



High Ground Organics Community Supported Agriculture

Week 18, July 12th and 13th, 2017

Going on Vacation? Donate Your Share to Loaves and Fishes, by Jeanne Byrne

For the past fifteen years or so, we (and CSA members) have been donating vegetables and fruit each week to a local food pantry called Pajaro Valley Loaves and Fishes. For years, Loaves and Fishes volunteer Bob Montague was the face of the food pantry program for us. He would arrive every Thursday with an old Ford pick-up truck and load up the CSA vegetables donated by members who were on vacation that week or had even paid to provide a donation share weekly. Since the old truck gave up the ghost, we've been delivering the vegetables directly to the food pantry ourselves.

Loaves and Fishes was launched to provide emergency meals after the 1989 Loma Prieta earthquake, but since then has become a steady source of nutritious food for the Watsonville community. They provide free hot lunches every weekday and free bags of groceries to people in need five days a week.

Loaves and Fishes' energetic director, Kristal Cabellero, came out to visit our farm a couple years back. As we walked around the farm with Kristal, she told us that the demand for food assistance in Watsonville has risen greatly in recent years and they are struggling to meet this demand. She said they are committed to making sure fresh nutritious vegetables are well represented in the foods they provide. She expressed their gratitude to us and you for our donations, and Loaves and Fishes featured our farm in a newsletter article to their supporters.

Each year we deliver several thousand pounds of fresh produce to help fill the grocery bags and make balanced hot lunches at Loaves and Fishes. We donate produce that comes back unsold from our farmers market and farmstand, in addition to the vegetables that are donated by CSA subscribers. The need is great, and we feel good about our part in helping people eat well.

You can donate a CSA share any time that you know that you won't be able to pick up your veggies that week. All you have to do is go to your account and look for the green "Summary" box on the upper right hand side. You will see a blue box that states "Change Location" across from "Pick-up Site". Click it and choose "Donate: Loaves and Fishes" as your pick-up site. That will send your box to be delivered to Loaves and Fishes that week instead of your pick-up site.

Strawberry U-Pick This Saturday!

Next Two Saturdays: July 15 & 22 from 10am to 2pm

The strawberry plants are now full of fruit. This is your chance to load up on berries for your jam, smoothie, and freezer filling needs!

Bring your own containers or use our flats. Berries cost \$2 per pound.

Notes: This year there is a bit of a walk from the parking area to the field, so wear comfortable closed toe shoes. Long pants are also recommended.

Location: 521 Harkins Slough Rd., Watsonville

In The Box

Strawberries

Romaine Lettuce

Italian Parsley

Fennel

Red Beets

Collard Greens

Mixed Summer Squash

Red Cabbage OR Mei Quin

Choi

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

IMPORTANT: don't forget to change it back to your usual pick-up site when you are back from vacation. This cannot be done in advance. If you prefer, you can always send an email to our CSA administrator, Jason, with the details and he will take care of it for you. Also, your donation is tax-deductible, so you can receive a donation form upon request. Thank you for helping to feed hungry people with your donations!

Veggie Notes, by Jason Johnson

Always rinse produce before use. Everything should be refrigerated.

Dinner is the soft shore on which the vastness of a busy day crashes. Cooking an attentive dinner and eating it with people I love marks the end of my toils and ushers in a more restful state of being. Layering simple cooking techniques into one dinner helps me relax while preparing a meal that is greater than the sum of its parts.

Though slightly lower in vitamin content than its cousin kale, **collard greens** have more calcium, protein, and iron. The versatility and subtle flavor of the collard makes it a staple in my kitchen. My favorite way to prepare these beautiful greens is also

the simplest. It involves a skillet, some butter, and some salt. The trick to good **collards**, as with most things, is not to bother them too much. Chop the bunch, throw it in to a buttered skillet on medium heat, and let the bottom char a bit. After about five minutes (less if it starts to burn), add salt and turn once, letting them char again. Doing this leaves you with a variety of textures, from crispy to steamed, and keeps the leaves nice and firm. Nothing worse than soggy greens. These make a great side, but I more commonly use them as a bed for

other ingredients. In the morning that means eggs and potatoes, but in the evening it's all about veggie roasts. This week, try roasting those red **beets** with some **fennel**, red onions, and walnuts.

Scrub the **beets** well and chop them into 1in chunks. Trim and halve the **fennel**, then chop vertically in to inch-wide wedges. Toss the **beets** and **fennel** in olive oil, salt, pepper, and balsamic then add to the oven at 425 degrees. Roast for an hour or until the **beets** are tender. In the meantime, on small baking sheet, lay out a single layer of walnuts and drizzle with honey. Use a spoon to stir and incorporate the honey then sprinkle with salt. Roast those for about ten minutes then remove and let cool somewhere. Chop the onions in to tasty looking chunks and add to your pan of **beets** and **fennel** for the last 15-20 minutes of cooking. You want the edges to get nice and crisp while the center maintains a bit of oniony sharpness. When everything is almost done, go ahead and cook up those collards. Take your veggies out of the oven and mix in the candied walnuts, saving a few for garnish. Plate a layer of collards first, then top with the other veggies. Garnish with roughly chopped **parsley**, a few more walnuts, and a bit of **fennel frond**.

