



# Harmony Valley Farm

Producers of Fine Organic Produce & Beef

An Update for Our Community Supported Agriculture Members - Since 1993

## Madison & Local Edition

### Looking Ahead to 2008

by Andrea Yoder

Plans for the 2008 season are well underway. We've already started thumbing through new seed catalogs; it's not too early for you to dream of ramps in the spring and melons in the summer! Read on for updates on next year's CSA shares.

#### VEGETABLE SHARE

Longtime members can confirm boxes packed after the flood were not filled with the bounty previous late summer and fall boxes held. We were sad to be unable to fill your boxes with the fall crops we had planned. Normally at this time of year, your box would be filled with broccoli romanesco, red savoy cabbage, flowering kale, cheddar and purple cauliflower, broccoli, brussel sprouts, rutabagas, collard greens, kale, radicchio, escarole, and more fall carrots. Barring another 100-year flood, you can look forward to those crops, and more, next season! You will notice the prices for next year's vegetable shares have increased by about 6%. The price increase is not to cover costs or losses from the August flood, but to cover our increased operation costs, including rising fuel prices and higher wages. We look forward to packing the full range of crops and a few new surprises in your boxes next year!

#### FRUIT SHARE

We will continue to partner with organic fruit growers in North America to offer an interesting, exciting, and tasty fruit share. This year we enjoyed a wide variety of diverse fruits including Rainier and Red Lambert cherries, over six varieties of grapes, and three kinds of pluots—a farm favorite. Apple varieties included Pink Lady, Braeburn, Gala, and Honeycrisp. In addition, other unique fruits included pomegranates, fuyu persimmons, Medjool dates, Black Mission figs, Cara Cara red navel oranges, mangos, and kiwi. The fruit



Root vegetable box

newsletter identifies the farms and growers to help you learn more about the fruit's origin as well as how to store and use them. We have had members tell us they now eat more fruit and have enjoyed trying fruits they had never purchased before!

#### CHEESE SHARE

Our cheese share is a new offering for the 2008 season to complement the produce you receive in the vegetable and fruit shares. You will receive a variety of cheeses throughout the year, but this isn't just any old organic cheese. We have partnered with several regional, certified organic dairies rotationally grazing their animals on mineralized, fertile pastures. Healthy animals grazing on nutritious grasses translate to superior milk, both in quality and nutrient value, which in turn produces a superior quality cheese. Currently we are working with Otter Creek Organic Farm, Castle Rock Organic Dairy, and Butler Farms. We plan to add other local and regional producers who meet our criteria.

The cheese share will be 19 deliveries every-other-week from May through January on the "brown" delivery weeks. Each week will feature three kinds of cheese for a total of about 2.5#. Selections will include familiar cheeses such as cheddar, Colby, mozzarella, or Muenster, a unique vegetable cheese, and a specialty cow, sheep, or goat's milk cheese. The vegetable cheese will be made from Otter Creek milk and HVF vegetables with planned flavors to include

### This Week's Box

#### Green & Brown Week

- ♥ **BEAUTY HEART RADISH:** Delicious stir fried; the greens are tasty too!
  - ♥ **GARLIC:** Roast and add to pan gravy for Thanksgiving dinner
  - ♥ **RED BEETS:** Try recipe on back
  - ♥ **HORSERADISH:** See feature on back
  - ♥ **GOLD &/OR PURPLE TOP TURNIPS:** Delicious in soups, stews, or gratin casseroles.
  - ♥ **ARUGULA:** Toss with a light vinaigrette and top with pears, walnuts, and blue cheese
  - ♥ **SWEET POTATOES:** Mash with ginger and maple syrup or make a sweet potato pie!
  - ♥ **SAGE:** Use as a flavoring with your turkey or stuffing
  - ♥ **POTATOES:** Horseradish mashed potatoes & pot roast - comfort food!
  - ♥ **RED & YELLOW ONIONS**
- See your What's in the Box email for bonus Thanksgiving dinner ideas!

caramelized onion, roasted pepper, horseradish beet, and pesto cheddar. The specialty selection will include blue cheese, camembert, feta, ricotta, or fresh Brebis. The cheese newsletter will feature information about the farmers and cheese producers, details about cheese varieties, and recipes and serving suggestions to incorporate cheese with the seasonal produce in your vegetable and fruit boxes. There is a sample of Otter Creek Farm Spring or Pesto Cheddar in your box this week. The Spring is an extremely creamy, "deep" cheese with grassy highlights, made with milk produced during the prime of spring pasture. This cheese is made with a low heat process to preserve the natural enzymes and enhance the flavor of the cheese. The award winning Pesto is a pasteurized cheddar where the curds are mixed with a basil-infused olive oil created by Mark Olson of Renaissance Farms.

**A cheese sampler is available on our Holiday Gift brochure** if you would like

## COFFEESHARE

Perhaps you've noticed that fantastic aroma of freshly roasted coffee at your drop-off site this past season. Fortunately, we've found coffee roasters that believe in quality just as much as we do. Next season we will once again partner with Kickapoo Coffee, a local family business here in Viroqua, Wisconsin, to offer fresh, organic and fair-trade coffee shares. If you take your java seriously, you'll appreciate the artisan roasting and quality control that goes into every batch that comes out of their vintage roaster.

