



Harmony Valley Farm

Producers of Fine Organic Produce & Beef

An Update for Our Community Supported Agriculture Members - Since 1993

Madison and Local Edition

EAT YOUR GREENS!

By Richard de Wilde

In 1993 when we started our CSA with 35 members, we asked them what they wanted and we set out to please them because they would be our ambassadors to a larger, efficient CSA to come. Thankfully, most of those original members are still with us! It was clear that they wanted the common vegetables; beans, sweet corn, tomatoes, peppers and only a small amount of new things to try. Whenever we did a survey, greens came in at 50-50 at best. Half wanting more greens, half not wanting to see any! So we instituted the "choice" box, so those that wanted them could make that choice.

Many of the early CSA farmers were inexperienced growers and used kale as a "box filler" when other crops failed. We heard from many unhappy CSA members that 'all they got was kale' from other CSA farms.

Personally, I like kale especially lacinato, red curly, and flowering kale, but only in the fall when cold temps have sweetened the flavor and other greens are gone. That is their season of glory, but in the summer months other greens are in their prime, loving the heat of summer. The amaranth in this week's box is a prime example.

Over the years we have tried to 'nudge' our CSA members toward eating more greens, putting them in the box with recipes. We eat some form of greens almost every day for the health and nutrition that we know they provide.

We grow some interesting greens, some of which you have already received including hon sai tai, komatsuma, orach, chard, and amaranth this week. In the weeks to come you will be receiving Red Aztec Spinach, collards, and several kinds of kale. Greens add variety to your diet, but are also very rich in nutrients. They have the genetic code to extract minerals from the soil if they are present. HVF goes the extra mile to feed the soil and plants with a complete range of major and trace minerals. If you are interested in maximizing your health with food, these are foods you will want to include in your diet. Greens are excellent sources of vitamin A, vitamin C, and vitamin K as well as folate and other B vitamins. These are the natural complex vitamins not the simplified, synthesized vitamins which come



Dave on his favorite tractor, JD 2640

in a bottle. Greens also provide good sources of minerals and trace elements including iron, phosphorus, magnesium, and manganese. Compared to lettuces, these greens provide far more nutrients per serving.

Don't be intimidated by trying to figure out how to prepare greens. The cooking methods for one can, for the most part, be applied to all greens. More tender summer greens can be sautéed, wilted, added to soups, sauces, and incorporated into salads, dips, pasta and grain dishes. Some of the heartier fall greens, including kale and collards, will require a longer cooking time with liquid to become tender.

We won't ever use greens as a box filler, but will continue to provide them and look for new ways to include them in recipes. Send your favorites, our way. Keep eating your greens and live long and healthy!

MEET THE CREW: WHO'S ON THE FARM

By Andrea Yoder

Allow me to introduce you to Dave Teghtenmeyer who started at HVF this spring. Originally from California, Dave has been a Viroqua resident for six years. For Dave, working at HVF is yet another part of the development plan for a business venture he and his wife, Kristine, have been working towards. Eventually, Dave and Kristine would like to operate their own vegetable farm with an onsite restaurant! They have been doing a lot of experimenting with different vegetables and varieties in their home garden. As part of their research, they had been reading about HVF as one example of organic farming. Thus, it made sense for Dave to take the opportunity to learn hands-on by actually working here in the fields. Dave is also a graduate of the Le Cordon Bleu culinary

This Week's Box

Green Week

- ♥ **AMARANTH:** See recipe on back
- ♥ **NANTES CARROTS:** Dunk in a veggie dip
- ♥ **CUCUMBER:** Try a refreshing, cold cucumber soup
- ♥ **EDAMAME:** See feature on back
- ♥ **ITALIAN GARLIC:** Slice a clove very thin and add to pizza
- ♥ **FRENCH ORANGE AND/OR BUTTERSCOTCH MELON:** Delicious way to start your morning
- ♥ **SWEET SPANISH OR WHITE CIPOLLINI ONIONS:** Use in recipes on back
- ♥ **UKRAINE AND GREEN BELL PEPPERS:** Use in recipe on back
- ♥ **EXTRA TENDER, BI-COLOR, OR WHITE PEARL SWEET CORN:** Add kernels to corn bread
- ♥ **TOMATOES:** (Gold, Black Russian, Pink Lady, Striped German, or Paragon)
- ♥ **YELLOW OR RED WATERMELON:** Perfect picnic food
- ♥ **ZUCCHINI, SCALLOP OR SUMMER SQUASH:** Roast and add to a burrito with beans, rice, and other veggies
- CHOICE:**
- ♥ **EGGPLANT**

Depending on availability, some boxes will receive cauliflower and some will receive galia honeydew melon.

program in Minneapolis and was cooking in a local restaurant prior to coming to the farm. You can be assured to have a good meal once they open their restaurant!

On the farm, Dave is involved in field and shop work. One of the reasons he likes working at HVF is that every day holds something new. Dave enjoys the outdoors. He and Kristine teach nature awareness and survival skills classes. We are glad to have Dave on our crew this year and appreciate his hard work and upbeat personality!

EDAMAME

Edamame (ed-ah-MA-may) is a delicious treat that migrated to the United States from Asia. It was originally cultivated in China and was then introduced to Japan where it is now a common snack food. Edamame is a fresh eating soybean. They grow in pods like the usual field soybean, but the seeds are larger and are harvested when they are bright green, sweet, and tender. While the majority of soybeans in this country are the smaller, dried variety grown for oil production, animal feed, and soy products including tofu, edamame is starting to edge its way into the fields. The varieties we grow were bred in Japan for the purpose of fresh eating. They lack the enzymes that give other soy products that “beany” taste, instead you get a sweet, nutty flavor. (Frozen edamame from the store uses tofu bean seed because it is cheap.) Fresh edamame should be refrigerated to preserve its sweet flavor.

