



# High Ground Organics Community Supported Agriculture

Week 4, April 5<sup>th</sup> and 6<sup>th</sup>, 2017

## Farm Notes, by Jeanne Byrne

We are saying goodbye to Molly this week, which is a sad thing for us because she has done just an amazing job as our CSA administrator. But it's a good thing for her, because she is headed to the UCSC organic farm apprenticeship program, and that's a good thing for the world because we need people like Molly starting new organic farms and using their talents to further the cause of organic agriculture.

Sliding smoothly right into Molly's chair is Jason Johnson, who has been driving the CSA route delivering your vegetables and selling for us at Mountain View Farmers Market every Sunday. We're happy to have Jason on board--he's got a wide range of skills and talents and is willing to step right in and tackle anything we throw his way.

We are delighted to have our same steady field crew working with us again this year. Some of these folks have been with us for a decade and we are grateful to have such a good solid group who understand so well what needs to be done. Antonio, our foreman, continues to take on more responsibility and to lead the harvest and packing activities with a steady hand. Likewise, Jonathon is taking on more of the tractor driving and maintenance chores.

We have a couple new drivers to welcome on board, Mackensie and Anthony, who will be escorting your veggies to your pick-up sites this year.

With all our staff in place, we're getting into the swing of the busy season. Spring planting is coming along with the quicker growing veggies starting to mature, and Although they are later than normal, the strawberries plants look good and are growing vigorously--we're even seeing some red in the field, which means that we will start picking in a week or two. The blueberries appear to have appreciated the copious rainfall and are putting out a nice balance of vegetative growth and blossoms. The earliest varieties should start to produce by the middle of May.

So it's a time of new beginnings for the farm, and we're feeling invigorated and impatient for the new season to get into full swing.

## Veggie Notes, by Jason Johnson

Always rinse produce before use. Everything should be refrigerated.

Spring is a time for change and changes take work. It's easy to talk about seasons and labor in the context of farming, but it's something we all experience. Pushes at work, quarterly sales, midterms, family demands. The plow breaks the ground differently for each of us, but it breaks ground nonetheless. This is the season of cultivation.

Out my office window, the crew is on their knees, busily harvesting leaf after leaf of spinach, binding it by the hand-full, and placing it in crates. I wonder what they will have for dinner. I wonder how they will prepare their spinach. Inevitably they will spend the afternoon working up an appetite, mulling over dinner ideas as they wash the dirt off their hands. They have the freshest ingredients in the world. They have a lifetime of culinary experience and an internet full of recipes. But will they have the motivation? I speculate not. I speculate because I won't have the motivation. I have already done enough work today, sitting at a computer at 10am, to fully justify any restaurant purchase I can think of. Burritos? Yes please. Chinese food? Yes please. Curry? Two please.

The simple fact is, though, that you can't eat out every night. You can't even eat out most nights. Eating sustainably sourced, ethically produced food has to start in your own home. It's the only way you can begin to trace the origins of your ingredients and it's still the best way to bring a family together. Here is how to prepare every veggie in your box in 20 minutes or less.

With your greens (mustard or spinach), pre-make a simple frittata for your busy mornings. First, preheat your oven to 375. Then, in a bowl, whisk 6-8 eggs with a little milk and set aside. In a 9in. oven safe skillet, sauté your greens in oil for three minutes then add eggs, salt and pepper to taste, then put immediately in the oven. Cook until fluffy all the way through. You can also add cheese to your eggs to keep them moist and creamy.

The best thing to ever happen to corn tortillas, and alliteration for that matter, is Taco Tuesdays.

Use the shiitakes as a base to celebrate this weekly federal holiday. Just slice them and sauté them with leeks in butter with a little salt and pepper until brown. About halfway through, add the juice of half a lemon to freshen it up. Then just scoop it all in to warm tortillas and top with a simple slaw made with chard, onions, a little oil, salt, lemon juice, and a splash of Tapatio. Garnish with some sliced radish and some avocado and you are good to go.

### In The Box

**Spinach OR Mustard Greens**

**Radishes**

**Little Gem Lettuce**

**Leeks\***

**Red Chard\***

**Purple Top Turnips\***

**Beets\***

**Lemons\***

**Shiitake Mushrooms\***

*All produce is certified organic. Leeks, Chard, and Purple Top Turnips are from Phil Foster Ranches. Beets are from Coke Farm. Lemons are from Marsalisi Farm. Mushrooms are from Far West Fungi. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.*

The most efficient and delicious way to prepare beets, I think, is to cut them into chunks (I leave the skin on) and roast them at 425 on some wax paper for about 20 minutes. When I pull them out I cover them with the juice of half a lemon (more to taste) and drizzle them with a little balsamic and honey (again to taste). My favorite part of this recipe is that the beets are great warm but arguably better cold.

I must bring up the obvious fact, though, that we have all made it through a long, wet winter and it is finally time for spring salads. Every single thing in this box will be fantastic with the little gems and I fully intend on making a salad the size of my torso. It's not going to be the product of any recipe and it's not going to be for anyone but me. I'm going to add every vegetable in the box, top it with a lemon-balsamic vinaigrette, and eat it right out of the bowl, hunched over on my couch. Eyeing housemates suspiciously, like the hyena watches the lion.

Enjoy your veggies!

### Little Gem Lettuces with Basil Roasted Radishes and Basil Lemon Vinaigrette, from Chef Andrew E Cohen

6-8 cups Little Gem lettuce, torn or gut into bite-sized bits	1 recipe Basil Roasted Radishes (See recipe below)
¼ cup pine nuts or roasted sunflower seeds	1 cup packed New Natives (or other) radish or mixed microgreens

Toss the lettuce into a bowl and pour the dressing from the radishes in. Toss to coat and divide the lettuce between four plates. Put the radishes and sprouts into the bowl and toss, then divide over the lettuce. Scatter with the pine nuts or sunflower seeds and then season with flaky salt and pepper.

