



Harmony Valley Farm

An update for our Community Supported Agriculture Customers - Since 1993
Local & Madison Edition - Brown Week Delivery

What it Means to Share the Risk by Andrea Yoder

Community Supported Agriculture is just that...a community of people supporting a local agricultural system. Part of the CSA philosophy is connecting with the people and land where your food is grown, which means forming a connection with not only your food, but all the factors involved in its production. Through our blog, newsletters, farm events, and e-mail communications, we try to inform you about what is happening on our farm. It is important to us that you know the people who work here, what is involved in growing crops, and how environmental, political and economic factors affect food production at Harmony Valley Farm. As a CSA member, you share in the bounty as well as the risks that accompany farming. In light of the flood disaster our region experienced last fall and the severe storms that passed through last weekend, we thought you should have a better understanding of exactly what this risk is.

Every year we plan and do what we can to grow quality, nutritious food with good yields that your family and our other customers can depend on. We know we may have to deal with pests, weather, economics, fuel costs and other challenges. Therefore, we put forward the best farming practices to build a buffer against such things. Our planning starts before the previous season is over as we start ordering seeds before they become unavailable, make field plans, secure land agreements, and sign up for our government insurance program. In the fall, we spread compost, minerals,

THIS WEEK'S BOX

BABY WHITE TURNIP: Their distinctive shiny white skin and flavorful greens are delightful raw and cooked. They are firm, small, tender, young, exquisite and have a bittersweet, nippy, and juicy taste raw. They can be cooked by sautéing, steaming, boiling, or braising. When cooked they mellow to a buttery flavor but still retain their pristine character. They pair well with a saute of pea vine and hold their own when sliced and eaten with crisp salt. Turnips dehydrate very quickly and are meant for consumption within a few days. Store them, plastic wrapped, in the coldest part of the refrigerator. For the health of it: eat them for their rich source of calcium, phosphorus, folic acid, magnesium, and for their large amounts of lutein, linked to the prevention of cataracts and cardiovascular disease. Try the two recipes in this newsletter!

GREEN GARLIC OR GARLIC SCAPES: Bring to the table as the main focus! Enjoy as a spring time soup finished with homemade herb croutons.

PEA VINE: Refer to last week's newsletter. The stems may be a little tough, so remove the tender leaves and save the stems for your next vegetable stock.

BOK CHOI OR NAPA CABBAGE: Slice and serve in a coleslaw. Holds its crunch with sour cream and mayo!

ASPARAGUS*: Snap off the bottoms, and steam. Goes great in a pasta with parmesan, lemon juice, and chili peppers.

RADISHES: If you haven't enjoyed a radish sandwich yet, this might be the week. Keep it simple: good bread, good butter, a little sprinkling of salt, slices of radishes and pea vine leaves!

SALAD MIX: Toss with pea vine leaves and a light vinaigrette for a refreshing salad

SPINACH OR ARUGULA: Delicious as a salad or cook it down and add it to a casserole

STRAWBERRIES: Enjoy your first taste of the season & plan to come to the farm to pick your own on Sunday, June 22! We pick them ripe, so eat within a few days.

BROCCOLI: Store loosely wrapped in plastic in the crisper drawer of your refrigerator. Stir-fry with green garlic, onion, a dash of soy sauce and a drizzle of sesame oil.

RHUBARB*: Make a strawberry rhubarb pie or crisp. Everyone will rave!

*Special thanks to Elmer Beechy & his community for supplementing our young asparagus and rhubarb crops this spring with their mature, certified organic, and equally delicious ones! We will offer his poultry for your purchase in the fall.

Strawberry Day!
Sunday June 22
Noon-6pm at the Farm
Potluck, Wagon Tour, U-Pick
Strawberries!



and plant cover crops to prepare fields for spring planting as well as to prevent erosion. With seeds on hand and fields prepared in the fall, we are able to get a jump start on the spring planting as soon as the weather clears.

What about pests and disease? We do worry about plant disease spreading through a crop, so we sterilize seeds that are most likely to carry seed-borne diseases. We also sterilize all our greenhouses, planting trays and equipment to prevent the spread of disease from one year to the next. For other pest control methods, we plant intentional habitats for birds, bees, bats and other bugs. They become our resident allies against such critters as cabbage worms. The onions are planted on a silver plastic that is reflective to deter onion thrips. In the spring flea beetles like to feed on some of the greens such as arugula as well as cruciferous vegetables (broccoli, bok choy, etc). We cover these crops with row covers to protect them from the pests as well as to trap heat and promote growth.

