



High Ground Organics Community Supported Agriculture

Week 5: April 11th and 12th 2012

Production Update, from Steve

We do realize that we have been giving you a lot of carrots to start off the CSA this year, but you will be getting a break after this week. Unfortunately this week marks the end of the over-wintered Chantenays that are our family favorites. We dug and topped them all last week because they were showing signs of sending up seeders, which they always do coming into spring (the carrots develop a tough, woody core and are practically inedible once the plants go to seed). If you can't use all of your carrots this week, don't worry—chantenays are a great storage carrot and they will still be good for weeks to come. The next block of carrots we will be harvesting from will be of the mokum variety, a tender, sweet, early carrot in the Nantes class.

Yesterday we planted most of our seed potatoes. We typically wait until the danger of frost is over and the soil temperatures have warmed enough so that the seed pieces don't rot in the ground. This year we are a little later than normal, but with the late wintery weather we have been having lately we decided it was better to be safe than sorry.

Last week we also planted our first block of filet beans. These can also be tricky to plant when the soil is cool and moist. To help raise the soil temperature on these early seedings we cover the entire planting with a reusable fabric row cover until after the plants emerge.

Meanwhile in the greenhouse we built another heated propagation table for the transplants that need higher soil temperatures to germinate—like tomatoes, peppers, basil and squash.

These tables have mats that provide bottom heat. We typically leave our seeding flats on the mats until after the plants emerge and then move them to another, unheated, table to grow out in the greenhouse. We're growing a lot more of these warmth loving vegetables this year, so we needed another table to accommodate the starts. We're also considering putting up another greenhouse for our starts, as its been getting pretty crowded in there!

Veggie Notes--Storage and Usage Tips

Store everything in the refrigerator except for the **winter squash**, which you should store on the counter until use (see the winter squash notes below). Keep the **mushrooms** in the paper bag in the refrigerator and try to use them in the first day or two. **Arugula** and **lettuce** are best in the first couple days as

well. **Carrots**, **radishes**, and **beets** will last a long time if you remove any greens from the roots first. The **radish greens** can be cooked like any other cooking green, but they wilt very quickly so use them the first day. **Arugula** is equally good cooked or raw. Used raw mixed with lettuce in a salad, it adds a delightful flavor to salads. Cooked, it can top a pasta, or be a simple side dish. 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. **Broccoli shoots** are the side shoots that grow on the broccoli plant alongside the main stalk. Most commercial growers only make a single pass through the field to harvest the big main stalk, because it's not economical to harvest the side shoots. But the side shoots are quite good and are fun and easy to cook with, since you can often use the whole stem as well as the florets. The **broccoli** and **mushrooms** could go together nicely in a quick sauté. (Steam the broccoli first, then sauté with garlic in a pan with the mushrooms).

Notes from Chef

Andrew

Arugula is a favorite of mine, and the family loves as well. I use it in a "pesto", as a topping for grilled proteins, and of course in salads. I usually have a tub of roasted beets in the refrigerator, so this salad is one that pops up on a fairly regular basis. If you have any apples, arugula and apples makes a wonderful salad. Use the dressing given here, but

use cider vinegar in lieu of white balsamic. Another thing I like to do with arugula is to drizzle a little oil and vinegar on it, and roll it up in strips of prosciutto and sauté the bundles just to crisp and color the ham a little. These make a nice appetizer with a glass of prosecco, perfect for watching the sunset. Another appetizer I make with arugula is to sauté it with a drizzle of balsamic vinegar and then I pile it onto thin slices of grilled/toasted country style bread for crostini. Use a peeler to shave some Parmesan over for more flavor. I feel badly for **radishes** as I think they are often overlooked. It seems almost every cookbook I have either ignores or glosses over radishes as merely crudite plate fodder, but I am looking forward to the radishes as I enjoy them sautéed. See the Southwest-inspired recipe and my Radish Rave article for some of my thoughts about radishes. I introduced my family to Simple Roast **Chantenay carrots** and now they can't get

This Week

Arugula

Red/Purple Radishes

Loose Chantenay Carrots

Leeks

Loose Red Beets* OR ... Winter
Squash (Marina Di Chioggia, Long
Island Cheese Pumpkin, Carnival, or
Delicata)

Broccoli Shoots*

Red Leaf Lettuce*

Oyster Mushrooms*

Flowers: Ranunculus

enough, so the carrots will probably go that way this box. My daughter and I have been experimenting with stuffing **squash**, so it looks as though the winter squash will be halved, roasted, and then stuffed with a mixture of sautéed ground beef, leeks, minced carrots and mushrooms. I could see adding some wheat berries or rice and the **arugula** to this meli-melo, and then drizzling the lot with balsamic vinegar before topping with oiled breadcrumbs and Gruyere and finishing in the oven.

