



High Ground Organics Community Supported Agriculture

Week 4: April 4th and 5th 2012

Production Update, from Steve

These last few storms we've had have brought the yearly total rainfall to a little above half of what we normally get here. The rain can make harvesting and planting tricky at times, but we are happy to have it. And as a friend pointed out the other day, having the rain strung out into spring this way, instead of falling during a short period where it often just ends up running off to the sea, is more beneficial for the surrounding native vegetation. Judging from the brilliant green growth on the live-oaks around us and the deep green hillsides, I would say he is right.

It is beneficial for the farm too. For the last month we have been able to work well with the rainfall. The onions, salad, cabbage and herbs that we have planted here at our home site have required little irrigation. And in the new field of lettuces, fennel and cauliflower that we planted several weeks ago we haven't even needed to set up irrigation pipe at all yet.

Because of the sandy, well drained soil there, most of our new plantings have gone into our Lewis Road site. Inside the hoop-houses we've planted red and gold beets, carrots, lettuce, spinach and lacinato kale. When these crops are harvested beginning in a few weeks, they will make way for the tomato, basil, eggplant and pepper plants that are coming along nicely in our greenhouse. We planted out our first round of summer squash two weeks ago and they are looking good. We cover these early transplants with a "floating" fabric row-cover to protect them from possible frost damage and to give them a boost temperature-wise.

Meanwhile, many of the vegetables that we planted in the fall and winter are going to be ready for harvest soon. In the coming weeks you will be seeing in your boxes:

- New plantings of bunched greens—collards, kales, chards, arugula, and mei quin choi
- Spring red and yellow onions
- Cauliflower
- Celery
- Fava beans
- Strawberries
- Tokyo market turnips
- Radishes
- Blueberries

The swallows are swooping around everywhere, the red-winged blackbirds are showing off their mating plumage, and ducks are flying in pairs over the farm. Signs of spring renewal are everywhere and the crops are no exception. It's going to be a good spring. Thank you for being part of our CSA farm family this year!

Veggie Notes-- Storage and Usage Tips

Store everything in the refrigerator except for the potatoes (even the **lemons**, if there is room). **Green garlic** is young garlic which is harvested before the cloves have begun to mature. It resembles a scallion, with a deep green stalk and a pale white bulb. Use the white and light green parts and save the dark green tops for stock. Use in place of bulb garlic or green onions, for a potent garlicky flavor. Top the **carrots** and store the roots separately. (Compost the tops or use in stock.) Try to use the **salad mix** and **chard** in the first few days.

Salad mix has been triple-washed and spun dry and is ready to use. The **purple Caribe potatoes** have purple skin but white flesh and are great for boiling, baking or frying. The **purple-top turnips** need to be peeled before cooking. Try roasting them along with some of the other roots (**beets, carrots**, or if you still have **parsnips** or **celery root** from previous weeks). Just toss with some olive oil, salt and a bit of rosemary at a high temperature (425-450 degrees) for about 20-25 minutes. Or you can boil and mash the turnips like mashed potatoes or dice into soups or stews. Try a sauté of green garlic with chard. Makes a great topping for rice or eggs.

Notes from Chef Andrew

While no one goes to the store to buy a lemon to snack on, it is hard to imagine a kitchen without lemons for me. Except for lemonade, lemons hardly ever get the starring role, but they are the stars that make everyone else look so much better.

How often has someone said, "Hmm, that dish needs a little something..." and then squeezed in a little lemon juice and then said, "Perfect!?" Lemons are used to balance a dish, bring contrast to various elements, amplify flavors, or just plain give flavor to something mild or downright bland. Lemon can mask elements that some find unpalatable (Think kids and broccoli.). Lemons can even be used as a sort of salt substitute, where the tart of the juice acts in much the same manner as salt, giving a little jolt to the palate. A squeeze of juice here, and touch of zest there, lemon does an awful lot in the kitchen. Besides the work done with flavors, lemon also performs "mechanical" miracles in the kitchen. The acid of lemon is used to prevent things like burdock and artichokes from turning brown once cut. Rubbing with the juice or immersing in acidulated water will prevent oxidation. Lemons can even be part of the décor. A bowl of lemons and their leaves can make a beautiful display, and their fragrance is lovely.

This Week

Meyer Lemons*

Green Garlic

Red Cabbage

Chantenay Carrots

Salad Mix

Purple Caribe Potatoes OR
Loose Red or Chioggia Beets*

Purple-Top Turnips*

Rainbow Chard*

Flowers: Easter Bouquet of tulips,
Sweet Williams, ranunculus, and
Rye grass

Basic Roasted Roots, from Chef Andrew Cohen

2-3 pounds of root vegetables- Parsnips, Turnips, Rutabagas, Celeriac, Carrots, etc. (You should have enough to fill the pan bottom in a single layer without crowding. I usually toss the whole vegetables into the pan and get an idea this way.)	Olive oil- enough to coat the vegetables when cut up
2-3 tablespoons fresh herbs-rosemary, thyme, sage, savory...your choice, -OR- 1 tablespoon dried	Salt and fresh ground pepper
Optional-Garlic cloves	

Pre-heat oven to 400°F. If you wish, rub the bottom of an ovenproof dish with a peeled clove of garlic. Rub well to coat the pan with garlic oil. If you look carefully you can see the oil coating the dish. This will impart garlic flavor without leaving bits of garlic to burn and taste bitter. Peel and cut enough vegetables to a uniform size to fill the dish without crowding. Some vegetables cook faster than others. If mixing types, know that parsnips and turnips and celeriac cook faster than potatoes, so cut them a little bigger. Parsnips are high in sugar so watch them for burning, and cook higher in the oven away from the heating element to prevent scorching.

