



High Ground Organics Community Supported Agriculture

Winter 5, February 1st and 2nd, 2017

Production Update, by Steve Pedersen

It is looking like we will soon be back into the wet and windy weather that has characterized this winter so far, but we are grateful for the brief sunny break that we are experiencing now. Combined with the longer days, it feels like we have turned a small corner of sorts in the stretch toward spring. It has allowed us to get caught up on many things—getting mulch down on our front strawberry patch, changing the aging film on our transplant greenhouse (destroyed in the storms), and planting.

Although most of our soils here at our home ranch are much too wet to plant into, we have a small field behind our house that is perched up high and dries out amazingly quickly. Unlike most of our fields which are in an overwintering covercrop, we left this field bedded up, ready to plant into during a break in the rains like we are having now. In that field we'll be planting parsley, cilantro, scallions, arugula, spinach and a few seed beds of leeks. We've had good luck planting leeks from seed at high-density rates (close together) and growing them out until they are as thick as a pencil. Some of them we will then harvested as "baby leeks;" the rest we trim and replant around 5-6" apart and let grow to full size.

The greenhouses are rapidly filling up with transplants, some of which will be ready to plant out starting in a week or two. Lettuces, broccoli, cabbage, cauliflower, romanesco, fennel, chards, kales and celery are all crops that we grow from transplants. In the coming weeks, we'll be looking for more breaks in the weather for the ground to dry out enough to give us the opportunity to plant these out.

Veggie Notes, by Molly Jacobsen

Always rinse produce before use. Everything should be refrigerated except winter squash.

We're coming up on February quickly, and the promise of spring is beginning to stir! Our greenhouses are jam-packed with the seedlings of our spring plantings, and our cover crops are putting in the good work out in our fields, restoring nutrients and building organic matter to support the next season's bounty.

Your shares this week full of the bright green chlorophyll that is characteristic of new growth, starting with our **teenage greens mix**. This mix is made up of small (though not quite "baby") leaves of three different kinds of kales and collards.

Winter Schedule:

Next Deliveries will be February 15th and 16th.

These are really versatile greens--they can be braised, sautéed, added to stir fries, soups and stews, used in frittatas or scrambles. They also work nicely baked at low temperature as **kale chips** (strip the leaves off the stems and spread on a baking sheet, spray with some olive oil, sprinkle with salt and other herbs of your choice, and bake at 250 degrees until dry and crunchy.) Enjoy these babies when the rains start back up this week, and keep in mind that sunnier days are coming!

Little Gem lettuces are a pint-sized version of the larger head lettuces that you might be used to. Little gems are similar to the hearts of Romaine lettuce, with a crisp, crunchy texture and sweeter flavor. As Chef Cohen describes below, although excellent in a salad, try something new and grill these little guys for a new lettuce experience.

That chartreuse, fractal favorite of the brassica family, Romanesco, may be gracing your box again this week. The Chef has put together a new recipe this week featuring **romanesco**, in which it is roasted after marinating in orange juice. I can't wait to try that out! You'll also receive a bunch of **Italian parsley** to season your soups and enhance your sauces, as well as **butternut squash**, that most versatile of winter squashes. Because it is brassica season, cold and wet, we'll be rounding out your farm shares with either **green or red cabbages** this week. Shred them for slaw, ferment them for kraut, or use them to top your tacos.

A guest appearance of **Meyer lemons** will be joining your veggies this week, from our friends at Marsalisi Farm. The last item in your box is a either **watermelon radishes** or **black Spanish radishes**. Both are substantial radishes that you typically peel before eating.

Both can also be either cooked or served raw. Consider grating **black radishes** and mixing with lemon juice and mustard to serve as a salad. **Watermelon radishes** are somewhat milder and it can be really fun to play with their unusual color. Try slicing them in wedges and roasting them tossed with some olive oil and salt, or slice them in thin watermelon shaped half moons and add them to your little gem salad.

For those of you with a flower subscription, you're in for a treat this week--Thomas Farm is sending us the first of their spring tulips!

Enjoy your veggies!

In The Box

Little Gem Lettuces
Romanesco OR Broccoli*
Teenage Greens Mix
Butternut Squash
Italian Parsley
Red OR Green Cabbage
Watermelon OR Black
Spanish Radishes*
Meyer Lemons*

*All produce is certified organic.
Lemons are from Marsalisi Farm.
Radishes and broccoli are from
Coke 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

There is plenty of fun and flavor to be had from this week's box, even if it is that weird time of year when things are finishing their growing cycles and the new spring stuff isn't ready. Your **teenage greens mix** will consist of 3 **kales** and **collards**. Remove any tough stems, then crumple the leaves for sweetness and tenderness. Sauté, as in the recipe for roasted **romanesco** and sautéed **greens** this week, or sauté with **cabbage** and some ground meat or mushrooms and use as a stuffing for blanched **cabbage** leaves that are then cooked in the oven in a little stock and wine.

