



High Ground Organics

Community Supported Agriculture

Week 19, July 22nd and 23rd, 2015

Habitat Restoration Day, by Jeanne Byrne

Wanted: several willing people to help spread mulch in our habitat restoration area by Harkins Slough. The ospreys and turkey vultures will be supervising this fun work day event from 10 am to 1 pm this Saturday. Laura Kummerer (habitat restorationist) and Clare Peabody (restoration intern) will teach you about the native plants that we are trying to reestablish in the grassland habitat as we spread straw over the weedy areas to prevent weed seeds from sprouting.

Harkins Slough is a freshwater wetland habitat that is home to a remarkable array of birds. The hilly areas of our 40 acre farm abut the slough and provide a coastal prairie grassland habitat for various native plants and wildlife. The hillside has a struggling population of endangered Santa Cruz Sunflowers, as well as native bunch grasses that have been largely wiped out by European grasses planted for cattle ranching. Restoring the native plant species increases plant diversity and provides better habitat for the wildlife that historically inhabited these areas.

This should be a fun and educational event and birders will enjoy the excellent location for spotting ospreys, eagles, other birds of prey, and waterfowl like terns, white pelicans, ducks, geese, egrets, and herons. We'll have water and strawberries on hand for refreshment. We could use about 10 people in our work party, so please e-mail Clare to RSVP (Clare.Peabody@gmail.com) if you plan to make it so we know how many to expect.

Strawberry U-Picks are also continuing for this Saturday and the following one. You are welcome to combine the restoration day with a bit of strawberry picking afterwards. There is no need to RSVP for strawberry u-picking and no cover charge. Just pack up the kids and the grandparents and head out to the farm! We're at 521 Harkins Slough Rd. in Watsonville. Hope to see you there!

Veggie Notes, by Sarah Brewer

Storage: Everything should be refrigerated, except tomatoes. Always rinse produce before use.

Romanesco is undeniably trippy to look at, but it also provides a good amount of vitamin C, vitamin K, dietary fiber

and carotenoids hidden within those perfect logarithmic spirals.

Mixed tomatoes have RSVP'd to your box this week. You might get the Momotaros, saladettes, the sweet lil' Valley Girls or one of the cherry or plum varieties.

In some ways, **celery** is a complete minimalist. I mean, it is comprised of over 80% water, and only boasts about 10 calories per stalk. But even in its simplicity, the health benefits of celery are through the roof. The list of antioxidant and anti-inflammatory phytonutrients that help fight off those bad free-radicals is a long one and these flavanoids also double-up to

help improve the digestive tract lining and contribute to cardiovascular health. Celery is also sexy! It contains two powerful pheromones androstenone and androstenol that are said to boost attractiveness in a subtly chemical sort of way. Even the famous lover, Casanova, claimed to eat a healthy dose of celery to keep up his love life.

Tokyo market turnips are the sweetie-pies of the turnip world. These little honeys are mild compared to their purple-topped cousins. Eat them raw, if you'd like, or rock the curry.

Rainbow carrots became an all-encompassing canning project for me the other day. After being left with two crates of them after an event, I was compelled to make large quantities of taqueria-style jalapeno carrots. The look of the multi-colored carrots in the jars is striking, and sharing them generously has improved my friendships.

Summer squash is on the books too, and is beckoning that warm summer grill for BBQing adventures.

Green chard will be your cooking greens this week and your salad will be comprised of the lovely **Red Oak or Red Leaf lettuce** varieties.

Be well!

This Week

Strawberries

Mixed Tomatoes

Romanesco

Celery

Tokyo Market Turnips

Rainbow Carrots

Summer Squash

Green Chard

Red Leaf OR Red Oak Leaf
Lettuce

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

Hot weather leads to thoughts of outdoor cooking, cool dishes, or things that can be made while the house is cool and heated and served quickly later. The **Celery, Summer Squash**, and **Tomato Condiment** is one such dish, and is versatile enough to fill many roles. Make it while is cooler in the house and use it later when it is hot. It is great as a base or topping for grilled fish and poultry, and makes a great salad. Add mozzarella or Tetilla and some almonds or pine nuts and it can act as a salad or slaw, and add some cooked farro or other chewy grain and you are heading into a light main course. Quickles always come to mind when it is hot, and **Tokyo turnips** take the stage here with a variation of Quick

Turnip Pickles (see recipe on site)-they get a kimchee style flair with the addition of gochujang, an addictive paste of peppers, chilies, and fermented soybeans. Think miso with a more paste like texture and deeper flavor with a lot more nuance and depth, plus heat. Some gochujang are sweeter than others, and some are mildly spicy while some are much spicier. This is used to bring extra flavor to dishes, and only a little is used at a time. In the Tokyo Turnip Quickles with Korean Spicing, the gochujang, along with the vinegar, helps sparks the appetite that might be flagging in the heat.