Here's how it works: For each bi-weekly coffee drop-off they select a "Roaster's Choice." This means you get the best tasting, freshest coffee throughout the season and the pleasure of sampling a variety of unique coffees from around the world. The coffee is roasted a day or two before delivery—ensuring optimum freshness that can't be beat by your local grocer. You'll get a newsletter each week with stories about the farmers and other coffee tidbits. Still undecided? Grab a brochure at your drop-off site for more details or **check out the Coffee Sampler available in our Holiday Gift selections!**

As you consider your purchases for next year, keep in mind you are purchasing more than just high quality, organic vegetables, fruit, cheese, and coffee. You also get the value of connecting with the farmers and producers, as well as the benefits of a professional chef resource. The newsletters feature suggestions for combining products from the different boxes. For instance, this week you could enjoy a tasty Arugula salad with black mission figs and Butler's fresh Brebis cheese. **If you choose to sign up for vegetable, fruit, and cheese shares for 2008, we will enter your name in a drawing to win an opportunity to enjoy a meal prepared in your home by Chef Andrea, accompanied by Richard, who will entertain the children and do the dishes!** We will select and notify the winner in April 2008; the winner can pick a dinner date during

## VEGETABLE OF THE WEEK: HORSERADISH

Horseradish is a very old root vegetable that was recorded in history as far back as 1500 BC. It is a member of the Brassica family, which includes mustard greens, cabbages, etc. Horseradish is harvested in the fall (Richard says you can't harvest it in months that do not end in "R"). Long, straight, thin pieces are separated out and replanted as seed. It generally grows a large, gnarly looking root with smaller "whips" growing off the main root. In your box this week, you will find a bunch of horseradish whips. The benefit of the whips is they have a tender skin, thus you do not have to peel them!

Horseradish has had both culinary and medicinal uses over time. Some medicinal uses have included use as an appetite stimulant, to treat colic, as a topical application for lower back pain, and to relieve congestion from colds. Horseradish is fairly unsuspecting until you cut or grate it releasing its volatile oils....then you'll see why it has been used to clear sinuses for colds! Horseradish can be used raw or in cooked dishes. In its raw state, it is pungent and spicy, but the intensity will mellow with cooking. The pungency will dissipate quickly, so it should be grated right before using. Vinegar will stabilize the flavor, and is the key ingredient to making "prepared horseradish."

Horseradish is a tasty accompaniment to roasted beef, poultry, and fish. It also pairs well with potatoes and other root vegetables, apples, onions, and cranberries and is a key ingredient in cocktail sauce and a Bloody Mary. Horseradish whips will keep for several weeks stored in the refrigerator loosely wrapped in plastic. When ready to use, grate it directly onto your food. It can also be easily incorporated into sour cream, mustard, or mayonnaise to be used as a condiment for sandwiches, vegetable dips, or a topping for potatoes and other vegetables. A quick and easy way to chop and incorporate horseradish into a sauce or a spread is to use a food processor or blender. Be careful when working with horseradish—it will definitely awaken your senses with its pungency. Check out [www.horseradish.org](http://www.horseradish.org) for recipes and serving suggestions.

### Creamy Horseradish Beets

Serves 4

1# red beets  
½ cup cream  
3-4 tbsp freshly grated horseradish  
Salt and ground black pepper, to taste

—Boil beets until tender. Cool enough to handle, then remove skin and slice into 1/4-inch slices.

—In a small saucepan, heat cream over medium heat. Bring cream to a simmer and reduce by about 1/3. Add beets and horseradish and season with salt and pepper. Simmer until beets are heated through.

**Check your What's in the Box email for bonus recipes this week!**

the season. We will draw one winner from Madison & one from our local area.

The 2008 sign-up sheets are available at your site this week and are also attached to the "What's In the Box" email. We are prepared to take sign-ups now using the paper form, or **wait and use our on-line sign up, coming soon!** If you choose to sign-up online, you will still need to send payment in the mail but you will help us cut down on manual data entry and keep our office staff sane! If you have a friend who is interested in learning more about our CSA program for 2008, our detailed brochure will be available in December at your sites. Please feel free to pick them up and share them with interested people.

Thanks again for standing by us through a rough summer and fall. We appreciate your support and look forward to feeding you and your family next year!

### Answer to Last Week's Question of the Week

**Are vegetables sweeter near the stem or the root? Are they sweeter in the morning or at night?**

Sugars deplete overnight, as plants grow. So plants are generally sweeter if harvested in the evening, after a sunny day of photosynthesizing and developing sugars. Plants are generally sweeter near the stem, because the leaves absorb energy for photosynthesis. While all this may be true, taste differences are subtle. See if **you** can tell!

### Grazier's Organic Beef & Tilth Farms Organic Poultry

We are now taking orders for 2007-2008 beef & poultry deliveries. If you are planning on ordering beef this winter, please consider placing your order for the December delivery. We still have lots of beef for this delivery!! You can order chicken for December delivery up until November 30. Brochures and order forms are available at your CSA pick up site, or on the "Beef" page of our website.