



# High Ground Organics Community Supported Agriculture

Week 6: April 18<sup>th</sup> and 19<sup>th</sup> 2012

## Farm Notes, from Jeanne

The warm temperatures this week are making things grow fast after all the stormy weather we've been having. The cauliflower is not maturing uniformly, so we'll give half of you cauliflower this week and the other half next week. This is our first spinach and cilantro of the season and we're harvesting off a new planting of kale. We'll be getting head lettuce in probably by next week, but for now enjoy the salad mix. The baby lettuces for salad mix grow quickly but take a lot of labor to weed, harvest and wash. So we reserve salad mix mainly for these early boxes when we're still waiting for the slower growing head lettuces to mature. We're bringing in some more of the good root vegetables, including black spanish radishes, which may be new to some of you. These root vegetables aren't pretty on the outside but they are good for you and delicious.

Some ripe fruit is appearing on the strawberry plants. Finally! Berries will be trickling into the boxes at first as a 'mystery' item, but once they're in full swing we should have plenty for everybody.

I should probably explain the 'mystery' items for those of you who may be new to our CSA. We sometimes don't know what item will be in the box by the time the newsletter goes out, so we call it a 'mystery' item. This doesn't mean that some vegetable grew on the farm but we don't know what it is! It's usually that we're not certain how much of an item we will be able to get until we actually harvest it, or that we'll be putting in one of a large number of possible items to fill that spot and don't want to confuse things by listing them all.

If we are 90% sure we know what an item we'll be, we put it on the list so you can know what to expect, but please bear with us that 10% of the time when we actually get less usable product than we expect at harvest time (sometimes mother nature and her cohorts take more than their share of the crop). We occasionally need to substitute something else--we try to make it something just as good!--for some subscribers. (For instance, some of you got braising mix instead of arugula last week.) Please use the weekly list as a guide and understand that last minute substitutions are simply a result of getting produce that is picked fresh after the newsletter goes out.

The spring has brought new life to our farm in other ways this year-- our latest stray cat showed up loaded and promptly had five kittens. Our current farm cats are trying to get used to the interlopers, but they are pretty irresistible to us humans.

## Veggie Notes-- Storage and Usage Tips

Store everything in the refrigerator. Use the **salad mix** in the first couple days. It has been triple-washed and spun dry and is ready to use. **Cilantro** is a versatile herb--you can add it to salads, curries, or salsas. My favorite thing to do with cilantro is to make cilantro pesto, which I then freeze in ice cube trays. I use the pesto for pasta or to throw a cube of flavor in anything I cook. **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. The **purple-top turnips and parsnips** need to be peeled before cooking. I have been peeling, dicing, and sautéing my turnips and parsnips with green garlic or leeks. Very easy and yummy.

**Bunched spinach** needs to be washed well to get at the dirt that tends to collect in the leaves. You can wash it either before you cut it or after, dunking it in cold water and rinsing two or three times. The quickest and easiest thing to do with spinach is to steam it. **Broccoli De Cicco** is like young stems, leaves, and florets of broccoli (it's actually an Italian heirloom type of broccoli). You eat the whole thing, stem, leaves, florets, and all. **Cauliflower** can be steamed, roasted, stir-fried, etc. I like making curry with it. And yes, you can eat the leaves (I chop them up and add them to stir-fry.) **Black Spanish Radishes**

are radishes, so use them as you would other radishes. I will peel mine, grate them and either add them to salad, or make a simple radish salad or a "slaw" with some similarly shredded cabbage, carrots and chopped **green garlic**. You could use a **cilantro** dressing with this.

## Notes from Chef Andrew

This week's box presents many possibilities. The **cilantro** can take me anywhere from the American Southwest to south of the American border to North Africa to Southeast Asia. I might mince it up with garlic, onion, flat leaf parsley, Meyer lemon juice and zest, and almonds and use it as a dip or topping. It would go nicely on roasted **cauliflower**. These same ingredients, tossed into a food processor pulsed with a little rice vinegar and olive oil would make a fine dressing for some chilled smashed radishes as part of a salad. (Chill the radishes in ice water, then smack them with the flat of a knife or a pan bottom, and drizzle with the **cilantro** dressing. I also like to just pop stems of cilantro into sandwiches a la banh mi,

## This Week

Salad Mix

Cilantro

Green Garlic

Turnips OR Parsnips\*

Kale (Lacinato OR Red Russian)

Spinach (bunched)

Broccoli di Cicco\* OR Cauliflower

Black Spanish Radishes\*

Flowers: Sweet Williams

using bolillos bought at my local panaderia. The **spinach** will get used with mushrooms in a sauté (see recipe) since this is such a hit here at the moment. I think I'll grill some tofu and add it to the sauté for some protein. If I get **parsnips** I might make chips or ribbons, or they might wind up as a mash. If I get **turnips** I'll dice them with some carrots and add them to farro. I might serve this with lentils cooked red wine with the **lacinato kale** if I get this. The **Red Russian kale** would most likely get sautéed with plenty of onions and garlic and get tossed with pinenuts and breadcrumbs seasoned with oregano or rosemary from the yard. I am happy to see **Black Spanish Radish** in my box as I like it's almost horseradish-y quality. I will grate it up and toss it briefly with a little salt so it softens a bit. Then it gets rinsed and tossed with a dressing or red wine vinegar, shallot, and then labne or sour cream. I might also do a "quickle" with them as I do with **turnips** (see the Quick Turnip Pickles recipe on the website).

