



High Ground Organics Community Supported Agriculture

Week 13, June 8th and 9th, 2016

Soil as a Carbon Sink, by CalCAN

With climate change, scientists predict that California will experience more weather extremes that will put a huge strain on our community and on agriculture. Farmers and ranchers are among the first to experience the effects of climate change, including erratic weather, pest pressure, drought, yield decreases, and worker safety risks due to heat waves.

California's farms and ranches produce two potent greenhouse gases—methane (mainly from livestock) and nitrous oxide (from fertilizers)—as well as the ubiquitous carbon dioxide from fossil fuel-powered equipment and pumps. Farmers can reduce emissions in a number of ways: replace petroleum-based nitrogen fertilizers with organic materials such as compost or manure; improve water use efficiency so less energy is required to pump it; produce on-farm renewable energy; and more.

There's more good news: on-farm management practices can draw down carbon dioxide from the air, where it causes climate change, and store it in soil, vines and trees, where carbon is needed as a building block of life.

Techniques to build soil include the use of compost, cover crops, reduced tillage, and crop rotations. Grazing management strategies also can improve soil health and forage quantity. Conservation planting of hedgerows and other buffers adjacent to rivers and streams stores carbon in the woody plants. Many of these practices also provide additional environmental and health benefits both on and off the farm, such as improved air quality, habitat for pollinators and wildlife, improved water quality, and flood control.

Governor Jerry Brown understands the potential of farms and ranches to store carbon and reduce greenhouse gas emissions, and has launched a new Healthy Soils Initiative. He proposes spending \$20 million in the coming year, using funds from the state's cap-and-trade program, for grants to farmers and ranchers shifting to practices like those above. Hopefully the legislature will agree with him as they finish next year's budget negotiations in June.

To learn more about the climate benefits of organic and sustainable agriculture, check out this summary or read about the Healthy Soils Initiative.

This article was provided by the California Climate and Agriculture Network (CalCAN), a coalition of sustainable and organic agriculture organizations focused on climate policy. See www.calclimateag.org to sign up for a monthly newsletter.

Veggie Notes, by Sarah Brewer

Always rinse produce before use. Everything should be refrigerated.

This week, you will have either **blueberries** or **strawberries**. Which will it be? It's a berry roulette!

I hope you were able to attend the Blueberry U-pick last weekend. I ended up with a bunch of **blueberries** last year and got busy making jam. If you have enough to experiment with, try my special recipes for Blueberry Basil or Blueberry Rose Jam on our website!

It is a joyful occasion to see **Chantenay carrots** back in the box this week! These are the sweetest, fattest carrots you will ever taste!

Scientists are still trying to determine the exact origin of **radishes**, but Southeast Asia is the only place where a truly wild form of *Raphanus sativus* exists. Radishes are in the Brassicaceae family, same as kale and broccoli. Some of the chemical compounds that give radishes their "edge" (glucosinolate, myrosinase, and isothiocyanate) are deterrents to pests and predators, which make radishes a good companion plant to other vegetables. These same chemicals are also being studied as combatants of cancer.

Red Russian kale is one of the sweetest of the kale varieties, although it is not as tender as some. It has a gorgeous oak-leaf look to it with a reddish-green finish. Remove woody stem and slow-cook in a touch of oil with onion slivers.

You should get two varieties of lettuce this week. **Green oak** is more of a delicate variety, whereas the **Little Gems** are small but mighty.

Different varieties of **summer squash** will be coming your way again, which may include zucchini, cousa squash (the lighter green middle eastern zucchini), patty pans, and yellow crooknecks.

Are you concerned about Vitamin D deficiency? **Broccoli** can help with that. According to the "World's Healthiest Foods" website:

Broccoli may help us solve our vitamin D deficiency epidemic. When large supplemental doses of vitamin D are needed to offset deficiency, ample supplies of vitamin K and vitamin A help keep our vitamin D metabolism in balance. Broccoli has an unusually strong combination of both vitamin A (in the form of beta-carotene) and vitamin K.

Enjoy your veggies!

Chef Notes, by Andrew Cohen

This week's box gave rise to a lot of ideas utilizing **blueberries** in non-sweet roles, as the sauce for the **carrot**

Strawberries OR
Blueberries
Chantenay Carrots
Radishes
Red Russian Kale
Summer Squash
Green Oak Lettuce
Little Gem Lettuce
Broccoli OR Red Cabbage

Everything is certified organic. All vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.

custard shows. That sauce can be made quite sweet if you wish, just up the sugar volume and use it on cheesecake, Greek yogurt, vanilla ice cream or lemon or lime sorbet. Making it little to no sweetener the sauce lends itself to dishes like the carrot custard, or meats such as duck breast, chicken, or pork. Another veg dish you could do with **blueberries** is a sauté of blueberries and white onions as a base for the **Red Russian kale** with a touch of vinegar.

