



Carrots

Did you know that before carrots were purposefully cultivated to develop their orange color, they were purple, yellow, white or green? Here at Harmony Valley we grow a dozen or so varieties in a surprising array of bold colors. You can feast on

Dragons and Cosmic Purples, with deep purple skin and a bright orange interior; the beautiful golden yellow of a Kinbi; and of course the sweet tasting brilliant orange of Austria, Nelson and Mokum. Each varies in flavor and season of availability, but all are fetching additions to any carrot dish.

They're wonderful to crunch raw, but carrots can also be cooked very simply to bring out their natural flavor and enhance their color. Pan steaming is a good technique for carrots as they are denser than some other vegetables and having some steam helps to cook them thoroughly without overcooking or browning the outside. Slice the carrots into the desired shape (e.g. bias-cut rounds or half moons) and place in a sauté pan with just enough liquid to create some steam. Add a little salt

and pepper and garlic if you like, and cover with a lid. Cook on medium heat (gentle steam) until tender to your liking. If your pan starts to run dry, add a little more liquid otherwise the carrots will start to caramelize and can easily burn. When the carrots are almost done you can add some butter, fresh herbs, and any other vegetable like zucchini, squashes or fennel to make a little ragout.

SHRIMP CEVICHE WITH CARROTS

2 tablespoons salt
1 lemon, cut in wedges
3 carrots, of your favorite colors
1 celery stalk
3 bay leaves
1 pound (71/90 count) raw shrimp, shelled and deveined
2 large tomatoes, diced
2 fresh jalapeños, diced
1 medium bunch cilantro, chopped
1/2 white onion, diced
1 cup lime juice
Salt and pepper, to taste

PREPARATION ON BACK

SAVOY CABBAGE, CARROT AND APPLE SALAD

FROM *GOURMET MAGAZINE*, OCTOBER 2000 - SERVES 6

(This recipe highlights the beautiful colors of carrots and red savoy)

3 Tbsp apple juice
2 Tbsp lemon juice
1 Tbsp olive oil
1/2 tsp caraway seeds, lightly crushed
1/2 head savoy cabbage, cored and very thinly sliced (4 cups)
3 large colored carrots of your choice, very thinly julienned (2 cups)
1 each tart, crisp apple; quartered, cored, and sliced crosswise, 1/8 inch thick
3 Tbsp parsley, chopped

Whisk together juices, oil, and caraway seeds. Season with salt and pepper and toss with cabbage, carrots, parsley and apple. Let stand at room temperature, tossing occasionally, 40 minutes to allow flavors to blend and cabbage to wilt.



*Recipes and information provided by Harmony Valley Farm; its farmers and staff.
For more information go to www.harmonyvalleyfarm.com*

A Midwestern Palette - Eating With the Seasons

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally, from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Stored carrots available						Fresh carrots available				Stored carrots available	

Here in the Midwest, carrots are available freshly dug from mid-summer until the ground freezes. Properly stored carrots hold their flavor and nutrition, so enjoy Midwestern carrots all winter, too. In fact, carrots grown in the Midwest with its characteristic cool nights are proven to be sweeter tasting than California-grown carrots!

Preparation and Storage Tips

Carrots will store for several weeks if kept properly. Remove the greens, then place carrots in a perforated plastic bag to keep them from drying out and store them in the coldest part of the refrigerator. Carrots can turn bitter if stored in proximity to apples or pears.

Wash carrots before eating, but to enjoy their full color and nutrition, don't peel them.

The versatile carrot is great raw as a snack and in salads and slaws; lightly steamed for 5-10 minutes; or cooked up in stews, casseroles, stir-fries, and more.

Carrot tops are also edible, and can be used fresh as a parsley-like garnish to add a little color and flavor. They also hold their color nicely when cooked.

Of course, fresh carrots juiced with a little fruit of your choice can't be beat; it's a great way to get your beta carotene and antioxidants!

SHRIMP CEVICHE *CONT'D FROM FRONT*

In a large pot, bring 1/2 gallon of water to a boil. Add the 2 tablespoons of salt. Add the lemon wedges, carrot, celery stalk and bay leaves. Boil for 10 minutes.

Add the shrimp to the boiling water and poach for 2 minutes. Remove the shrimp and let cool. Mix shrimp, tomatoes, jalapeños, cilantro, onion and lime juice in a bowl. Add salt and pepper to taste. Serve cold.

CARROT SOUP

1 bunch carrots
1 large onion
1 ¼ stick sweet butter
¼ tsp ground cloves
¼ cup flour

2/3 cup heavy cream
1 1/3 cup buttermilk
2/3 cup milk
Juice of ½ lemon
1 Tbsp fresh dill
½ tsp fresh rosemary (optional)

Peel and chop carrots and onion. Saute vegetables in butter in a large soup pot. Brown well (the secret to the soup) but do not burn. When vegetables are quite brown, barely cover with water, add cloves, and simmer until very tender. Puree mixture in a blender or food processor with the flour and heavy cream. Return to pot. Add buttermilk, and milk. If mixture seems too thick, add water. Add fresh pepper, salt to taste and simmer covered for 10 minutes. Be sure not to scorch the milk, but it is important to cook again to remove the flour flavor. Add the lemon juice and fresh herbs.

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.