The easiest way to enjoy edamame is as a snack food. Simply boil the beans in their pod in salted water for 3 to 5 minutes, just until beans are tender. Run under cold water, drain, and sprinkle with coarse salt. Eat it as a snack, popping out the seeds one at a time. Edamame can also be removed from the pod and incorporated into vegetable dishes, salads, stir-fry, soups, and sauces. It is easiest to blanch them in the pod and then shuck them. It pairs well with lemons, soy sauce, ginger, onions, garlic, cheese, corn, peppers, tomatoes, etc.

While the health benefits of soy are still being debated, they are not short of nutritional value. They are high in fiber and protein as well as isoflavones and other phytochemicals important for disease prevention. This is a snack even your kids will love!!

Produce Plus

This week's

Produce Plus:

3# Garlic-\$20.00

(Porcelain in Net Bag)

3# Basil-\$21.00

10# Petite Green Beans-\$25.00

Place your order by next Wednesday evening.

Call or email the farm at 608-483-2143 or

csa@harmonyvalleyfarm.com

VEGETABLE OF THE WEEK: AMARANTH

Amaranth is an ancient plant that was part of the diets of Aztec civilizations in Mexico up to 7,000 years ago. It was also an important staple food for the Incas of South America and the people of the Himalayan region of Asia. In these ancient cultures, amaranth was an important staple food in addition to being used medicinally and in cultural rituals. It was held as a symbol of immortality and means “never –fading flower” in Greek. There are about 60 different varieties of amaranth, some grown to harvest seeds, others for the leaves, and several ornamental species. Both the seeds and leaves of amaranth are exceptionally high in nutrients making it a valuable addition to contemporary diets.

Amaranth is a beautiful plant that is able to adapt well to variable conditions with little impact from weather or disease. This characteristic is due in part to the type of photosynthesis the plant utilizes. Amaranth is able to survive in extreme heat or drought conditions because it is able to convert twice the amount of solar energy using the same amount of water as most other plants. The leaves are flat and broad with deep green and magenta coloring. Both the stems and leaves are edible lending an earthy, mild flavor similar to spinach. Amaranth grain is now being grown in areas throughout the Midwest including Nebraska, Minnesota, Illinois, and Colorado. The nutritional value of amaranth is particularly exceptional. The leaves of this plant are high in calcium, phosphorus, protein, vitamin C, carotene, iron, B vitamins, and trace elements including zinc and manganese. Compared to spinach, amaranth leaves have three times more vitamin C, calcium and niacin! Amaranth seeds are also superior in nutrient quantity compared to wheat and corn.

Amaranth can be prepared similarly to spinach. It may be steamed, sautéed, added to soups, stews, wilted and used in cold salads, or made into a sauce. Small, tender leaves can be added to green salads. During the Aztec and Inca civilizations when amaranth was a staple food in their culture, other staple foods in their diet included corn, beans, peppers, and squash. The growing season for amaranth coincides with all these other complementary crops in Wisconsin making it easy to pair these foods together. Additionally, amaranth leaves also go well with grains including quinoa, bulgur, and of course amaranth seeds.

Amaranth should be used soon after receiving it. If you do need to store it, wrap the base of the stems with a wet towel and store in a plastic bag in the refrigerator. Wash the greens well in several changes of water to remove all dirt from the leaves. Separate the leaves from the stems. The stems are edible, but will take longer to cook and should be given a head start before adding the leaves.

Wasabi Roasted Edamame

½ # fresh edamame, in the pod	1 tbsp Worcestershire sauce
1 tbsp toasted sesame oil	1 tsp ground ginger
½ tbsp vegetable oil	1 tsp wasabi powder
2 tbsp soy sauce	

-Preheat oven to 400°F. Rinse edamame pods and pat dry.

-In a small bowl, combine remaining ingredients and toss with edamame. Spread pods in a single layer on a baking sheet.

-Roast about 15 minutes or until slightly brown and crisp. Cool slightly and serve. Best eaten freshly roasted.

Amaranth Corn Saute

Serves 4-5

2 Tbsp butter	1 ¼ cups corn kernels, cooked (about 2 ears)
1 small onion, small dice	1 tsp dried oregano
1 clove garlic	1 tsp chili powder
2 Anaheim or 1 green bell pepper, small dice	Salt & Black Pepper to taste
1 large bunch amaranth greens	Juice of 1 lime
2/3 cup Edamame, blanched	2 Tbsp cider vinegar

-Prepare amaranth by separating the leaves from the stems. Roughly chop the leaves, you should have about 3 cups of lightly packed leaves. Cut the stems into ½” long pieces and keep separate from leaves.

-Melt butter in a medium sauté pan over moderate heat. Add onion and garlic and sauté until tender, add peppers and amaranth stems and sauté for about 2 minutes. Add lime juice and amaranth leaves, season with salt and pepper and cover. Simmer until the leaves have wilted down. Check the pan periodically, add 1-2 tablespoons of water if needed.

-Once leaves have wilted, add edamame, corn, chili powder, and oregano.

-Stir to combine and return cover. Simmer for 3-5 minutes. Add cider vinegar and adjust seasoning with salt and pepper.