### **Mushroom and Spinach Sauté**, from Chef Andrew E Cohen

Although this dish seems ridiculously simple, the flavors meld to yield a sophisticated tasting dish which dish is quite popular here, even with the kids, who normally don't care for hot spinach dishes.

½ pound button mushrooms, sliced very thinly-1/8th inch or less	2 cloves garlic, peeled and de-germed, minced finely
1 bunch of spinach, stems removed and reserved, thoroughly washed, stems sliced finely into rings and washed, leaves torn into bite-sized bits and reserved. Do not dry the spinach.	1 small bunch of scallions, trimmed and washed, whites and greens separated and sliced very finely on the diagonal -OR- ½ a red onion sliced into very fine half-moons
½ cup white wine	salt and pepper to taste
½ TBS fresh thyme, minced	Olive oil as needed

Heat a large sauté pan over medium-high heat, and when hot, add enough olive oil to film the pan 1/8th inch deep. When the oil is hot, add the mushrooms and toss to thoroughly coat. Sprinkle evenly with the thyme. Sauté the mushrooms, stirring frequently, until evenly colored and they are tender. Make a space in the center of the mushrooms and add a dollop of oil. As soon as it is warm, add the garlic and stir until fragrant and softening. Mix into the mushrooms. Add the wine to the pan and cook down by 85%.

Add the whites of the onions (or red onion slices) and stir, cooking until just tender and cooked through. If using the red onions, they will need a little more time than the scallions. Add the sliced spinach stems. Cook with the onions until tender. Add the spinach to the pan, tossing the contents to mix, and cook gently until the spinach has just wilted. If using green onions, toss the sliced greens over when the spinach goes into the pan. Season with salt and pepper. Serve hot.

*Chef's Notes and Tips:* This dish is nice with pinenuts or almonds added to it, and a handful of oiled bread crumbs is a pleasant addition. Just oil the bread crumbs and season them and then toss them in towards the end and sauté just long enough to give them some color. If you have some leftover grains in the refrigerator, add them to heat through just before you add the spinach, or heat separately and combine at service. A little cheese grated on would go well also.

### **"Roasted" Green Garlic Sauce**, from Chef Andrew E Cohen

Use this on fish and seafood, chicken, or tofu. It can be stirred into soups or pots of grains or beans to add depth of flavor as well. This sauce can be used hot or cold.

4 green garlic leeks, white and palest green part only, sliced 1/8th inch thick	1 cup of leek (white only) or peeled brown onion, sliced 1/8th inch thick
2 pale center ribs of celery, around ½ cup, sliced 1/8th inch thick	Grapeseed or other neutral flavored oil, as needed
2 TBS unsalted butter	Salt and pepper to taste
½ TBS fresh thyme, minced fine	2 ounces white wine
water as needed	

Have a couple cups of cool water close to the stove. Heat a 2 quart heavy-bottomed saucepan or chef's pan over medium-high heat. When the pan is hot, film the pan with oil and wait for it to heat up. When oil is hot, add a TBS of butter, and when it stops foaming add the green garlic and toss to coat with the oil/butter. Cook, stirring to prevent burning, but allow the garlic to brown. When the garlic gets browned, add a shot of water to the pan and stir it around, scraping the bottom to lift any of the "fond" (the brown bits on the pan bottom) back into the garlic. Do this a few times until the garlic smells roasted and has a nice light tobacco color. Once the green garlic has picked up color and a good aroma, lower the heat to low and add the leeks or onion and toss to coat with oil and mix with the garlic. Add oil if the pan is dry. Season the vegetables with salt and pepper and add the thyme.

Cook until the leeks or onion are translucent and softened. Add the white wine and cook until pretty much evaporated. Add a ½ cup of water and gently simmer until the vegetables are soft, adding water if necessary. Transfer the contents of the pan to a blender, add the second TBS of butter, and put the lid on. Cover the top of the blender with a towel\* and start on the lowest speed, working up to puree. Add a little hot water if needed to achieve a sauce-like consistency. If the sauce has cooled, warm in a pan over low heat before serving if using hot. Use the sauce hot or allow to cool for use cold. If using cold, taste before use to see if it needs a little more salt or pepper. (Foods that taste great hot may taste a little flat when served cold.)

*Chef's Notes and Tips:* \*When blending hot ingredients, be sure not to fill the blender more than half full and cover the top, and always start on the lowest speed. I have seen hot liquids blast out of blenders onto walls and chefs when started at high speed. Dangerous AND messy!

If you wanted, you could split the green garlic leeks and oil them up and then grill them before making this dish instead of sautéing them. Just grill them until they have good flavor, and then roll them in foil and allow them to steam. This may be enough to thoroughly cook them, but if not, just chop them 1/8th inch thick and sauté with the onion.

*Everything in your box and the flowers are certified organic. This week the turnips, parsnips and radishes are from Lakeside Organics. Broccoli di Ciccio is from Coke Farm. All other vegetables were grown by High Ground Organics. Organic flowers are from the Thomas Farm.*