



High Ground Organics Community Supported Agriculture

Week 11, May 25th and 26th, 2016

The Blueberry Patch, by Jeanne Byrne

Wow! We had the highest turnout ever for a u-pick in our blueberry patch on Saturday. Fortunately the berry bushes were loaded with fruit and there was plenty for everyone to pick. It was great to see a lot of old and new faces of CSA members and others from our community out in the berry patch!

The blueberry patch is one of my favorite areas of the farm. There are beautiful views of Harkins Slough and it is bordered on three sides by a native plant hedgerow, a row of Monterey Cypress, and the thriving riparian corridor that we planted in a drainage swale in the early 2000s. It is a peaceful place.

For the first few years after we bought this property in 2000, we didn't use this part of the farm, because it was occupied by thick round concrete slabs (grain silo foundations) and other concrete foundations from old outbuildings -- remnants of the property's history as a dairy farm in the mid 1900s. It took a big concrete removal project in 2004 to free up the land. We hired a demolition company to haul away 60 semi dumptruckloads of concrete from the property.

The soil type on much of our home farm is heavy clay, but the soil in this area is much sandier. That makes it suitable for blueberries because they need acidic soil, and it is much easier to amend the pH of sandy textured soils than clay soils. We started preparing this acre for blueberries in 2008, adding soil sulfur and mulching with redwood mulch to lower the pH. We planted the young blueberry bushes in 2009 and inject vinegar into the water when we irrigate to maintain the proper pH. The roots like to be uniformly wetted so each row of plants has two lines of drip tape. We remulched last year with more redwood bark to keep the soil conditions right.

We started harvesting blueberries in 2011. To prevent the birds from eating them all, we first tried netting each row individually. This method made harvesting difficult as our crew had to unfasten the netting over several feet at a time to get in to harvest a few bushes, then refasten that netting and move to the next area. Not only that, but some birds inevitably found their way under the netting to get in, but then couldn't get out. It became a regular farm kid job to open up the netting at one end of the row, then run from the other end to chase a bird to the opening. After a couple years of this, we decided to net the whole patch, which works so much better! Yes, a few birds still find their way in, but it does keep whole flocks of

birds from eating every berry, and now we can enter the patch and harvest the berries without worrying about the netting.

The blueberry patch has a different feel from the row cropped areas of the farm because it took years to create and will remain for years, while the row crops are constantly rotating around. Plus, of course, the blueberries themselves are so good! This has become a special place and we enjoy sharing it with you. *The next blueberry u-pick will be Saturday June 4th from 10 AM to 2 PM.*

Blueberries OR
Strawberries

Savoy Cabbage OR
Cauliflower

Fava Beans*

Arugula

Summer Squash

Mustard Greens

Green OR Rainbow
Chard

Green Butter OR Green
Oak Leaf Lettuce

Everything is certified organic. Fava Beans are from Coke Farm. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.

Veggie Notes, by Sarah Brewer

Always rinse produce before use. Everything should be refrigerated.

The fruit we know as **blueberries** (the highbush variety) are native to North America and were enjoyed by Native tribes far before Columbus reached our shores. It wasn't until the 1930's that they were introduced to Europe as a commercial crop. Some studies list **blueberries** as having the highest level of antioxidants of any fruit or vegetable. Antioxidants fight off free radicals, who do their work to damage the cells of our bodies. **Strawberries** have a high level of antioxidants too. Go team berry!

You will also receive a head of **Savoy cabbage** or **cauliflower**. The **Savoy cabbage** is kind of like a Napa cabbage, but round instead of elongated. It has that crinkly texture that is more delicate than the green or red cabbages. **Cauliflower** is a favorite too, bringing florets of love to your meal plan.

Favas, if you remember, need to be shelled. You can sauté them without the blanching/de-skinning process if they are small and you don't have the time. But see Basic Fava Bean Prep on our web site for a description of this method.

Arugula has been claimed to protect against ulcers, and improve liver function. It helps to get the bile working properly so that your organs can detoxify properly. Plus, it tastes really great in a salad either alone or with your butter or oak leaf

lettuce!

Mustard greens have similar properties as arugula. You can combine these two in either cooked or raw form this week for a complimentary leafy-green adventure.

Shred up **summer squash** for some zucchini bread sweetness. By the way, you can also freeze the summer squash shreds if you would prefer to make some zucchini bread off-season. Making a Zesty Zucchini Relish can also preserve the flavors for later.

Chard, in either green or rainbow tones, is easy to steam up quickly. Add a splash of vinegar to make you pucker.

Enjoy your veggies!

Chef Notes, by Andrew Cohen

For the **savoy cabbage**, which is a more supple and slightly sweeter cabbage, there is a recipe in my head inspired by choucroute garni. The recipe uses wine sautéed button mushrooms and caramelized oyster mushrooms cooked with a little vanilla. Sauté shallots, deglaze with wine and add vanilla, then cream, and make a sauce. All this goes on the Savoy that is sautéed with carrot threads. This goes under a piece of roasted salmon that is brushed lightly with vanilla oil and pepper freshly ground from peppercorns that are dry fried until very fragrant. You could use the cabbage with roast chicken prepared the same way, and it would prove to be a lighter dish as the salmon is quite rich.

