



High Ground Organics

Community Supported Agriculture

Winter 3, January 4th and 5th, 2017

New Year's Tasks, by Steve Pedersen

The first week of the New Year is generally the time that we throw ourselves into preparations for the coming season with increased vigor—making seed orders, starting transplants in the greenhouse, and checking things off our long project list. This coming week is shaping up to be a very wet one. Between the storm that is expected here this afternoon and what the National Weather Service calls a “potent atmospheric river” event predicted for this weekend, we could get between 3 and 6 inches of rain here—a significant portion of the 23 inches that we get in an average year.

We are mostly well prepared for it. Cover crops are well established on the hillsides and roadways were mulched with straw long ago. The main negative effects the rains have at this point are to hamper harvest activities. When storms are accurately predicted far enough ahead of time we can usually work around them to avoid having our crew harvest in heavy rainfall. Besides the obvious discomfort of being cold and wet, moving around on our sticky, heavy clay soils can be extremely difficult when they turn to mud!

With the fields too wet to get much done outside, our attention will turn to projects in the workshop in the coming weeks. One of my priorities this year is to finally get the precision, vacuum seeder that I bought at an auction a few years ago up and running. This ingenious Italian implement uses vacuum pressure to singulate seeds and place them at a precise spacing in the field. With our current equipment, crops that we direct seed, like carrots, radishes, and turnips, need to be thinned by hand once they come up. This takes a lot of time, and it also means that a lot of seeds are wasted. With the precision seeder, I am hoping to greatly reduce, or eliminate altogether, the need to thin these crops by hand, thus saving both labor and seed costs.

Best wishes to everyone for whatever projects you have in store for the New Year!

Veggie Notes, by Molly Jacobsen

Always rinse produce before use. Everything should be refrigerated except **winter squash, onions, and apples.**

Happy New Year! We're starting 2017 with a flavor and nutrient-packed assortment of vegetables, to get your new year off on a healthy foot and to help you recover from the usual

Winter Schedule:

Next Deliveries will be January 18th and 19th.

holiday overdose of sugar and overly rich foods. My favorite way to use **Rainbow or Red Chard** is just sautéed with garlic. Remove the stems from the leaves, and chop them up. Slice leaves into ribbons. Place stems in a pan with olive oil or ghee, and sauté 5 minutes. Add 2 cloves minced garlic, sauté 2-3 minutes more. Add the leaves, place a lid on the pan, and remove from heat. When the leaves have wilted, season with salt and pepper and serve (I like to serve these greens with hot polenta).

Lacinato Kale is a longstanding part of Italian cuisine. I first knew lacinato as dinosaur kale. Given the sturdy character and bumpy texture of the leaves, I figured dinosaur skin would look like that, or at least that dinosaurs would enjoy eating something like that! Lacinato is a little sweeter than its curly cousin, and lends itself to salads, soups, and sautés equally well. Remove the tough stems and give the leaves a good rubbing before use, to break up some of the tougher fibers.

Delicata Winter Squash is one of the easiest winter squashes to prepare, because you don't have to remove the skin. Of course, you can if you wish, but I find the striped coloring pleasing and tend to leave them on. I often serve roasted delicata rings as an appetizer. Just slice into rings, remove seeds, and toss with melted coconut oil and a couple tablespoons of maple syrup. Salt lightly, and place on a parchment paper lined baking sheet in the oven at 400 degrees. Toss every 10 minutes, and bake until tender.

Romanesco and **Savoy Cabbage** represent the nutrient-dense and hearty brassica family. **Romanesco** is closely related to cauliflower and broccoli, so use it as you would either of those. Enjoy your **romanesco** roasted in the oven, such as in our basic roasted cauliflower recipe. **Savoy cabbage** is a sweet and tender cabbage variety, which is especially tasty sliced thin and added to a stir fry or soup.

Italian Parsley can brighten up many dishes as a finishing touch, or can be the star of the show when used to create sauces that are the focal point of a dish, as Chef Cohen explains below. I'm particularly fond of chimichurri sauce, an Argentinian topping in which the fresh green flavors of **parsley** and cilantro are united with chili flakes and spunky red wine vinegar to create a tangy green sauce which is delicious on everything.

Enjoy your veggies!

In The Box

Rainbow OR Red Chard

Lacinato Kale

Delicata Winter Squash

Romanesco OR Savoy
Cabbage

Italian Parsley

Fennel

Red OR Yellow Onions*

Granny Smith OR Newtown

Pippin Apples*

All produce is certified organic. Onions are from Phil Foster Ranches. Granny Smith apples are from Robin's Nest Farm. Pippin apples are from Matulich Farm. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.

Chef's Notes, by Andrew Cohen

In the USA we tend to think of **parsley** as a garnish or just a supporting actor, and this is probably a result of years of sprigs of curly parsley adorning plates. With its aggressively green flavor and coarse, even sandy, texture it's no wonder people look askance at any parsley. **Flat leaf, or Italian, parsley** is much nicer, with a clean flavor and a texture that is more like robust basil.

