



# High Ground Organics Community Supported Agriculture

Week 7, April 29<sup>th</sup> and 30<sup>th</sup>, 2015

## Berries Available for Order, by Sarah Brewer

It's a berry bonanza! The addition of strawberries and blueberries both in the box AND available for special order in the web store in bulk quantities this week has led to a frenzy of berry-related activity. If you have never ordered from the web store before, all you have to do is:

- click on the web store link:  
<http://csa.farmigo.com/store/highgroundorganics>
- sign in with your usual sign in information (your email is your username and you can always reset your password if you don't remember it)
- add the berries and/or other items to your order and click "Checkout"
- agree to the farm policy, submit order and make payment

We do cut-off orders at 7am the day before delivery (that's Tuesday for Wednesday deliveries and Wednesday for Thursday deliveries). We need to have the final numbers at 7am because that is the time we send our crew out to pick the berries with the number of flats to pick for the following day's delivery. We realize this cut-off is before the Tuesday newsletter goes out, so if you are eager to get berries or any other store items, it is worth it to check the web store on Monday to see what is available for that week. If your order comes in after 7am, it will be bumped to your next delivery, either the following week if you are on a weekly schedule for your CSA box or on your next biweekly delivery schedule if that is what you are assigned to.

Your order will have a sticker with your name on it at the pick-up site. *Please make sure you pick up your correct order as there may be both flats and half-flats at the site.* If you are not picking up a special order, kindly resist the urge to sample your neighbor's order or help yourself to one of their baskets (it should go without saying, I know, but please inform anyone who might be picking up your box for you not to take anyone else's special orders, thank you!)

Flats of both strawberries and blueberries are a total of 12 baskets of berries. We also offer half-flats, which are 6 baskets. We should have berries for order on the webstore for a little while, so don't fret if you didn't get your order in time this week. We will also have U-pick events coming up soon. Stay tuned for details.

## Veggie Notes, by Sarah Brewer

*Storage:* Everything should be refrigerated. Always rinse produce before use.

**Summer squash** is here, bringing summery flavors to your table. I can't wait to savor the charred smokiness of food cooked on the grill. Summer squash is perfect for those grilling nights.

**Broccoli** will be in the box too, or perhaps some **artichokes**. Steam the **artichokes** until tender, then dip each petal in your favorite sauce and scrape off with your bottom incisors.

Another possibility in your box is either the **Mei Quin Choi** (which is a small variety of choy, with tender emerald flesh and a mild flavor), or the **Tokyo Market Turnips**. These turnips are not the bitter, purple-topped turnips you may have had previously, but a small peppery bite of a thing, not unlike a radish. Both root and greens can be put into salads or cooked up in a sauté.

**Spinach** is just waiting for your spinach salad or to be baked into a delicious quiche.

On a leafy note, your **lettuce** will be of the **oak-leaf** variety, and will come in either green or red this week.

Be well!

## Cooking Notes, by Chef Andrew Cohen

Summer is early this year as the **summer squash** appears in this week's box. Using a mandolin fixed with a wider comb, you could slice linguine width ribbons of squash and salt it lightly to render it flexible. Cut **mei-quin choy** into batons, and cut the **broccoli** florets into very small bits and sauté them with garlic and spring onions, soy sauce, and sesame oil.

Sauté the **summer squash** ribbons and

combine for a Chinese inflected "noodle" dish. Float **mei-quin** slivers and leaves with other vegetables in a dashi for a Japanese soup. Make it heartier with some udon noodles. You could also halve them through the root and stuff them with a filling of ground mushrooms, broccoli, and cheese and then bake them in a covered pan with a little liquid until tender. Scatter with cheese and broil for a couple minutes until golden and serve. Use the **lettuce** for a salad with quickled **broccoli** or **summer squash** that has been grilled and cooled in a balsamic dressing. If you want a more substantial salad, check out the riff on the grocery store deli style **broccoli** slaw. Included are 2 recipes for dressing. One is unreservedly "old-school" with lots of mayo and sugar, while the other is a little more modern and lighter, but still big on flavor. With both

## This Week

Blueberries

Strawberries

Mixed Summer Squash

Broccoli OR Artichokes\*

Mei Quin Choi OR Tokyo  
Market Turnips

Red OR Green Oak Leaf  
Lettuce

Loose Spinach

*Everything is certified organic.  
Artichokes are from Coke Farm.  
All other vegetables and fruit were  
grown by High Ground Organics.*

*Please note: last minute  
substitutions may be made.*

**blue** and **strawberries**, there is a recipe for berry, yogurt, and homemade granola parfait. And, yes, there is a recipe for granola. Which actually is quite simple. All it takes is a little time (around an hour, and you can do other things at the same time as well) and some patience. If you can't find a store with a wide range of bulk bins, just use all oats in the granola and it will still be great. It really is a treat to make your own granola, and this recipe is not nearly as sweet as the bulk of commercial granolas. Plus, once you have done this and understand the (easy) principle behind it, you can make up your own version. The parfait can be made with one berry, or whatever fruit you have.