### Basil Roasted Radishes, from Chef Andrew E Cohen

1-2 bunch radish, stems trimmed to 1-inch, washed well, and slit three-quarters of the way from the root end to the stem	10-15 medium-sized basil leaves <i>Note: although basil is not yet in season, most farmers' markets now offer local, hydroponic basil.</i>
3 tablespoons unsalted butter, softened to room temperature	2 + 1 tablespoons light flavored olive oil, or as needed
Crunchy salt such as Maldon, Murray River, Sel de Guerande, and pepper to taste	2 tablespoons Meyer lemon juice (Around ½ a medium Meyer lemon)

Heat the oven to 400°F.

Stack basil leaves and roll into a tight cylinder. Halve at the center line and weight one side so it does not unroll. Open the other side and slip a half basil leaf into the slits in the radishes, using a butter knife to open them up. When all the radishes are "stuffed" with a leaf, toss them into a bowl with the softened butter and roll around to coat the radishes. Transfer to a baking dish or bread pan that will hold the radishes in a single layer with a little room between them. Drizzle with 2 tablespoons of oil, and then season gently with pepper. Roll them around to coat all over with oil and pepper.

Take the remaining basil roll and thinly slice across into shreds. Spread out and scatter lightly over the radishes. Cover the radishes tightly with foil or a lid and place in the center of the oven. Roast for 20-25 minutes. Remove the cover and roast, basting with the pan juices, until the radishes are browned lightly.

Use a slotted spoon to transfer the radishes to the bowl they were in earlier and sprinkle with crunchy salt to taste. Pour the butter and oil in the roasting pan into a measuring cup-it should equal around 6 tablespoons. Put the lemon juice in a bowl and whisk while drizzling in the oil/butter mixture to form a dressing. Pour over the radishes if serving the radishes solo, or if you are making a salad, toss

with lettuces and save some for the radishes and drizzle on before combining the two.

### Ravioli of Meyer Lemon Scented Chard, Leeks, and Mushrooms, from Chef Andrew E Cohen

1 bunch Swiss chard, leaves and stems separated and washed, stems minced, leaves chopped into 1 inch bits	4 tablespoons each fresh oregano, mint, flat parsley, sliced finely
3-4 medium leeks, white and palest green, washed, quartered lengthwise, finely sliced	1/2 tablespoon fresh thyme, finely chopped
2 cloves garlic, de-germed and finely minced	Salt and pepper to taste
3 cups oyster or button mushrooms, diced around ¼ inch	Olive oil as needed
Zest of 1 Meyer lemon, as little pith as (the white part) as possible, minced	½ cup white wine
Strained juice from the above lemon	1-2 cups light vegetable or chicken stock
2 tablespoons unsalted butter	Parmesan cheese for grating
1 package wonton/egg roll wrappers*	1 egg, whisked

Heat a large pan over medium heat. Film well with oil and when hot, add the mushrooms, tossing to coat with oil. Season with salt and pepper and cook until tender and crisping around the edges. Transfer to a large non-reactive bowl.

Put the lemon zest into a small strainer and pour hot water over it to soften it and gentle the flavor. Dip in cold water to stop the cooking process, then place on a dry cloth or kitchen towel to dry.

If the pan is dry, film with oil and when hot, add the leeks and the thyme, stirring to coat. Season with a little salt and pepper and gently cook. When the leeks are translucent, add the green garlic (or minced garlic if you are going that route) and stir in. Cook until tender.

Add the mushrooms to the pan, mix in, and then add the chard. Toss to combine and cook gently to wilt the chard. Add the white wine and cook until almost entirely gone. Add half the oregano, mint, and parsley, and the lemon zest, season with a little salt and pepper and taste. Add a little lemon juice if it needs a little spark, but remember the sauce will use lemon juice as well.

Set the filling aside in the bowl. (If you wish, you could grate some parmesan cheese into the bowl over the vegetables, around ½ cup unpacked. Grate and toss to combine. This will add flavor and help the filling stay together.)

Time to make the ravioli: Use a spoon to place a heaping tablespoon into the center of a wrapper. If you wish, you can use two wrapper, one atop the other, and trim into a circle or square, or you can use a single wrapper and fold it over and then trim it. Use a rolling pasta cutter, knife and ruler, cookie cutter, or a can from which the top and bottom has been removed. Place the filling in the center and run a bit of the whisked egg along the perimeter and then fold, or place a second sheet of pasta on top, and trim to appropriate shape. If cutting in smaller shapes, be sure you use egg where the actual edge of the ravioli will be so it doesn't open when you boil it. As you shape the raviolis, place them on a lightly floured sheet pan.

Bring a wide pot of water to a boil, salt the water liberally. Heat a 12-14 inch sauté pan over medium heat and film with a little oil. Heat your stock. When the water is boiling, add the ravioli and cook until the pasta is done, 4-5 minutes. Use a spider or slotted spoon to transfer them to a bowl with some oil in it, tossing to coat and prevent sticking. As soon as the pasta are all cooked, transfer to the sauté pan and toss. Add the stock and cook down 50%. Use a ladle to add 1 cup of pasta cooking water to the pan and cook down 50%. Add another cup of water, add the butter and toss, then cook down until the liquid is forming a light sauce. Add 1-2 tablespoons lemon juice and the herbs. Toss to distribute the herbs and sauce.