We plant our crops on raised beds that dry out sooner after a rain and when excess rainfall comes, the water will drain in between the beds instead of washing out the crops. We look at the contour of the land and build drainage ditches to provide an outlet for excess water. We set up irrigation systems in preparation for dry spells. We do progressive plantings of many crops so we are not reliant on one crop as our only chance. We also plan for potential crop failures by planting more than we anticipate needing. We are very good managers and have a plan. With our experienced crew, we seize every opportunity to plant, cultivate, and harvest in between weather events.

Despite all the best farming practices, there are some things out of our control. Sometimes we are at the mercy of Mother Nature. When we have floods like we had last fall or storms with heavy rain, high winds and hail as we had last

BABY WHITE TURNIP SALAD WITH TOASTED PECANS & BACON

SERVES 4

4 small white turnips with their greens attached
 A handful of shelled pecans, halved or roughly chopped
 2-3 oz dry-cured bacon, cut into lardons/slices
 1 green garlic stalk, sliced on bias
 Salt and pepper, to taste
 1-2 tbsp Sherry or Balsamic vinegar
 1-2 tbsp olive oil
 --Remove the greens from the turnips. Tear the leaves with your hands into medium to large pieces and set aside.
 --Slice turnips as thin as possible (use a mandoline if you have one). Put into a bowl of iced water
 --Toast the pecans in the oven (set at 350 degrees F) just until they start to brown. Remove from oven and set aside.
 --In a non stick pan, sauté the bacon until crunchy on the outside. Remove from the pan and set aside, reserving the rendered fat.
 --Prepare a simple vinaigrette: combine vinegar with a pinch each of salt and pepper. Slowly drizzle in about 1-2 tbsp olive oil. Set aside.
 --Heat the bacon fat in the same pan. Once hot, add the green garlic and sauté until tender. Add greens to the pan, season with salt and just a splash of balsamic vinegar and cook until they are wilted.
 --Remove the sliced turnips from the iced water bath, dry them with a kitchen towel and toss with the vinaigrette.
 --Arrange the turnip slices and their greens in a mound and sprinkle bacon and pecans on top. Serve and enjoy!

STEAMED BABY TURNIPS

SERVES 4

1 bunch baby white turnips with greens
 2 Tbsp. olive oil
 Crisp sea salt & pepper, to taste
 --Remove greens from turnips and cut into 1" pieces.
 --Set turnips on a steaming rack over boiling water and arrange greens over them. Cover and steam until turnips are just barely tender. Timing varies, about 5 minutes.
 --Spread turnips and greens on towel to dry briefly. Toss greens with olive oil and salt in a bowl and arrange in a wreath or nest on a serving plate.
 --Slice turnips lengthwise into quarters, or halve. Arrange on top of greens.

weekend, we are forced to count our losses, manage the situation to the best of our abilities, and move forward. We protect ourselves and you by diversifying our crops as well as our markets. You, however, are our steadfast support in making it through difficult situations. Your commitment to supporting us through good times and rough times is the stability for our farm to be able to continue. This became evident to us more than ever last fall when we experienced a devastating crop loss and hence a huge financial loss. Without an income in the fall and winter, we don't have resources to maintain our staff, purchase seeds, potting soil, compost, and supplies to plant the next year's crops. Our committed CSA members did not ask for refunds when some crops were lost, and signed up for this year so we had a means to get the season started.

Farmers are not isolated when

challenging factors impact crop production, although sometimes it might feel that way. In our society today we are faced with some serious issues that are having a huge impact on food systems worldwide. None of us are immune from feeling the impact of these issues, and we can all be part of the solutions. From your table, sharing the risk means sometimes you will have more food in your box than you can eat, and at other times some of your favorite veggies may be in short supply or missing from the box. There is no denying that the weather patterns in our world are changing. Weather systems are becoming more unpredictable and are affecting all parts of the world in different ways. We will continue to farm and we hope you will continue to share the risk of producing food with us as well as other producers in your local food system.