



# High Ground Organics

## Community Supported Agriculture

Winter 7, March 1<sup>st</sup> and 2<sup>nd</sup>, 2017

### Farm Notes, by Jeanne Byrne

I hope you have all weathered the storms in your homes or are at least getting the relief you need at this point with a little sunny weather. It was a frosty morning here, maybe the coldest night of the year so far. We are seeing dry-ish weather in the near-term forecast and are jumping on the chance to knock down some of the cover crops at our Lewis Road property to prepare more ground to plant into.

During rainy winters, it's always a little tricky to get the spring plantings in. We need the ground to dry out enough to get the tractor in to mow down and incorporate the cover crop. The residue then needs up to two weeks to break down (adding all those wonderful nutrients to the soil) before we plant into it, so we hope for another stretch of dry weather at that point to get in to the field to plant. We have been busily planting seeds in the greenhouse, where they are enjoying these sunny days and getting the headstart they need to grow well once we can transplant them out in the field.

We mow down cover crops that have been in the ground the longest first, while we let others continue to grow. The continuous onslaughts of rain have not created ideal conditions for cover crop growth, but they did better than in the years with little to no rain. We've already been able to plant in some fields. A few weeks ago, we planted into the field behind our house that we had left bedded up ready to plant into through the winter. This was a particularly weedy patch, so we were able to let the rain water up several successions of weeds which we then cultivated with a special harrow called a Perfecta which shallowly undercuts the weeds while maintaining the shape of the bed. It seems to have knocked back the weed seed bank pretty well! We will rotate this patch into a cover crop sometime during the coming year.

The arugula, radishes, and mustard greens you're getting this week are from the new winter plantings we got in last month. The beets have been in the ground for a longer time; they grow more slowly in the winter, and the greens don't tend to grow as big-- by the time the beets are ready to harvest, the greens are no longer very appealing, so you'll get the roots loose. That extra time in chilly soil brings out the good flavor though. Our supply of delectable delicata squash is still holding out, and we've brought a few items from other local farms to round out the boxes at this lean time of the year. Steve Marsalisi lets his limes ripen on the tree more than the ones you usually get in the store, so they are more yellow, less acidic, juicier, and more flavorful!

### Final Winter Delivery

*Next Deliveries will be March 15<sup>th</sup> and 16<sup>th</sup>.*

### Veggie Notes, by Molly Jacobsen

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

This week you'll receive one of my favorite greens, **arugula**. This peppery little green is great eaten raw or incorporated into dishes like frittatas. I like to lightly dress my **arugula** in olive oil with a squeeze of lemon and a sprinkling of salt. This makes a light side with any dish, but especially love it as a way to incorporate greens into breakfast or to eat on top of pizza!

A lot can be done with **radishes**, **beets**, and **rainbow carrots**. Put them all together in a salad or slaw, or roast up the **beets** and **carrots** with the **delicata squash**. Have you tried cooking **radishes**? A friend introduced me to blistered **radishes** and they were delicious- give the **radishes** a rough dice and saute them in a tablespoon of butter over medium heat, stirring frequently, until the skins start to blister. Season with salt and chopped fresh parsley.

You'll get either **braising mix** or **baby mustard greens** in your box this week, either of which will be delicious lightly sautéed as a side, added to a stir fry or soup. I particularly like pairing the spicy flavors of baby **mustard greens** with something a little earthy and sweet, like roasted **beets**.

Our guest's stars this week include artichokes, **broccoli di cicco**, or **cauliflower** from Coke Farm. **Broccoli di cicco** is an heirloom variety of broccoli with smaller heads that are a little less densely forested than the traditional broccoli you're used to. Cook them the same, steamed or sautéed, but they should take a little less time. And don't remove those stems- they should be tender and sweet.

We can never get enough citrus fruit (including **limes** and **lemons**) at our house; we use them for everything. From salad dressings to tacos, thrown in the juicer with our **beets** and **greens** or squeezed into cocktails, our citrus never goes to waste. I often make a simple one-dish meal, in which I add a protein such as cooked chicken or white beans to cooked pasta with minced garlic, raw **arugula** (and/or the steamed **broccoli di cicco**), the zest and juice of one **lemon**, and dress with good-quality olive oil, salt, black pepper and parmesan cheese.

Enjoy your veggies!

### In The Box

Delicata Squash

Arugula

Red Radishes

Braising Mix OR Baby

Mustard Greens

Red Beets

Rainbow Carrots\*

Lemons and Limes\*

Artichokes OR Broccoli di  
Cicco OR Cauliflower\*

*All produce is certified organic. Lemons and Limes are from Marsalisi Farm. Carrots are from Heirloom Organics. Artichokes, Broccoli di Cicco, and Cauliflower are from Coke. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.*

## Chef's Notes, by Andrew Cohen

The **lemons** and **limes** reminded me of a seafood dish I did for my wife when she was pregnant with our son. She really liked it. It somehow morphed into the Swordfish with Citrus Burred Blanc, probably because the sword has been really good recently. Another citrus festival would be a **Rocket**, **Radish**, **Citrus Salad**, made with the **arugula**, **radishes**, and **citrus** Supremes (See recipe on site for more about the citrus Supremes), with roasted almonds and white balsamic vinaigrette. This salad can be eaten as is, but would be a good topper for fish or chicken. The **lime** and **lemon** would make a nice marmalade as well. You can also peel the **citrus** and stash it in a jar of water in the refrigerator for quick cocktail garnish as well.

