



# High Ground Organics Community Supported Agriculture

March 14<sup>th</sup> and 15<sup>th</sup> 2012

## Welcome!

Welcome to the 2012 CSA season!

The mild weather made our more limited winter deliveries almost easy for us this year, with relatively few days of harvesting in heavy rain and muck, but it looks like winter storms are blowing in this week in force, just in time for our first spring harvests!

The first spring boxes will look a lot like the winter boxes, with the new spring items trickling in bit by bit. So far we are in good shape for the spring harvests. The baby greens for the braising mix are ready right on time for this week's box and the baby salad mix will be ready either next week or the week after. The carrots that we planted in the fall are coming in strong. We're continuing to harvest our field of leeks and have green garlic almost ready as well. The winter squash we stored through the winter is good and sweet now, we've still got some nice potatoes, and we have a crop of beets and cabbage ready to go. The strawberry plants are looking great, though they are a few weeks behind schedule--this is true for all the berry fields around us too, probably due to the lack of rainfall. We expect to start picking strawberries in April sometime. The blueberry plants look super and with another year of growth on them we should have a lot bigger blueberry harvest this year when they come in (late spring/early summer). Fava beans, turnips, radishes, lettuces, cauliflower, spinach, kale, chard, and other greens are all coming along, as well. We'll bring in a few goodies from other local farms too this spring.

Sarah will be available for any questions or problems you encounter at (831)254-4918 or [csa@highgroundorganics.com](mailto:csa@highgroundorganics.com).

## Veggie Notes

**Chantenay carrots** are big sweet carrots that are great for either cooking or eating raw. **Braising mix** is a combination of baby cooking greens (though they are tender enough to use raw as a salad too). The basic cooking method is to sauté some garlic and then add the washed braising mix. It only takes a few minutes for the baby greens to cook. Add salt and pepper if you like and serve. **Butternut squash** is one of the easier winter squash to prepare and can be used in many ways. The basic baking method is to cut it in half lengthwise, scoop out the seeds, and place face down in a baking dish with 1/2 inch of water. Cook in the oven at 375 or so, until the skin is easily pierced by a knife and the flesh is soft (40 to 50 minutes). You can also peel the skin off and then cut the squash into cubes to roast or use in soups or stews.

The **potatoes** are either a red skinned (Desiree or Romanze) or yellow skinned (Sangre) variety. This weekend is St. Patrick's Day, so maybe you want to use potatoes in Colcannon with cabbage or red flannel hash with beets (either vegetarian version or with corned beef). **Chioggia beets** are an Italian heirloom variety of beets that have beautiful concentric circles inside (this is more pronounced when they're raw than cooked). Beets can be simply boiled, steamed, or roasted and stand on their own perfectly well as a sweet and yummy side dish. They take some time (varies depending on size) so put them on to cook first and let them cook until they are easily pierced with a knife. If you cook them whole, you can easily remove the skins afterwards by holding the hot beet under cold running water and simply rubbing the skin off with your hands--your hands don't get burned, but the beets will still be hot to slice and serve. The Chioggias don't bleed red all over your cutting board and hands so much as the red beets do. Cut off the greens about an inch above the beet before cooking. You can then use the greens as a separate vegetable--cook them as you would chard.

**Leeks** are versatile and easy to use. I usually think of them as just a type of onion, though they are actually more closely related botanically to garlic. You can use leeks almost anywhere you would use an onion. Usually you use the white and light green parts of the leek and cut off the dark green leafy tops (you can use these in soup stock). The easiest way to wash leeks: Cut leek in half lengthwise,

keeping the root end intact. Then, hold the leek under cold running water and fan out the layers to get at the dirt that sometimes gets trapped in between. Then you can slice the leeks and use them in recipes like onions or feature them as their own side dish. With this week's weather, a hearty potato leek soup might be just the thing.

## This Week

Bunched Chantenay Carrots

Braising Mix (Mizuna, Tatsoi and Red Russian Kale)

Butternut Squash

Romanze, Desiree, or Sangre Potatoes

Bunched Chioggia Beets

Leeks

Cabbage

Flowers: Tulips

## Are You Getting the E-mail Newsletter?

Every week during the delivery season we send an e-mail version of this newsletter on Tuesday. You can find out what's going to be coming in that week's boxes, and we can fit a lot more recipes, links, and information in the e-mail version. To get on the e-mail newsletter list, just go to our website ([www.highgroundorganics.com](http://www.highgroundorganics.com)) scroll down along the right-hand side of the page to where it says Sign Up for HGO Newsletter. Note that entering your e-mail during sign-up does not automatically sign you up for the newsletter, so this is a separate step. (We do try to add new folks to the e-mail newsletter list, but we don't always catch everyone.)

## 2012 Farm Events

Spring Farm Tour, April 28, 1-4 pm, at our Lewis Road Farm.

