied for no good reason. We now have a crew of 30, including Steve and Brian scrambling with dozens of last minute sign-ups. Chef Andrea is keeping all well fed and we sleep well at night knowing we are feeding a very large and appreciative group of eaters!

Herb Map

A quick guide to your herb pack.



Rosemary	Summer Thyme	Summer Savory
Greek Oregano	Sage	Italian Parsley
Basil	Basil	Curly Parsley

The Choice Box

Most weeks (not all) we deliver extras that can be added to your box. As a rule of thumb we deliver 20 - 30 bunches of something to a site where we deliver 40 boxes, reasoning that about 1/2 - 3/4 of the people will want some of what is in the choice box. With that in mind, please help yourself to what is in the box. If you are nearly the first to arrive you might want to limit yourself to 1 bunch of something. If you arrive after most of the boxes have been picked up and can see there still remains lots of choice items, help yourself to two or more. The goal is to have very little, or none, left at the end.

Vegetable of the Week - Sorrel

Sorrel is a unique spring green with characteristics unlike any other leafy green. The name is derived from a word meaning "sour," a fitting name given its tartness when eaten raw. Sorrel contains oxalic acid which gives it a tart, sour astringency and flavor reminiscent of rhubarb. It can be eaten raw or cooked. In the raw state, it can be added to other greens in salads to add a nice tartness. When cooked, it behaves in a very interesting way. When added to a hot liquid, it nearly immediately changes color from bright green to olive green and will start to "melt." It makes its own sauce as the leaves become very soft and disintegrate into the liquid. This quality makes it useful in soups and sauces. It pairs well with eggs, fish, cream, lentils and spinach.

Sorrel & White Bean Soup: Serves 3 - 4

2 tsp olive oil	1-15 oz can great northern beans, drained
1 medium onion, diced	1/2 tsp dried thyme
1 bunch sorrel, chopped	1/4 tsp dried lavender
4 ounces spinach (1/2 bag)	2 tsp lemon juice
3 cups vegetable stock	Salt & pepper to taste

-Heat oil in a medium saucepan over moderate heat. Add onion and sweat just until tender. Add vegetable stock, sorrel, spinach, beans, thyme and lavender. Bring to a simmer and cook for 10 minutes.

-Remove from heat. Puree soup in a blender until it is very smooth. Return the soup to the pan and return it to the stove on low heat. Add lemon juice, salt and pepper to taste.

Vegetable of the Week #2 - Pea Vine

I wish I could convey how excited I was to taste the first pea vines of the season! The beautiful, delicate tendrils hold the sweet, fresh taste of peas. The vines are harvested from the pea plant before the pea pods start to form. Their flavor and crispness speak for themselves and they require little preparation. In their raw form, they are a fresh addition to salads and pair well with radishes, chives, lemon, and mint. They are also a nice garnish for roasted meats and fish. Since they require little cooking time, they can be used in stir-frys or simply wilted and seasoned with salt, pepper, and a spritz of lemon juice.

Pea Vine Salad with Radishes and Mint: Serves 4 - 6

1 bunch pea vines, trimmed to bite size pieces	2 tsp white balsamic vinegar or white wine vinegar
1 cup (2 oz) salad greens	1 lemon, juice and zest
3-4 radishes, small diced	1/4 tsp salt
1/4 cup mint, chiffonade	1/8 tsp ground black pepper
	1/4 cup extra-virgin olive oil

-In a small bowl, combine vinegar, lemon juice and zest, salt and pepper. Slowly drizzle in olive oil, whisking continuously.

-In a separate bowl, toss pea vines, salad greens, radishes and mint. Immediately before serving, drizzle with vinigerette and toss to coat the greens evenly.