



High Ground Organics

Community Supported Agriculture

Week 18, July 15th and 16th, 2015

Farm Notes, by Jeanne Byrne

It's hard to believe it's the middle of July already! We have a couple opportunities for you to come out to the farm this summer. First, we'll hold Strawberry U-Picks the next three Saturdays – July 18th, July 25th, and August 1st. Picking time is between 10 AM and 2 PM, so please try to arrive on time to finish up your picking by 2. Now's the time to make that jam or stock up the freezer with berries for smoothies! Berries cost \$2 per pound. Bring your own containers if you can.

Second, if you'd like to put in a few hours hard labor on the habitat restoration project, Saturday July 25th is the day! You'll need long pants, close-toed shoes, and work gloves. Please RSVP to Restoration Intern Clare Peabody if you plan to come help. The workday is from 10 AM to 1 PM and we will mostly be spreading mulch in a native planting area. This will prevent non-native "weedy" species from reestablishing themselves in these areas. The location provides a good view of Harkins Slough and its abundant bird life, including the occupied osprey nest in the slough. The planting area is also near the beehives from Kimes Apiary, so please be aware of that if you are allergic to bee stings.

Speaking of those beehives, we've got honey again! Keith Kimes has harvested honey from the hives he keeps here on our farm and it is available in 1 lb or 2 lb jars on the web store.

We were also thinking of bees this weekend when Steve got inspired and started tearing apart our living room walls and floors for a long awaited remodel. When we bought the farm, the house was almost more of a liability than an asset, but we signed off on it "as is," did as much as we could in the month or two before we moved in (tearing out carpeting, removing moldy drywall, replacing window trim, painting), and have been slowly working our way through the house projects ever since. The living room by the front entranceway was the part of the house with the worst termite damage, but we kept putting off fixing it in favor of other projects. At any rate, over the years there have been bee hives living in the walls and floor in this part of the house, and we finally got a look at their home within our home when we pulled off the drywall on Sunday! (There are fortunately no bees living here now.)

Enjoy your summer projects and hope to see you at a u-pick or restoration day!

Veggie Notes, by Sarah Brewer

Storage: Everything should be refrigerated, except **tomatoes**. Always rinse produce before use. **Basil** can be wrapped in a paper towel in a plastic bag and stored in the fridge or placed in a glass of water upon the counter.

Another way you can preserve your **strawberries** is through dehydration. Simply rinse, hull and cut strawberries into even 1/8 to 1/4 inch slices, then arrange on your dehydrator racks. Dehydrate at about 135 F for about 8-10 hours or more until they are crispy. After you feel they are dry enough,

"condition" the dried strawberries by placing them into glass jars 2/3 full, shaking a couple times a day for a week. If you see condensation on the jar, put them back in the dehydrator for a couple hours. Once they are fully dry, you can pack them up and save them for those cold, winter days!

Romanesco is proof that there is a god. He/she/it must have been in a strikingly good mood to create this chartreuse fractal-patterned perfection. Cook it as you would broccoli or cauliflower. If you don't get the Romanesco, you will get green **cabbage**, every bit as delicious, just not as fun to stare at.

Mixed **tomatoes** continue in their season of giving. The **Momotaro** variety is a red, medium sized **tomato** named for a Japanese heroic fairy-tale character who was born in a peach. I'm still trying to dial down the connection between the legend and the delicious red orb, but maybe it is just that, peach-like in its sweetness and delicateness. Other varieties may include Saladette types, the smallish red Valley Girls or cherry or plum varieties.

Bell peppers are great mild peppers to roast, stuff, or add raw to salads or crudite plates. Or you may get some of our new planting of **summer squash** coming your way.

Red beets will add color to your plate, and a spring in your step. I hope you have a chance to try Andrew's beet burger this week! Yum!

Your cooking greens will be either the oak-leaved blue-green **Red Russian kale** or the deep-green round-leaved **collard greens**. Both of these varieties are on the sturdy side, so strip out the central core before cooking and don't be afraid to cook them down a bit to tenderize those vitamin-packed leaves.

Sleek smooth **butter lettuce** leaves are mild-flavored and great on sandwiches, salads, or Aussie beet burgers!

Thai basil is similar to its Genovese cousin, but with a bit more of a hint of licorice or anise flavor. Also, this herb is hardier, so it can take to the sauteuse pan a bit earlier in your sauces and stir-fries than the more delicate Genovese variety.

This Week

Strawberries

Mixed Tomatoes

Romanesco OR Green
Cabbage

Bell Peppers OR Summer
Squash

Red Beets

Red OR Green Butter Lettuce

Collard Greens OR Red
Russian Kale

Thai Basil

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

Cooking Notes, by Andrew Cohen

While on vacation last week, I was surprised to see an offering I never thought I'd see outside of Australia. It was a hamburger with "the lot" which I thought was a peculiarity of the one place I had it in the Outback. I say peculiarity because it had **beets**, which seemed weird, but was great. It turns out the idea is now everywhere, including the USA. From café/bars like The Five Points in Seattle (where I just revisited the burger) to chic cafes in NYC, burgers with **beets** are in. At first I skipped the egg, but as long as it is cooked right, it really is a great addition. If cholesterol is an issue, remember that eggs with runny yolks contain lecithin, which counteracts cholesterol. Use grass fed beef, both for flavor and health, and this is not really too unhealthy, and you get your vegetables, too.