Strawberry U-Picks TBA, in June, at Redman House Farm

Fall Harvest Festival, October 13, 10 am to 4 pm, at our Home Farm

### Notes from Chef Andrew

I have been playing with **carrots** of late, and the sauce made of soft cooked carrots (on website) is just one thing to come out of this playing. Another recipe evolved from using a syrup I had made for making ginger beer (Simple syrup with lots of ginger, cardamom, and vanilla.), where I caramelize the carrots using the syrup. I will use the **butternut squash** to try a variant of the curried **carrot** sauce, only I will make a soup, and will garnish it with the mint yogurt as well as some crisp fried shallots. I think I might try drizzling some pistachio oil around as well. This thinking has its roots in Indian and Mid-East cooking, and these flavors are frequently found together, so this makes sense to me. The flipside of this sort of sweet dish would be an earthy **braise of the greens** with red wine and bacon, then tossing them with some brothy French lentils and serving them with wheat berries or farro. I could see dry frying them and tossing them with the **Chioggia beets** after roasting them and tossing them with white balsamic vinegar. The **leeks** turn up all over place, but I still enjoying playing with variations on the Leeks en Papillote recipe (*on website at [highgroundorganics.com/recipes/roasted-leeks-en-papillote/](http://highgroundorganics.com/recipes/roasted-leeks-en-papillote/)*). I can also see combining soft cooked leeks with potatoes that have been steamed or boiled, then cut into chunks and put in a pot with some stock and oil and cooking the stock completely away and crisping up the potatoes for an unctuous contrast of soft and crisp.

### Gingery Braised Greens, Leeks, and Mushrooms with a Japanese Accent, from Chef Andrew Cohen

6 cups braising greens, washed and chopped or torn into 1 inch bits	½ pound oyster mushrooms, torn into strips
1 leek, white and some of pale green part, split and cut into 2 inch lengths, then cut lengthwise into 1/8th inch shreds	1 tsp. peeled and minced ginger
¼ cup plus ¼ cup sake or white wine	1 TBS mirin*
¼ cup unseasoned rice vinegar	Water as needed
1-2 tsp. soy sauce, as needed	Pepper to taste
Optional- 1 tablespoon of unsalted butter	Neutral flavored oil such as grapeseed or canola

Heat a 10-inch skillet over medium-high heat. When hot, film generously with oil. When oil is hot, add the mushrooms, tossing to coat with oil. Sauté until mushrooms take on a little color, becoming golden. Add the leek strips, tossing to coat with oil, and turn down the heat to medium-low. Do not let the leeks color. When the leeks are translucent, add the first ¼ cup sake or wine, and simmer until evaporated. Push the vegetables to the outside edge of the pan, and add a little more oil to lightly film the pan. When hot, add the ginger to the center of the pan, stirring to coat with the oil and cook until

fragrant. Spread over the pan bottom and add half the greens. Put a lid on the pan and cook a few moments until the greens shrink down a little. Add the rest of the greens and use tongs to turn the greens so they mix with the mushrooms, leeks, and ginger oil. Turn heat to low. Add the rest of the sake or wine along with the mirin. Turn the vegetables in the liquid. Add a couple tablespoons of water so liquid comes 1/3rd of the way up the vegetables. Cook gently until vegetables are wilted and tender. Cook until most of the liquid has evaporated. Add the vinegar, tossing to coat, and cook until it reduces until almost gone. Drizzle with soy sauce, then season with pepper to taste. (The soy sauce takes the place of salt here, plus adds flavor.) If you wish to, you can add the butter to the pan now and toss with the vegetables until it is melted and coats everything. This will add a silky quality to the dish, and the butter will act to smooth out any of the sharp/tannic qualities that these greens sometimes possess. Serve hot. Excellent with rice or as a base with grilled fish or pork.

\*Mirin is a Japanese sweet cooking wine. It is worthwhile having some in the pantry as it appears frequently in Japanese recipes. If you don't have any, you could substitute a little agave syrup or sugar.

*Chef's Notes and Tips:* If, when you get to the end of the recipe, there is still a lot of liquid in the pan and the greens are starting to cook down an amorphous mass, pull them from the pan with tongs, allowing them to drain back into the pan. Remove the vegetable to a bowl, and then cook down the liquid in the pan until it is almost all gone. Add the greens back in to heat up, and serve. Serves: 4

### Crispy Creamy Potatoes

As many potatoes as you want to eat, Sangre, Romanze, Desiree, or other starchy type	Olive oil
Unsalted butter as needed (around 2 tablespoons)	Salt and Pepper to taste
-Optional- 3 sprigs fresh thyme, or choose any other herbs	

Place the potatoes in a pot large enough to hold them in a single layer, and cover with cold water to 2 inches. Salt the water liberally. Bring the water to a boil, then reduce the heat to a gentle simmer. Cook the potatoes just until they are easily pierced with the tip of a thin bladed knife. They should be done at this point. If you are not sure, cut one open and check. The potato should be tender all the way through, but not soft, as it will cook some more. Drain the potatoes in a colander. Return the pan to the stove and set the heat to medium. When it is dry inside, add enough oil to cover the bottom of the pan by 1/8th inch. When hot, add 2 tablespoons of butter, swirling the pan to spread it around. When the butter is hot, add the potatoes, taking care not to damage them and not to splash yourself with hot fat. Once the spuds are in the pan, roll them around to coat them evenly. If you are using herbs, scatter them about the pan now. Cook the potatoes until the outsides get crisp. Turn the potatoes as necessary to cook evenly and prevent burning. This should take 10-15 minutes. When the potatoes have crisped up, pour off the excess oil from the pan, then season with salt and pepper and serve hot.

*Everything in your box and the flowers are certified organic. All vegetables were grown by High Ground Organics. Organic flowers are from the Thomas Farm.*