



High Ground Organics

Community Supported Agriculture

Week 22, August 10th and 11th, 2016

Farm Notes, by Jeanne Byrne

One of the advantages of being a CSA farm is the flexibility that we have in putting together the boxes each week. When a farm is geared towards wholesale markets, it needs to meet the expectations of providing a consistent product throughout the growing season. For instance if you want to be the carrot supplier for a wholesale outlet, you want to be able to harvest a consistent quantity and size of carrots every week throughout the season. This sort of marketing favors large farms, and in fact, there are two huge producers that grow the majority of carrots consumed in the US (Grimway and Bolthouse Farms). As a diverse small farm, we can take some risks in trying new varieties, and we have the flexibility to constantly change what we are growing on any given part of the farm to try to stay ahead of pest and disease problems.

We had initially planned on Tokyo market turnips for your boxes this week, but they have a lot of pest damage, so we are subbing in "rainbow" carrots. (We'll be able to salvage some of the turnips, so they'll show up as an either/or with the radishes.) This crop of carrots have come in sooner and better than we had expected, except for one glitch. We bought seed for a rainbow carrot mix that has white, yellow, and light orange carrots, and thought we would try to expand the rainbow by mixing in additional seed from a red carrot variety. Unfortunately, the red variety didn't germinate well, and they are taking much longer to mature. The other colors are ready to harvest, so we can't wait for the red ones. We will try to leave the immature carrots to harvest later, but some will likely be pulled during harvest. At any rate, we are actually quite pleased with the other carrots in the mix. It may be a pale rainbow, but it is a tasty one!

On an unrelated note, we are seeing large flocks of blackbirds flying around the farm these days. Sometimes I'll hear a whoosh, and look up to see them blow through and deposit a hundred birds on a tree in a few seconds. Our agave (century plant) stalk seems to provide a suitable landing spot. The phrase "four and twenty blackbirds" keeps coming into my head.

Veggie Notes, by Sarah Brewer

Always rinse produce before use. Everything should be refrigerated except **tomatoes**.

The **tomatoes** are "New Girls" and Momotaros. New Girl is an Early Girl-type and the Momotaros are a Japanese variety that has a slightly pinkish color and a wonderful sweet flavor.

Two of my favorite things are **red radishes** and **Tokyo Market turnips**. You should get one or the other of these fine little orbs this week. Either are great as small, crunchy red or white bits in a salad, or sautéed or roasted up together, possibly mixing up a sauce with the greens. See Andrew's recipes this week for some great ideas! You could probably work in those little emerald **Mei Quin Choi** to either cooked

or raw scenario as well. If you are going to use the greens (and you should!), please remember that both radish and turnip greens really like to hang on to bits of sand. Try filling an appropriate-sized bowl with clean water and let the greens swish around a bit. The greens should float, but the sand will fall to the bottom of the bowl. Best way to avoid sandy greens!

Our special guest this week will be **red bell peppers** from Coke Farm (completely mild, we promise!) Thin strips in fajitas? Crunchy element in salad? Stuffed with greens and grains? These are hard decisions!

Enjoy your veggies!

Chef's Notes, by Andrew Cohen

A sauté of **mei-quin**, **red bell peppers**, **leek** threads, and chilis, with shiitakes and peanuts would be very nice, and quite colorful too.

For a fun dessert, cut the **strawberries** in half and drizzle with a little chocolate liqueur. Allow to macerate while a tub of ice cream softens. In a bread pan, lay down a layer of ice cream, the strawberries, then top off the berries with more ice cream. Use a spatula to smooth the top, then pop the whole thing in the freezer to stiffen. When ready to serve, pull from the refrigerator a bit before serving so the loaf has time to temper. Use something like vanilla or chocolate for the ice cream, and if you wanted you could add a layer of broken up cookies under and over the berries.

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

Basic Roasted Peppers, from Chef Andrew E Cohen

This is not so much a recipe as it is a technique. Use just enough oil to lightly coat the peppers. Some recipes tell you to put the peppers into a plastic bag, but I am not sold on that idea, so I use a steel bowl and a pot lid, or find a plate or other bowl to fit. These peppers, once roasted, store well in the refrigerator for 4-5 days, or freeze beautifully for months. Use these as is for garnishing things, or use them as a base for other dishes.

Strawberries
Leeks OR Purplette
Onions
Tomatoes
Red Radishes OR Tokyo
Market Turnips
Rainbow Carrots
Mei Quin Choi
Red Bell Peppers*
Red Butter OR Red Oak
Leaf Lettuce

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

STUFF YOU NEED:

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| Peppers | Some olive or grapeseed oil |
| A heat source such as a grill, broiler, open burner, or propane torch | A large heat resistant bowl (one large enough to contain your peppers), or a sturdy paper sack |
| A lid for the above bowl or plastic wrap to cover | |

Rub peppers with a little oil-just enough to give them a sheen. I feel this helps with even blistering of the skin.