You could try roasting the **radishes** or **carrots**. The **braising mix** would be good sautéed with some **lemon** juice and zest, then tossed with a ton of sautéed garlic, pine nuts, and parsley. Don't forget a shot of red wine vinegar.

The **Delicata squash** could be sliced into rings and then arranged in circles on a round of docked puff pastry to make a winter squash tart for dessert. Use some streusel to top it with.

## Rainbow Carrot Slaw, from Chef Andrew E Cohen

1 bunch rainbow carrots, scrubbed, topped, cut into 2-inch matchsticks or shredded on the large hole of a box grater if you do not have a mandolin or the appropriate food processor disc	½ small brown or white yellow, cut radially 1/8th inch wide
¼ cup heaping toasted sunflower seeds	1 cup White Balsamic Slaw Dressing (right)
Salt as needed	

If you are using carrots that are not grated, place the carrots into a large non-reactive bowl, giving the red carrots their own bowl. Sprinkle lightly with salt and allow to sit until the carrots are getting a little tender and are starting to "sweat" a little. Rinse well, getting all the salt off, tasting to ensure this. Toss carrots into a little ice water for a few minutes to crisp up.\* Dry carrots thoroughly.

Mix the onions into the non-red carrots, then add a ½-cup of the dressing and mix well, coating evenly. Add a couple tablespoons of dressing to the red carrots and toss to coat thoroughly. Combine with the rest of the carrots and onions, then taste to see if you need more dressing. Dress to taste, but try to not use so much that the colors and individual flavors of the carrots are masked.

Toss in the sunflower seeds and mix in.

Chill until cold. The slaw is then ready to use.

Chef's Notes: \*This gives the carrots a less raw root-y flavor and it brightens up the carrot flavor. If you grate the carrots, skip this step. The process of grating tears open more cells so the carrots are more flexible and moist.

This slaw lends itself to all sorts of variations. Try it with cilantro and coriander seed, and a little lime in the dressing, or with red wine vinegar with a little lavender and fennel seed. Slice in radishes after giving them an ice-water bath, or add finely sliced napa cabbage or green or Savoy cabbage. If doing the dressing without mayo, add basil or cilantro, or some lemongrass or kaffir lime leaf.

Serves: 4

## Simple White Balsamic Slaw Dressing, from Chef Andrew E Cohen

¼ cup white balsamic vinegar	1 tsp. honey mustard
1 TBS agave syrup or sugar, or to taste	½ TBS minced shallot
¼-½ tsp. dried crumbled thyme	Salt and pepper to taste
¼ cup neutral flavored oil	½ cup mayonnaise or thick yogurt (not Greek style)

Whisk the sweetener into the vinegar. Add the shallot and the salt, pepper, and thyme, and allow to infuse 10 minutes. Whisk in the mustard. In a slow steady stream, whisk in the oil, emulsifying it. When all the oil is in, whisk in the mayo until everything is fully emulsified. Taste, and season as needed. The flavors will get brighter as the dressing sits, so keep that in mind. Refrigerate until needed.

Yield: Around 1 cup

## Roasted Beets, from Chef Andrew E Cohen

1 bunch of beets	1 tsp. olive oil
salt and pepper to taste	2 TBS of water
1-2 TBS vinegar such as white balsamic or sherry	

Pre-heat oven to 400°.

Place a sheet of foil large enough to wrap around the beets and seal in a pie pan or similar ovenproof pan.

Cut the stems from the beets, leaving an inch or two on the beet, and wash well.

Drizzle oil into your hand and rub onto the beets, and place each one in the pie pan as you go. When they are all done, add the water to the pan, then salt and pepper the beets. Tightly seal the foil up and place in the middle of the oven.

Bake for 45-60 minutes, or until done.

To test if they are done, I use a wire used for testing cakes, but a toothpick, bamboo skewer, or narrow, thin bladed knife will do. Insert the probe, and if it slides in easily, the beets are done. If you are not sure, give them a little longer to be sure. Beets are pretty forgiving in the oven.

When the beets are done, remove them from the foil in the sink and allow them to cool just enough so you can handle them without burning yourself. Under running water if necessary, slip the beets from their skins, using the tip of a sharp knife to pare away any bits that won't come loose. Beets, especially the red ones, are messy and can stain. Some people use gloves to peel the beets.

When the beets are peeled, you can cut them into halves or quarters (or leave whole if you are in a hurry) and then put them into the container you will store them in.

While the beets are still warm, drizzle the vinegar over them, tossing to coat evenly, and allow to come to room temperature before refrigerating.

At this point, the beets are ready to use as is, or to be used in other preparations. They will keep for the better part of a week.

These beets can be used as is in salad, sautéed in olive oil as a side vegetable, or however you wish.

Serves: 2-4