*Note: We can't print them all, but Chef Andrew's recipes are always available in full at [highgroundorganics.com](http://highgroundorganics.com).*

### Berry, Vanilla Yogurt, Homemade Granola Parfait, from Chef Andrew E Cohen

1 basket cleaned blueberries	1 basket cleaned and trimmed strawberries, cut into ¼-inch wedges
4 cups granola	4 cups vanilla or plain yogurt, or as needed
4 long handled spoons	4 tall 12-16 ounce glasses

Place some granola in the bottom of each glass, then add an inch of berries. Layer on some yogurt. Repeat this on up the glasses, evenly portioning out the ingredients. Save a few berries for garnish upon serving, but finish with a layer of granola, stopping a ½-inch from the rim of the glass so everything doesn't spill out when you insert a spoon.

Serve right away with the garnish berries on top or seal with plastic wrap for later and keep cold. Serves: 4

### Sauté of Diced Summer Squash and Spring Garlic and Plenty of Fresh Herbs, from Chef Andrew E Cohen

5-6 summer squash such as Cousa, gold bar, zucchini, etc., cut into 3/8ths inch cubes	¼ cup spring garlic (whites and palest green from a 1-inch thick garlic), finely chopped
½ TBS or less of small fresh marjoram leaves	10 basil leaves, sliced into fine chiffonade
Salt and pepper to taste	2 TBS dry white wine
Olive oil as needed	½ lemon for juice, Meyer preferred

Heat a 10 or 12-inch sauté pan over medium-high heat. When pan is hot, film pan generously with oil and heat until almost smoking. Add the squash, tossing to coat with oil. Season quickly with salt and pepper and cook, tossing frequently, until the sides are just colored golden and the squash is still firm. Use a slotted spoon to remove the squash to a plate or bowl.

Lower heat to medium. When pan is cooled, add the garlic. If pan is dry, add a bare slick of oil. When garlic is wilted and fragrant, add the white wine and cook au sec (reduce until dry).

Add the squash to the pan and toss to combine with the garlic and heat up. Scatter the herbs over the contents of the pan and toss to mix in. Season if needed and drizzle with lemon juice. Toss to coat and serve right away. Serves: 4

### Broccoli Slaw, from Chef Andrew E Cohen

Here is a riff on the now ubiquitous grocery-store deli salad.

About 6 cups whole broccoli-eyeball it while looking at a measuring cup for reference (About 2 medium large-ish heads)	2 sweet carrots, 1 to 1½ inches in diameter by 4 inches long, cleaned
1 cup red onion, 3/16th inch dice*	1 cup roasted sunflower seeds
¾ cup raisins	¾ cup dried cranberries or dried cherries
Optional- 3-4 strips cooked bacon, chopped into 3/16th inch batons	1 cup slaw dressing, or as needed (See recipe)
Salt and pepper to taste if desired	

Holding the broccoli by the stem with the florets point down over large bowl, use a really sharp paring knife to whittle the florets into roughly ¼-inch bits. Continue to do this to all the branchings of the florets.

Once you have trimmed down to the stalk, slice off the bottom to clean it up, then peel away the tough skin of the broccoli stem. Then, use a mandolin, food processor, or box grater (Large holes) to grate the broccoli stems into 1 to 2-inch long matchsticks. Add the florets. Repeat this with the carrots and add to the broccoli. Add the carrots and toss together to mix well.

Add enough dressing to coat lightly. Toss to coat ingredients. Add raisins and cherries, and sunflower seeds. Toss to mix in. Taste to see if you need more dressing and add in needed. If desired, season with salt and pepper.

Place in serving dish, and if using, scatter with bacon. Serve.

*Chef's Notes:* Although excellent right after it is assembled, this is a dish where flavors improve with some time before usage. Serves: 4

### Creamy Broccoli Slaw Dressing v.1, from Chef Andrew E Cohen

3 TBS red wine vinegar	1 clove garlic, peeled*
Salt and pepper to taste	2 tsp. ultrafine sugar or agave syrup
½ tsp. of mixed dried oregano, thyme, and basil, crumbled to powder	½ cup light flavored oil such as grapeseed or sunflower
¼ cup mayonnaise	

Rub a non-reactive mixing bowl with the garlic clove just hard enough so you can see streaks of garlic oil left in the bowl. Season the bowl moderately with the garlic.

Add the vinegar, salt and pepper, and the herbs. Allow to macerate 5 minutes. Whisk in the sugar or agave until it is completely combined. Whisk in the oil in a thin steady stream to thoroughly emulsify it. When all the oil is mixed in, add the mayo and whisk it in as well. Taste for balance and add sugar if need. If you desire a creamier texture, whisk in mayo a spoonful at a time to achieve the desired texture.

Use right away or store in a tightly covered container in the refrigerator until needed.

*Chef's Notes:* \* If you wish, you can skip the garlic entirely for the slaw. Entirely a matter of personal taste.

Yield: Around 1 cup