In a large bowl, toss the vegetables with enough oil to coat them. Put into the prepared cooking dish, then sprinkle with salt and pepper to taste. Scatter herbs over the dish. If you wish, scatter unpeeled cloves of garlic around as well. These will cook to a paste inside the jackets and you can squeeze the contents of the cloves onto bread or use in other preparations. Cover the dish tightly with aluminum foil or a tight fitting lid and place in the center or upper part of the oven. Roast for 30 minutes.

After 30 minutes, remove the foil and check that the vegetables are tender enough to be easily pierced with the tip of a knife. If not, re-cover and cook 10 minutes more. When the vegetables are tender, return to the oven and cook for 15 minutes to brown and crisp the roots. Shake the dish occasionally to turn the roots. When they are evenly cooked, they are ready to serve. Though the recipe seems long, once you have done it is incredibly simple. After you have cooked a few different roots you will see the differences in the cooking times and will be able to account for them easily enough.

Green Garlic “Champ,” from Chef Andrew Cohen

2 pounds potatoes, peeled	Oil as needed (Neutral flavored such as grapeseed or vegetable)
1 bunch green garlic, whites and pale green parts, sliced thinly and washed	2 sprigs fresh thyme, leaves stripped and minced
1 cup milk	Salt and pepper to taste
4 tablespoons unsalted butter	

Place the potatoes in a pot and cover with cold water by at least 2 inches. Salt the water liberally and bring to a boil. Once boiling, reduce heat to a simmer and cook potatoes until tender. Time will vary based on size of potatoes, but the tip of a thin sharp knife should easily penetrate a potato. Once the potatoes are started, heat a 2 quart pot over medium heat. When hot, just film the bottom with oil and then add the green garlic. Cook just until the garlic is wilting and do not brown. When garlic is translucent and soft, add the thyme and the milk. Bring the milk just to a boil and then remove turn off or

CSA Cooking Classes by Chef Joni Sare

Location: Chef Joni's 10-person kitchen in Cupertino (near I280 and Foothill). \$25 for each class, pre-payment is required. Info at www.jonisare.com/csa-cooking-classes.

turn as low as you can to just keep the milk warm. Season with pepper. When the potatoes are done, drain them and return them to the pot. Lower the heat to low. Season generously with salt, then mash the potatoes a bit. If the milk is not hot, warm it gently, and then pour it into the potatoes and mash. There should still be some small lumps. Stir well to distribute the garlic and seasonings over low heat to get the potatoes hot. Add the butter and stir in to incorporate. Serve hot.

Minted Meyer Lemon “Topping,” from Chef Andrew Cohen

Try this on grilled fish or chicken, pan seared scallops, or toss with boiled shrimp. Goes well with broccoli and pasta, too. You will want to use a very sharp knife for this recipe!

1 large shallot, finely diced	1 TBS rice vinegar or lemon juice
1 Pinch of salt, smallish, plus more to season to taste	1 Meyer lemon, washed
¼ cup flat leaf parsley, chopped fine	¼ - ½ cup mint leaves, chopped fine
Pepper to taste	Extra-Virgin olive oil, around a ½ cup (Avoid really peppery oils such as Tuscan ones as they would be overpowering in this recipe.)

Place the shallot in a non-reactive bowl with the vinegar or juice and the pinch of salt. Allow to macerate ten minutes or more. Using your sharpest knife, cut the ends from the lemon. Now, quarter lengthwise. Shave away the center core and discard, leaving as much lemon as you can intact. Use the tip of the knife to remove any seeds and discard these. Lie each quarter flat on the board and cut lengthwise into three sections. Now, taking your time, slice across the length into the thinnest slices you can manage. Place the lemon and any juices from it into the bowl with the shallot. Season with pepper and a pinch of salt, then add the parsley and mint. Toss to combine well. Drizzle with some olive oil and toss to coat the mixture. Add oil until the mixture is not a paste, but not soupy or runny. Taste for balance, adding oil, salt and pepper, or vinegar as needed. This should taste more of lemon and herbs than oil. Use right away or keep in the refrigerator a couple hours. Bring to room temperature before using. This is best used fresh, but it might last 1 day in the refrigerator before losing texture and its bright flavor. The sharpness of your knife is a big factor here—a sharper knife will give the topping more longevity and cleaner flavors with better texture. A duller knife will crush things and speed breakdown.

Everything in your box and the flowers are certified organic. This week the Lemons are from Marsilisi Farm. Chard, potatoes, turnips and some of the beets are from Coke Farm. Some beets are from Lakeside Organics. All other vegetables were grown by High Ground Organics. Organic flowers are from the Thomas Farm.