There are many recipes that are centered on **parsley**, featuring the flavor of this herb; chimichurri, Parsley Sauce, tabbouleh (yes, it really is more parsley than bulgur in the Middle-East!), various mezzes, salsa verde, and gremolata. This week has a variation of the traditional gremolata on the site already that adds depth to the brightness of the traditional one. Gremolata is most known as the topping for osso bucco; slow-braised veal shanks. It works well with braised lamb or beef, but is also great with brassicas, playing off the sweet and funky flavors inherent in these vegetables. This week sees it adorning romanesco that is fried crisp on cut surfaces and then finished in a steam-bath of white wine. This works with cauliflower as well, and you could top roast broccoli or sautéed cabbage. You could dress raw cabbage with this gremolata for a salad too. It would be a nice topping for roast Delicata squash, the fresh green and lemony brightness making a perfect complement to the roasty/nutty squash.

Speaking of **Delicata**, they get turned into boats for a mélange of grains, **lacinato kale**, **parsley**, currants, and ground lamb. You can skip the meat, add nuts, mushrooms, tofu, or switch in **chard**, and/or diced **apples**. Different cheeses can be used as well. **Delicata** need not be peeled, and you could cut it into large or small squares and roast it and use it as a salad garnish or toss it with dressing or gremolata as starter. The stuffing could be used in blanched **Savoy cabbage** leaves if you get that, and then finished briefly in the oven. You can also use raw meat and vegetables, and then stuff blanched leaves and braise the packets gently.

Chard is nice paired with a hearty pasta, onions, some bread-crumbs, and thick-cut chewy bacon or pancetta. **Romanesco** can be steamed, quickled, roasted, or cut into florets or shaved and sautéed over high temperature. If you have more **onions** than you think you can use in timely fashion, use them for quickles, slow caramelize them and use for a tart with cheese, or make a batch of soffritto, allium stock, or roasted onions to freeze. All these recipes are on the site. The **apples** in the box will be splendid for cooking sweet or savory dishes, or eating out of hand with a chunk of sharp cheddar. If it sounds odd, where do you think the idea of hot apple pie topped with a slice of cheddar came from?

Happy New Year to all!

Gremolata v.2, from Chef Andrew E Cohen

1 cup loosely packed flat-leaf parsley leaves (no stems), around ½ large bunch	1-2 TBS fresh marjoram or mint
Zest from 2 Meyer lemons	1 large clove garlic, peeled, de-germed, minced
1 heaping tsp. shallot, minced	Salt- a small pinch
Olive oil as needed	

Ensure you have removed the pith from the zest, and chop very finely. If you have a zester, use that and then chop.

Put the garlic on a cutting board on top of the zest. Smack the garlic with the flat of the knife, and crush well. Cover the garlic and zest with the parsley and marjoram or mint. Using your sharpest thin-bladed knife, mince the herbs very fine, turning over and regrouping the parsley and chopping, until the mélange is finely chopped, aromatic, and well mixed.

Add the shallot and a small pinch of salt, and stir into the mélange. Add olive oil, a little at a time, until you have a rough bright green slurry.

Transfer to a small bowl or jar. Store in the refrigerator until ready to use. If you use oil, let come to room temperature before using. Yield: Around 1/3rd cup

Pan-Seared Romanesco with Gremolata and Pine Nuts, from Chef Andrew E Cohen

1 bunch romanesco, cut into large florets, each floret halved, unless small enough to equal one of the halved florets size-wise	2 cloves garlic, peeled and halved lengthwise
Salt and pepper to taste	Grapeseed or avocado oil as needed
¼ cup, or as needed, dry low-acid white wine such as albarino or sauvignon blanc	2 TBS flavorful olive oil
2-3 heaping TBS raw pine nuts	1 recipe of Gremolata
Salt and pepper to taste	

Place a large (10-12 inch) heavy bodied sauteuse or frying pan on the stove and fill the bottom with 1/8th inch of oil, including the olive oil for flavor, and the garlic. Turn on the heat to medium and slowly let the oil heat up. As the oil heats the garlic will start to bubble a bit around its edges. When the oil starts to become fragrant, check the garlic. It should be softening, but not browning. At some point it will be soft enough to be easily pierced with a knife tip or toothpick. Remove the garlic and discard or use in something else.

Bring the heat up to medium-high until the oil just kicks loose a few wisps of smoke. Carefully put the romanesco into the pan, and turn so the cut sides are down. Cook without moving the florets so the bottom sides get good and crisp without burning. They should be deep golden and caramelized. If they are darkening really fast, lower the heat and pull the pan from the burner for a few seconds to allow it to cool. Return to the heat and continue. When the romanesco has a nice crusting and is golden, turn the florets over and give them a poke with a knife to see how done they are. They should offer some resistance from the center down. Roll a paper towel up tightly and use it to absorb a lot of the oil out of the pan. Have the lid handy, then add ¼ cup of the wine and cover immediately. Let the florets steam until the wine evaporates. Remove the top and pierce a floret. It should still offer some resistance but not feel raw. If it is still really firm add a splash of wine and steam a little more until it is crisp-tender.

Cook until the bottom is golden as well. Season with salt and pepper and turn out onto a platter. Drizzle the gremolata all over and then scatter the pine nuts all over, and serve hot.

Serves: 4

Chef's Notes: Be sure to use good oil that has a high flash point, good wine (if it isn't good just use water) and a heavyweight pan with a tight fitting lid.