Use the **braising mix** as you would any other green, for that matter, and enjoy the variety of flavors and textures. Use it as a base for pork roasts-they do well together- or add grains and/or beans to the greens. **Italian parsley** appears this week, and there isn't a thing in the box that I couldn't find a way to pair with the **parsley**. Try the Gremolata v.3 this week on the roasted **butternut** as suggested, or use it on steak, fish, pasta, in a soup, or on an omelette. The **parsley** is also key if you want to make tabbouleh, and it goes well in Salsa Verde as well. Use it in a lasagna type dish where thin slices of butternut and bread or bread crumbs get used instead of pasta.

The **Little Gems** will be great in a salad, but how about upping your game a little? Quarter the lettuce heads and oil them a little, and then grill over really high heat to mark, crisp, and wilt a little. Toss with a Caesar dressing with anchovies and add bread cubes, and some tangy cheese. Use the lettuce with butternut croutons (see recipe on site), chopped dates, nuts and seeds, and a yogurt mint dressing or blood orange dressing. If **cabbage** stumps you and you want something substantial that requires little work, put wedges of **cabbage**, sliced carrot, **radishes** and potato, some **romanesco** florets, a couple sausages, smoked pork chop or some ham slices, then a couple cups riesling or gewürztraminer, cover and pop in the oven until everything is hot through and the vegetables are no longer raw- easy to make one-pot dish that will fill you up. Be sure to have some good mustard on hand.

Roasted Butternut Rounds with Gremolata and Nuts, from Chef Andrew E. Cohen

Thick rounds of butternut squash pan seared and roasted are paired with a fresh, herby gremolata variant, then toasted hazelnuts or raw pine nuts are added to light the nutty flavor of the squash a little higher. Use this as a side instead of a starch, or as an entrée on a meatless Monday.

1 large/2 medium (around 3 pounds) butternut squash, prepped and cut into ½ inch thick rounds	Olive oil as needed--use a soft, buttery type such as Arbosana, or oil and butter, but avoid really peppery types such as Tuscan types
Salt and Pepper to taste	1 cup Gremolata v.3 (See recipe), with enough oil to make it slightly runny/sauce-like
½ cup scant toasted peeled hazelnuts, chopped, OR heaping quarter cup raw pine nuts, barely chopped, or to taste	

Heat oven to 400°F. Foil and lightly oil a sheet pan large enough to hold all the rounds without crowding. Put squash rounds into a large bowl and drizzle with oil, and use your

hands to ensure the squash is oiled all over. Season with salt and pepper.

Heat your largest flat bottomed pan over medium-high heat. When pan is hot, film with oil. When oil is hot (shivering or runny) but not smoking, add enough squash rounds to fill the pan without touching. There should be about ¼ inch between them. Cook until the bottoms are golden, and getting crisped a bit. When the bottoms are a golden and browned along edges, turn over and do the same to the other side. When uniformly colored of both sides, transfer the rounds to the sheet pan, leaving a little space between each one. Continue until all the rounds are browned and on the sheet pan. Place in the middle or upper third of the oven.

Cook squash for 20-25 minutes, or until tender but not mushy. If the squash is starting to darken a lot, lower the heat to 375°. Cook until a thin bladed knife or cake tester will slip into the squash without effort, but the rounds will not deform when a spatula is used to remove them from the sheet pan. Also, check your probe to see that the squash is hot through.

While the squash cooks, make the gremolata if you've not done so. Be sure to use enough oil to make the gremolata saucy. Mix with the nuts of your choice, reserving a few as final garnish.

When squash are ready, transfer to a platter or plates, then spoon over the gremolata, sprinkle with a few grains of large crystal salt and the remaining nuts. Serve hot.

Chef's Notes: *To peel butternut squash: Do not bother with a peeler, just cut off the globular bottom of the squash, the top of the cylinder and base of the globe. Stand the cylinder on the cut base and use a large chef's knife to cut the skin away from the squash by cutting down the side of the squash, turning the squash after each stroke. For the base, do the same, just follow the curve. Cut away the ends and scoop out the seeds, then cut the globe into ½ inch thick rings. Serves: 4 +

Gremolata v.3, from Chef Andrew E. Cohen

1 cup flat leaf parsley, leaves and thinnest stems only	2 heaping TBS fresh marjoram, leaves only- OR -1 TBS fresh oregano leaves, smaller leaves
1 medium shallot, (scant ¼ cup) diced finely	1 medium-small Meyer lemon, zest finely chopped, 2 TBS juice
Salt and pepper to taste	Olive oil as needed--look for a buttery oil without lots of pepper and spice like your Tuscans--Arbosana is a good choice

Combine the herbs and the zest together on a cutting board. With a thin-bladed, very sharp knife, mince the herbs finely, turning and regrouping them with the back of the knife until the mélange is finely minced and aromatic. Do not chop until you have a green mush, just until things are uniformly fine.

Transfer to a non-reactive bowl, mix in the shallot, and drizzle with the lemon juice. Stir to evenly mix in. Season with a bit of salt and pepper.

Slowly drizzle in olive oil, stirring with a wooden spoon or spatula. Do this until you have a slightly runny/saucy slurry.

Taste, adjusting flavor as needed. You might need more oil or a touch of acid or salt to balance flavors out. Store in refrigerator until ready to use, then return to room temperature before using. Yield: ¾ cup