Using the **peppers** and **basil** this week, there is a pasta made with a pureed grilled **peppers** and onions sauce. This sauce is very versatile, and can be used for fish and seafood, chicken, pork chops, or with grilled summer squash or cauliflower. The pasta is nice and light, and the sauce can be done the day ahead so it can be a quick dinner. **Basil** and **peppers** show up with a sauté of **cabbage**, where the cabbage is cooked just enough to heat through, but still retains its crunch. It is tossed with **tomatoes** as well as the **peppers** and **basil** shreds. Other dishes that come to mind from the list is a salad of **lettuces** and **strawberries** with **basil** or a **basil** dressing. A creamy black pepper dressing would be good with a drizzle of **basil** oil for that salad also. You could try a **basil** sorbet with the **strawberries**, and you could really stir things around by grilling the **berries** and glazing them with a little **honey** and balsamic reduction with the **basil** sorbet. Ribbons of **collards** could be sautéed until tender and tossed with batons of **beets** drizzled with a sweet vinegar such as balsamic or apple. Pan sear wedges of **Romanesco** until crisp in some bacon fat or olive oil with pimenton de la vera dulce, and then add a shot of sherry and cover to steam to tenderness. Scatter with almonds and raisins, then serve hot or room temp with a drizzle of fruity olive oil and a little cold sherry.

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

Pasta with Roasted Pepper and Onion Sauce with Basil Oil or Shreds, from Chef Andrew E Cohen

3/4 – 1 pound orecchiette, gnocchetti sardi, castellane, cascarecce, campanelle, etc	1 cup pasta water reserved after cooking pasta
4 medium to large peppers	1 small brown onion
3-4 med cloves of garlic, skin on	1 sprig marjoram, leaves only
Salt and pepper to taste, and salt for pasta water	Olive oil as needed
1 tsp. balsamic vinegar, or as needed	Basil Oil to taste or 10 basil leaves chiffonade
2 cups sugar snap peas sliced 1/4 inch on the diagonal, or frozen peas, allowed to sit at room temperature 10 minutes	

Cook the peppers and onion according to the recipes on the site (Basic Grilled or "Roasted" Onions and Basic Roasted Peppers). At the same time, cook the garlic cloves at the edge of the grill or roasting pan until the skins are darkened a little and the flesh is softened. This takes 8-15 minutes.

When the onion and peppers are scraped, skinned, and seeded, coarsely chop them and add to a blender. Peel the garlic and add to the blender with the marjoram leaves and vinegar. Add a TBS of oil and season with salt and pepper.

Start on low and puree until smooth, working the speed up as needed. If the vegetables are balky about starting, add a little bit of water at a time until everything starts. Use only enough liquid to get vegetables moving in blender. (A Vitamix is perfect here as you will not need to thin it at all. Do not thin out, as pasta water will be used for this later.) Taste for seasoning and adjust as necessary.

Heat water for pasta. When boiling, add enough salt so you can taste it in the water. Cook pasta until almost done, about 1 minute away from being perfect. Remove one cup of pasta water and reserve. Add the sugar snaps or peas and cook 1 minute more. Drain pasta and peas.

Add sauce to pot, add pasta, and stir. Add reserved pasta water as needed to thin the pepper/onion puree to a sauce like consistency. Transfer to a bowl and drizzle with basil oil, or scatter with half the basil chiffonade and stir in, then scatter the rest over the bowl of pasta. Serves: 4

Warm Sautéed Cabbage with Tomatoes, Peppers, and Basil, from Chef Andrew E Cohen

Use this as a bed for grilled fish or chicken.

6 cups cabbage, cut into 1 inch squares	2 red Corno de Toro or bell peppers, cut into 1/2 inch squares
2-3 tomatoes (Around 1 1/2 cups) seeded and diced into 1/2 inch squares	1/2 yellow or white onion, or 6 scallions, cut into 1/4 inch dice
2 cloves garlic, minced	10 basil leaves, cut chiffonade
1/2 cup white wine or vegetable stock	1/4 scant white balsamic vinegar
Salt and pepper to taste	Olive oil as needed
-Optional-1/4 cup heaping fried capers OR 1/2 cup brined olives, e.g. Castelvetrano, Cerignola, Niçoise, or Ligurian	

Heat a large sauté pan over medium heat. When hot, film with oil and heat the oil. Add the onions and cook until transparent and soft without coloring.

Turn the heat to medium-high and add the peppers. Cook until blistered and colored here and there. Add the wine and cook until reduced by 50%. Add the cabbage and toss to mix with the wine and vegetables. Place a top on the pan and cook 1 minute.

Remove the top and cook until the wine evaporates. Make a well in the center of the vegetables, drizzle with a small amount of oil and add the garlic. Cook until fragrant and then toss to combine.

Turn heat to high. Add the tomatoes and toss to distribute. Drizzle with vinegar and season with salt and pepper. If using olives, add now and toss to combine. Cook to evaporate the vinegar and crisp the cabbage edges, but be sure not to cook the cabbage so much it gets soft. The cabbage should be hot through, but still retain crunch.

Scatter the basil chiffonade over the cabbage and toss to combine well. If using fried capers, scatter with capers and serve right away to prevent the cabbage from over-cooking.

Serves: 4