Salad of Arugula, Roasted Beets, and Almonds,

from Chef Andrew E Cohen

6 cups cleaned, stemmed arugula	6-8 (roughly 2 cups) beets, roasted and cut lengthwise into 6-8 wedges
½ cup toasted almonds, chopped or cracked**	1 cup or less of vinaigrette such as white balsamic almond oil (below)
Salt and pepper to taste-large flake salt such as Murray River or Maldon preferred	

In one non-reactive bowl, lightly dress the wedges of beet in a couple tablespoons of dressing, tossing with your finger to coat entirely. In a second, fairly large bowl, add 3 tablespoons of dressing and add the arugula. Gently toss with your fingers to coat the leaves with dressing. If the leaves are too dry, add a little more dressing until the arugula is just coated with dressing. Distribute the arugula between four chilled plates and then do the same with the dressed beet wedges. Scatter the nuts over all and season with salt and pepper. Enjoy right away.

White Balsamic Almond Oil Vinaigrette, from

Chef Andrew E Cohen

This dressing goes especially well with the Arugula Roasted Beets, and Almond salad. I like the Tourangelle line of oils, especially the nut oils. I find them to be full flavored, fresh, and relatively inexpensive for the quality, which I find to be consistent. Toasted almond oil is one of those “secret ingredients” that will add verve to many dishes, and can even be used for sautéing.

3 TBS white balsamic vinegar	1 small shallot, peeled and minced
Salt and pepper to taste	½ tsp. mince fresh thyme
½ tablespoon honey mustard	4 TBS toasted almond oil
5 TBS grapeseed oil (or other neutral flavored oil)-you may not need all this oil	

Put the shallot, vinegar, salt, pepper, and thyme into a non-reactive bowl and allow to steep for 5-10 minutes. Add the mustard and whisk thoroughly to incorporate. In a thin steady stream, slowly whisk in all the almond oil. Then, do the same with the grapeseed oil, whisking vigorously until you have a thick emulsion. Taste the dressing and adjust as necessary.

This dressing can easily be made in the blender; Add the first five ingredients to the blender and blend on high for one minute. Allow flavors to develop for five minutes, and then, with the blender on high, slowly drizzle in the oil through the hole in the center of the lid until the dressing is emulsified. This is usually signified by the hole in the center of the dressing (while the dressing is spinning in the blender) filling in. You may not need all the oil called for in the ingredients list.

Chef's Notes and Tips: This recipe is fairly easy to cut in half, but I do not recommend trying to make it in the blender

at half size. The Toasted Almond Oil goes well with sautéed duck or chicken, and is nice drizzled on vegetables, especially roasted potatoes and sautéed broccoli. Consider using it where you might use toasted sesame oil for a lighter touch. Store the oil in the refrigerator once opened. You could use other oils if you are using other nuts on the salad. Walnut oil for salads with walnuts, hazelnut oil with hazels, and pistachio oil and pistachios are a great combination with the arugula beet salad.

Yield: Around 1 cup, at least enough for 4 salads.

Southwest-Inspired Sautéed Radishes, from Chef

Andrew E Cohen

Inspired by South Western flavors and things you find in a taqueria, this is a colorful dish with a mildly piquant flavor.

1 bunch of radishes, washed well	5-6 scallions, roots sliced off and cleaned, outer skin of white part removed with a paper towel
Olive oil as needed	1 TBS unsalted butter
1 tsp. each freshly ground cumin and coriander seed	Salt and pepper to taste
1 juicy lime, halved	

Slice off the rootlet and top of the radish. Stand the radish on the flattened off top and slice the radishes lengthwise into wedges ½ inch at the widest point. Cut the scallion whites from the greens. On a long diagonal, slice the whites ¼ inch thick. Slice the whites on the diagonal very thinly.

Heat a sauté pan large enough to easily hold the radishes in a single layer over medium heat. When the pan is hot, add enough oil to film the pan. When the oil is hot, add the butter. When it stops foaming, add the spices and stir to mix in. As soon as the spices are fragrant, add the radishes, tossing to coat with the oil and spices. Go over the radishes and tip them so a flat surface is in contact with pan bottom.

Gently sauté a few minutes, cooking until the radish starts to color. Turn the radishes so the other flat side is in contact with the pan. Once the radishes are coloring and softening, add the whites of the scallions and sauté until they are softened and fragrant. Toss the vegetables so the rest of the radishes get a little color, and check that the radishes are tender. They don't have to be soft all the way through as a little crunch is nice, but they should not be raw. Add the scallion greens. Cook to warm them up. Squeeze the lime over the radishes, toss to coat, and serve hot.

Chef's Notes and Tips: This dish could be sautéed at higher heat and the cut surfaces just browned and the radish heated through so they retain more crunch if you like. I like the slower cooking as the radishes become succulent and have a milder bite to them. If you wish to try it, wash the greens really well and chop them up. Sauté them after coloring the faces of the radishes and serve them all together. You could add arugula to the radishes for a nice combo, if somewhat less Southwestern in flavor. Change the spices out for thyme and oregano and use lemon juice and the arugula would be right at home.

Everything in your box and the flowers are certified organic. This week the Oyster Mushrooms are from Far West Fungi. Broccoli shoots, lettuce, and beets are from Lakeside Organics. All other vegetables were grown by High Ground Organics. Organic flowers are from the Thomas Farm.