Along those lines, a quickle of **romanesco** would be a nice crunchy addition to a salad along with **lettuce** and **tomatoes**. In fact, you could make a quickle with the **celery**, and **carrots** as well as the **Romanesco** and **turnips**, and you'd be picnic-ready at the drop of a hat.

Summer squash makes a good pasta substitute, and you could toss it with a fresh **tomato** sauce. You could also salt the strands of squash gently and then give a quick rinse and dress with a light vinaigrette for a cold "pasta" salad with **tomatoes**, **celery**, ribbons of **chard** leaves (saving the stems for something else, like a frittata), and maybe some chopped olive (not Mission). Yogurt or ice cream and some cold sliced **strawberries** sounds good, although I think a few drops of good balsamic vinegar would be nice. Ice cold sparkling wine and **strawberries** would also be a great way to end a day while watching the sunset.

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

Celery, Tomato, and Summer Squash

"Condiment," from Chef Andrew E Cohen

For lack of a better word, this is called a "condiment". It can be used as is to base or top grilled fish or chicken, or used with lettuce to make a salad with a bit more dressing.

2-3 (1½-2 cups) medium tomatoes, seeded and cut into 3/8ths inch cubes	4-5 (1 heaping cup) sticks celery, trimmed and cut into ¼ inch cubes
2-4 (1½-2 cups) summer squash, rinsed and trimmed, cut into 3/8ths inch cubes	1 clove garlic, peeled
½ tablespoon fresh marjoram or oregano, chopped, or 6-10 basil leaves	Salt and pepper to taste
¼ cup white balsamic vinegar	½ cup olive plus more as needed
-Options-	
1/3rd cup roasted Marcona or plain almonds, coarsely chopped	1 cup buffalo mozzarella or Tetilla cheese, cut into ½ inch cubes
¼ cup heaping capers, drained	

Heat a large sauté pan over medium-high heat. While the pan heats, put squash into a large bowl and spray or drizzle with oil. Use hands to toss the squash and be sure all surfaces are lightly coated with oil. Film the pan with oil, then pour out oil leaving only a very light film on the pan bottom.

Scatter the pan bottom with salt, then add enough squash to cover the bottom in a single layer. Leave for 30 seconds, or just long enough to color the squash just a bit.

Toss to carry this out on all the surfaces, then as soon as it is colored transfer to a sheet pan to cool.

Repeat with the remaining squash. Do not allow the squash to soften. The idea is to caramelize it just a little to bring out the sweetness, but leave it crunchy.

While the squash cools, rub a non-reactive bowl with the garlic clove until you see garlic oil on the surface of the bowl. Add the vinegar and some salt and pepper and a pinch of the fresh herbs. While whisking vigorously, drizzle in the oil. Taste the dressing. If it seems quite sharp, whisk in up to ¼ cup more oil. You want the dressing to be a little bracing to stand up to the celery and the acid of the tomatoes, but it shouldn't be so sharp as to distract from the vegetables.

When the squash cools, combine with the celery and the tomatoes. Gently fold them all together. Season with salt and pepper and drizzle with enough dressing to moisten the lot. Scatter the herbs over the lot and gently toss to coat. Taste, and add more dressing if needed. If using cheese and/or nuts, add at this time.

Use or place in the refrigerator until ready to use.

Yield: Around 5 cups, enough to for 4 diners

Summer Squash "Scapece," from Chef Andrew E Cohen

1½ pounds summer squash, sliced ¼ inch thick	Oil as needed
2-3 cloves garlic, minced	½ cup mint, or ¼ cup each mint and basil, shredded finely
Salt and pepper to taste	3-4 TBS red wine vinegar

Pour 1 inch of oil into a high-sided 10 inch sauteuse, and heat over medium-high heat. To test, drop in a breadcrumb or small piece of vegetable-it should sizzle and give off little bubbles.

When the oil is ready, carefully load in some of the squash-probably around a quarter of the total volume. Do not crowd the pan or you will drop the oil temperature and wind up with soggy oily vegetables. Cook until the squash is brown and then use a slotted spoon or slotted turner to retrieve the vegetables. Place on paper towels to drain. Cook the rest of the squash in this way.

When the squash slices are drained, lay them into a non-reactive casserole or baking dish, one layer at a time. Sprinkle each layer of squash with salt and pepper and some of the garlic and herbs. Drizzle each layer with some of the vinegar as well. Proceed until done.

Allow the dish to cool to room temperature, then cover and refrigerate 6 hours or overnight. Allow dish to return to room temperature before serving, or heat gently before use.

Chef's Notes and Tips: You could grill the vegetables after giving them a light coating of oil instead of frying them. Use this dish as a side, a starter, or you could even use some of it in a sandwich. Try it with different vegetables.

Serves: 4

Strawberry Lemonade, from Jeanne Byrne

Just the thing for a hot day or a lemonade stand!

2 cups freshly squeezed lemon juice	2 cups pureed fresh or frozen strawberries
1 cup sugar	6 cups water

Mix all ingredients. Adjust sugar to taste. Add generous amounts of ice.