Subject the peppers to your heat source. You can just throw them on the grill, or use a long fork to hold them over a burner. I use long tongs for this, or when I use my propane torch on them. If using the broiler, put them in a sheet pan with a lip so they do not drip all over the stove floor. If grilling, just put them on the grill.

The peppers will begin to blacken and blister, and even make popping noises. These sounds are normal, don't fret. As the peppers blister and color be sure to turn them to prevent burning. You just want to char and blister the skin a little, not completely cook the flesh.

Turn them until they are cooked all over, and then put them into the bowl and cover them. If you are using a paper sack, check it periodically for wet spots and leaks, especially if doing a large volume. Covering the peppers after searing them allows them to steam. This will loosen the skins making them easier to peel.

When they are cool enough to handle, pull a pepper from the bowl (re-covering the rest) and peel. If spicy, you might want wear gloves. Use your fingers and a sharp paring knife. Pull away what you can with fingers and then use the knife tip to flick or cut away the rest. If needed, just pare away skin with the edge of the blade. As always-sharp knives are an imperative in the kitchen.

Sometimes the skin is resistant to easy peeling. In this case, cut around the stem and slit down the side of the pepper. Save the juices. Open out the pepper, use the knife to scrape out the seeds and the ribs. Flip the pepper and then use the knife to scrape away the remaining skin.

At this point the peppers are ready to use. Stored in a plastic tub in the refrigerator they should keep well for 4 days or so.

Chef's Notes: A light blistering will leave the flesh of the pepper more solid, longer roasting will cook them. What you will be doing with them in the end may help decide whether to long cook them or not.

Mei Quin Radish Sauté, from Chef Andrew E Cohen

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| 1 bunch radishes, topped and tailed, washed, and cut into ¼-inch wedges | 3 heads mei-quin, leaves and stalks separated, leaves cut into ¼-inch strips, and stalks cut diagonally 45° ¼-inch wide, washed |
| ¼ dry white wine | 1 leek, white only, sliced lengthwise and then each side sliced diagonally ¼-inch wide at a 45° angle |
| Mild olive oil or neutral flavored oil as needed | ½ TBS oregano leaves, smacked with the flat of the knife |
| Salt and pepper to taste | |

Heat a large sauté or chef's pan over medium-high heat. When hot, film with oil. When oil is hot, add the radish wedges and a pinch of salt. Sauté the radishes, tossing all the while, until they pick up some color, but are still crunchy.

Lower the heat and add the onions or leeks and cook until they are limp. Add the wine and half the oregano, and pop a lid on the pan. Cook until the wine has evaporated.

Make a well in the center of the vegetables, add a spot of oil if the pan floor is dry, then add the mei-quin stalks. Toss to coat with oil, season with salt and pepper and cook until the stalks turn bright green and are heated through. The radishes should be tender with a little chewiness to them by now.

Add the rest of the oregano, and then the mei-quin leaves. Toss to combine, and cook just until the leaves start to wilt. Transfer to a serving dish (where the residual heat of the vegetables will finish cooking the mei-quin leaves) and serve.

Chef's Notes: This would be a good dish to serve with fish, chicken, pork, or tofu slabs. It could be easily added to with mushrooms or asparagus. It would also work really well with basil. Serves: 4

Salad of Roasted Peppers, Tomatoes, and Mozzarella, from Chef Andrew E Cohen

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| 4 ripe peppers, roasted and cut into 1/4 x 1 inch strips (see "Basic Roasted Peppers" recipe) | 3 medium tomatoes, ripe but firm, lightly charred*, seeded and cut into ¼ inch dice |
| ½ pound Buffalo mozzarella cheese, cut into ½ inch cubes | 2 scallions, sliced finely |
| 1 TBS fresh cilantro, sliced finely – OR – 1 TBS fresh basil, cut into chiffonade | ¼ cup pine nuts, lightly toasted |
| 1 head or green oak leaf or butter lettuce (around 6 cups), cleaned and torn into bite sized bits | 1 cup dressing-if using basil use White Balsamic Vinaigrette or Basic Balsamic Vinaigrette, if using cilantro go with "Cumin Vinaigrette" |
| Olive oil as needed | Salt and Pepper to taste |

Put the peppers and tomatoes in a bowl together. Drizzle with enough dressing to liberally coat and toss to combine. Add the cheese to the bowl and sprinkle a little salt onto the cheese, then drizzle the cheese with a little oil. Mix in with the peppers and tomatoes.

Put the lettuce in a bowl and drizzle with just enough dressing to moisten it. Distribute amongst 4 plates.

Scatter most of the herb you have chosen into the pepper cheese mixture and give the ingredients a toss to combine the herbs in. Distribute on top of the lettuce.

Scatter the nuts evenly over the salads, and scatter the remaining herbs over. Serve at once.

Chef's Notes: *To char the tomatoes, lightly oil them, and when you are roasting the peppers on the grill just put the tomatoes on to a very hot part of the grill and cook just until the skins are charring, but the tomato is not "cooking" and getting softened from the heat. When ready to use, pull off any patches of skin that look like they might be unpleasant to eat, then proceed with the recipe.

Serves: 4