Savoy cabbage is great for stuffing also. Blanch it and then make a filling of chopped and cooked grains, meat or not, and other vegetables such as chard, carrot, onion, mushroom, beets, and the roll the stuffing into cabbage leaves. Stem these or bake in the oven and baste with a sauce. Serve hot or take to lunch cold.

Thinking of things to take to lunch, use the **chard** for a take on traditional Cornish pasties or hand pies. Chop and cook **chard stems** and leaves with onions, ground beef or lamb, carrots, and mushrooms (use lots of Portobello chunks in lieu of meat if you wish). You could add cheese if you wish, something like a feta or provolone would work well. Make crust from scratch, or use your favorite ready-made crust. Make big pies by using 2 crusts to make 2 half-moon shaped pies, or run a seam through the halfway point of a single half-moon pie to yield 4 pies. Eat hot, or take to work/school the next day.

Note: We can't print them all, but Chef Andrew's recipes are always available in full at highgroundorganics.com.

Lemony Mustard Greens with Sesame Seeds,

from Chef Andrew E Cohen

The lemon brings out the brightness in the mustard, and the sesame adds a slightly sweet/nutty flavor with random spots of crunch that plays well with the mustard.

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| 1 bunch mustard greens, stemmed, torn or cut into smaller pieces and washed and drained | ½ white or yellow onion, finely diced |
| 2 cloves garlic, minced | 1 lemon, zested, and 2-3 TBS juice |
| 1/8th tsp. Piment D'Espelette, or other mildly spicy, chili powder, or to taste (the amount should bring a mild heat or tingle, but not a lasting burn) | Salt and pepper to taste |
| Neutral flavored oil as needed | |

Heat a 10-inch skillet over medium-low. Film with oil and sauté onion until melting. Add the garlic and cook until fragrant and soft.

Turn up heat to medium, and when alliums start to sizzle, scatter the chili over the pan bottom. When you can smell it, add the mustard greens and turn using tongs, incorporating the alliums and chili into the greens. Cook gently until the greens wilt and are just tender.

When the greens are wilted, season with salt and pepper, scatter with the zest, and add 2 tablespoons lemon juice. Turn to coat the greens with the juice. Taste and add the more juice if needed. Cook 1 minute. Plate and reduce any liquid in the pan to a syrup, then pour over greens. Scatter with sesame seeds and serve.

Serves: 4

Arugula Fava Salad, from Chef Andrew E Cohen

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| 1 bunch arugula, stemmed and washed, spun dry | 2 cups fava beans, shelled, blanched, and skinned if needed (if the pods are young, and fresh, the skins of the bean may be tender enough to not warrant peeling. Try one and you decide) |
| 6 scallions, white and pale green only, thinly sliced on the diagonal into ½ long pieces | ¼ pound piece of young pecorino romano cheese |
| Flaky salt and pepper | 1 cup, or as needed, Real Simple Red Wine Vinaigrette (see recipe) |
| ¼ cup pine nuts, if you wish | |

Lightly oil the favas in their bowl, and toss to coat. Add a pinch of flaky salt and gently toss.

Put the arugula and scallions into a non-reactive bowl and lightly dress, just to coat. Gently toss to coat and combine.

Mix half the favas into the arugula and toss to mix. Divide amongst four chilled plates.

Scatter with pine nuts, touch with salt and pepper to taste-but not too much or you will lose the taste of the favas.

Drizzle a little more dressing over the salads.

Scatter the rest of the fava beans over the salads evenly.

Using a swivel peeler, cover the top of the salads with paper thin strips of the cheese. Serve right away.

Chef's Notes: You can also serve this as an appetizer. Follow the above instructions, but do not add the second drizzle of dressing until you have evenly distributed the salad over 8-12 pieces toasted sturdy bread. Drizzle with dressing so it runs into the bread, add nuts and then scrape the cheese over the toasts last. Place on a platter and serve. If you wish, you could just drizzle Meyer lemon juice or good quality red wine vinegar and an Extra Virgin olive oil (not spicy, but big flavor with fruity buttery qualities) on the salad before setting it up.

Serves: 4

Spread the Word

Please help us grow by inviting your friends to try the CSA! New members can use the coupon code, "LOCAL" to get \$10 off their order of 4 deliveries or more! Have them mention your name in the sign-up notes and you will be rewarded with a \$10 bonus in the web store! You can offer them this link to sign up:

<http://csa.farmigo.com/join/highgroundorganics/csa>

Another way you can help spread the word is to tag High Ground Organics in your facebook posts showing off your box or delicious meal or tag #highgroundorganics if you tweet or instagram. Thanks for helping bring our communities together and for supporting your local family farm!