More unusual combos happen with the Basil Roasted **Radishes**, which then get tossed with **Little Gem lettuce** for yet another mix that some may find novel. Another idea to try would be blanching the **carrots** in ¼-inch cubes and then sautéing them with **summer squash** chunks the same size. Cook them so they are golden brown outside, but the squash remains a little crisp inside. The sweet of the **carrot** is a nice foil to the slight bitter tang that **summer squash** are prone to. Cut up the **broccoli** into small floret bits and peel the stem and cut it into bits the size of the florets and quickle them (recipe below), then use in a salad with lettuce, a cold pasta salad, or a hot pasta dish. You could cut away the stem and then marinate the crown prior to roasting it. Steam it first to soften it a little, then paint it with your favorite mustard and some oiled bread crumbs and roast until it is golden and tender. Cut into halves and serve with lemon wedges for squeezing.

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

Broccoli and Carrot Quickles, from Chef Andrew E Cohen

These are great straight out of the refrigerator, or make for a great salad, which is what they were first made for.

2 carrots, peeled and cut diagonally into ¼ inch thick slices	3 cups of broccoli florets, around 1 inch diameter (cut to size as needed)
½ white onion cut through the root and peeled, sliced into ¼ inch slices-OPTIONAL	3 TBS medium flake Diamond Crystal salt (or similar size) plus more as needed
1½ cups white wine vinegar	1 cup water (up to ½ cup more to taste)
½ cup sugar	1 bay leaf
1½ inch long fresh rosemary sprig tip	2 sprigs fresh thyme
10 whole peppercorns	

In a large non-reactive bowl, toss the carrots, broccoli, and onions with the salt, turning to be sure the vegetables are coated well all over. Allow to sit, tossing occasionally, for 10-15 minutes, or until the onions are becoming pliable. At this point, rinse the vegetables well and drain.

While the vegetables are taking the salt bath, bring the vinegar, water, and sugar to a boil. Cook until the sugar goes into suspension (Disappears into the vinegar.) Reduce the heat to a bare simmer and add the herbs and spices and cook at least 5 minutes to bloom the flavors of the aromatics.

After the vegetables drain, put them back into the rinsed and dried non-reactive bowl (better yet, if you have a tall container such as a jar that will hold them all and keep them submerged, use that) and pour the hot pickling solution over the vegetables. Toss to coat them and transfer them to the

refrigerator to cool. Turn them in the liquid every 15 minutes for the first hour. Allow to cool before using, or use while still warm if the “pickling” solution has flavored the vegetables enough.

Chef's Notes and Tips: If you wish, you can omit the onion and the dish won't really suffer, but you will lose a sweet and floral element. Different vinegars can be used here to good effect. Try using cider vinegar, rice vinegar, or even plain distilled vinegar. You can change the sweetener, using brown sugar or agave syrup.

Keep in the refrigerator to serve alongside sandwiches. Besides using these on a salad, you could chop these up and use in deli sandwiches to add some spark, and they make a nice side along with lox or smoked salmon and cream cheese or Havarti.

Makes around 4 cups

Russian Kale, Grains, and Mushrooms One Pot, from Chef Andrew E Cohen

1 bunch of Russian kale, leaves stripped from the stems, ripped into smaller bits and washed	1 small brown onion, peeled and cut into ¼ inch dice
½ lb button mushrooms halved pole to pole, then each half sliced ¼ in. thick	2-3 smaller carrots, diagonally sliced into ¼ inch thick slices
2 cloves garlic, peeled and minced	1½ cups cooked grains such as farro, spelt, wheat berries, or a mixture, at room temperature or warm
1 tsp. fresh thyme leaves, minced	Salt and pepper to taste
Olive oil as needed	¼ cup wine, whatever you have
½ cup water, or as needed	¼ to 1/3rd cup pistachios or toasted almonds, chopped

Heat a large sauté pan over medium heat. When hot, coat the bottom with oil and heat the oil. When hot, add the mushrooms and toss to coat. Cook for a few minutes until they start to color, then season with salt and pepper and a pinch of the thyme leaves. Add the wine and toss to coat. Cook until the mushrooms are tender and all the liquid has reduced.

Remove the mushrooms from the pan and reserve.

Lightly film the pan with oil and add the onions. Toss to coat and cook until they are translucent. Add the carrots and cook, tossing with the onions until the vegetables are just golden.

Add the kale, with the washing water still on the leaves. Drizzle with a little oil and toss with the contents of the pan. Sauté to wilt the kale. When the kale is mostly wilted, add enough water to fill the pan bottom by at least a ¼ inch and cover the pan. Cook until the kale and carrots are tender. Remove the lid and cook off any moisture, or add more water if and steam further if warranted.

Once the vegetables are tender, make well in the center, add a little oil, and add the garlic. Sauté until fragrant and then toss to mix all the ingredients. Add the mushrooms and toss again.

Again, make a well, film with a little oil if needed, and add the grains. Coat with oil and warm in the pan. Stir to mix in.

Season the dish with salt and pepper and sprinkle with the thyme and the nuts. Toss to mix in.

Serve hot. Serves: 4