Enjoy your veggies!

Salad of Grilled Romaine and Summer Squash with Garlic White Wine Dressing, from Chef Andrew E Cohen

This salad combines smoky grill flavors with fresh vegetable crunch, and drapes it all in a mildly garlicky dressing. The little bit of cheese on top rounds out the interplay between the slight sharpness romaine and summer squash have, while the grilling of the two helps to emphasize the sweetness the underlies these two vegetables.

1 pound summer squash, sliced 3/16ths inch thick	2 small heads Romaine lettuce or 1 large, darkest outer leaves removed and reserved for another use
Salt as needed	Pepper to taste
Olive oil as needed	1 cup White Wine Garlic vinaigrette (See Recipe on Website)
Romano or Parmesan cheese, freshly grated, to taste	

Get the grill hot and be sure to scrape it well and oil it if necessary.

Lay the squash slices out on a cutting board or non-reactive baking tray and lightly salt them all over on both sides. Allow to rest for 10-15 minutes, or until the squash starts weeping moisture and gets a little flexible. You do not want the squash getting mushy, just a little flexible so it won't break if bent a little. When the squash reaches this point, rinse it well to remove the salt, then place on clean towels to dry them.

While the squash macerates, prep the lettuce. Cut the heads of lettuce into quarters (if they are small, just halve them) being sure to leave them attached at the stem. Wash them by dunking into cold water, then shaking them out well. It is desirable to have some water remaining. Put a little olive oil in your hand and rub it over the lettuce. Get some between the leaves and especially into the area around the base of the lettuce.

Make sure the squash is dry, then lightly oil it all over. Season with a little pepper.

Place the lettuce on the grill, cut side down. Grill just long enough to char the lettuce in spots and wilt it a little. Turn and

continue to mark the lettuce on each side. The lettuce should have some charring and wilting, but still be crunchy. Remove to a serving platter or very large bowl.

Lay out the squash on the grill, and grill to mark the squash and heat it. This should only take a minute or two per side. The squash should be warmed through and tender, but not soft. Remove from the grill.

Divide the lettuce sections evenly between four plates with the cut sides up and drizzle with a little of the dressing, trying to get some in between the leaves. Lay the squash slabs over the lettuce and drizzle or paint with the dressing.

Season with pepper over all to taste, then scatter cheese over the salads or pass after serving. Serves: 4

Chef's Notes: You could turn this into a light meal with the addition of some grilled chicken or shrimp. If you wish, you could use a peeler to scrape off larger pieces of cheese for a greater impact.

Simple Roast Fennel, from Jeanne Byrne

1 bunch fennel	1 onion
Olive Oil	salt and pepper

Preheat oven to 425. Cut off the stems of the fennel and trim off any browned area on the base. Slice the fennel bulbs into six or eight wedges each. Cut them through the base so that each wedge holds together. Clean any dirt that has collected in-between spaces. Slice an onion in half and slice each half vertically so that you have slim wedges of onion. Toss the fennel and onions with olive oil, salt and pepper. Dollop a generous amount of olive oil in a roasting pan, then add the onions and fennel. Cover pan with foil and cook for 30 minutes. Uncover and cook another 15-30 minutes until fennel and onions are tender and caramelized.

Romaine and Roasted Beet Salad with Apricots and Apricot Dressing (with Pistachios and Goat Cheese or Feta), from Chef Andrew E Cohen

6 cups romaine lettuce, chopped into 1 inch pieces	4-6 beets, roasted, cut into ¾ inch pieces and drizzled with white balsamic vinegar
8-10 ripe but firm apricots, pitted and cut into ½ inch wedges	½ cup shelled lightly salted pistachios
½ cup crumbled chèvre, feta, or ricotta salata	½ cup Apricot Dressing (see recipe) or as needed
Pepper to taste	

Toss the romaine with just enough dressing to lightly coat it. Transfer the lettuce to four plates.

In the same bowl, dress the beets and distribute evenly between the four plates. Scatter the apricots evenly over the plates and drizzle lightly with some dressing.

Scatter with the nuts and the cheese and dust with pepper, then serve. Serves: 4

Chef's Notes: If you wish, you could cut the lettuce and beets a little smaller as well as the apricots-say into ½ inch pieces all around, then toss all the ingredients into a large bowl, dress, and toss to mix.

As feta and goat cheese can be salty on their own, and the pistachios are salted, there is no need to add any salt to the salad at the end.