



High Ground Organics

Community Supported Agriculture

Week 24, August 23rd and 24th, 2017

Why Organic Flowers, by Jeanne Byrne

You're not going to eat them, so why bother to buy organic when it comes to flowers? Three good reasons are worker safety, your safety, and environmental health.

Conventionally grown flowers are often heavily treated with pesticides, herbicides, and fertilizers. Many flowers sold in the U.S. come from Central and South America, where laws regulating pesticide use are much less stringent than here. Workers who spray, weed, and pick flowers are often exposed to pesticides. Retailers who handle a lot of flowers are also exposed to pesticides and skin-irritating floral preservatives. And you can be too when you bring home your lovely bouquet, smell the flowers, and cut the stems to fit in your vase.

Using organic methods in agriculture is important to the environment no matter what the crop is. Conventional fertilizers, herbicides, and pesticides pollute the air, land, and water, and kill off beneficial insects and soil microbes.

Finally, organic flowers complement the vegetables on a diverse small farm. The flowers provide nectar for bees and beneficial insects, drawing them in so they are there when we need them to pollinate or combat pests on our food crops.

Flowers may not be food, but they are part of our agricultural ecosystem. Your choice to buy organic supports a healthy system that values stewardship of the land and care for the people who are working to produce your flowers.

Veggie Notes, by Jason Johnson

Always rinse produce before use. Everything should be refrigerated.

We are living in a time when things that happen online have measurable impact on our daily lives. Case and point, Pinterest regularly destroys my kitchen. Here are a couple recipes from around the web I have adapted to our box this week. They are simple and delicious, and don't involve elaborate techniques or appliances.

First, a Mediterranean-inspired cauliflower burger. Just chop your cauliflower and toss in oil, salt, and pepper, then roast at 400° for 20 minutes. Take it out and let it cool. While it is cooling, drain and rinse a can of chickpeas. Set some of the chickpea liquid aside. When the cauliflower is down around room temp, combine the two ingredients with a splash of olive oil in a mixing bowl and thoroughly smash/incorporate with your hands. Alternately, you can combine the ingredients in a food processor then add back to the bowl. When everything is

nicely and incorporated, add one egg, 1/3 cup of chopped cilantro, 1/3 cup of chopped carrot top, salt and pepper. I also like to grate in 1/4 of an onion and a couple of cloves of garlic, along with a TBS of tahini OR miso. These are completely optional, but add depth to the patty. Mix everything together, being mindful of even distribution of ingredients. The result should be a bit on the wet side. To remedy that, slowly incorporate bread crumbs until you reach a firm, but not brittle consistency. If you find that you have over done it on the breadcrumbs or it isn't holding together quite right, add a bit of that chickpea liquid you saved back. Now just form them in to patties and fry them in a lightly oiled pan. I suspect these will fall apart on a grill. I finished mine on a toasted pretzel bun with some lettuce, tomato, hummus and onion, but you can dress these little guys anyway you see fit. They are even great by themselves.

If you are looking for a quick side or appetizer to bring to a dinner, try using the strawberries and cilantro to make a fun strawberry salsa. It is super simple and super impressive. Just chop some onion, cilantro, those strawberries, and a jalapeño, then add it all to a bowl. Finish with lime juice and salt. The trick to good salsa is adding things a little bit at a time. You never know just how spicy your pepper will be or how pungent an onion you used. Add the amount of strawberries you want first, then bring in everything else slowly, tasting all the time. Serve with chips.

Enjoy your veggies!

Roasted Cauliflower Slab with Carrot Coins and Cilantro Carrot Condiment, from Chef Andrew E Cohen

"Condiment"? Well, it isn't a pesto, nor is it a "salsa verde". If you look up the word you will find this fits perfectly, as this mélange is something to give a particular flavor to, or to complement a dish. Here, the cilantro acts as a foil to the earthy sweet flavor of the roasted cauliflower, and the carrots

In The Box

Strawberries

Red Oak OR Red Butter
Lettuce

Cilantro

Bunched Carrots

Cauliflower OR Green
Cabbage

Mei-Quin Choi

Mixed Tomatoes*

Lacinato OR Scotch Kale

All produce is certified organic. Tomatoes are from High Ground Organics and Mariquita Farms. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.

help to point up the sweetness and adds a textural counterpoint.

1 large or 2 smaller heads cauliflower, trimmed and cut into ¼ inch slabs	Olive oil as needed
1 tablespoon coriander seed, ground using a pepper mill at medium setting or crushed in a mortar, not quite powdered	Salt and pepper to taste
½ cup Cilantro Carrot condiment or as needed (See recipe)	1-2 TBS Balsamic reduction
2 carrots, cut into thin coins, around 1/8th inch thin	

Heat the oven to 450°F.

Cover a large sheet pan with foil and coat it with a good slick of oil.

Coat the cauliflower slabs with a thorough coating of oil. If you have a sprayer for oil, this would be a good time to use it. Ensure the slabs are well coated.

Season the cauliflower slabs with salt and pepper and then the coriander seed.

Place slabs on the sheet pan so they are flat and have space between them so they roast rather than steam, which will yield pale mushy results.

Place in the lower third of the oven and roast 10 minutes. Check that the cauliflower is turning golden and getting crisp, but not burning. The cauliflower should be getting tender as well. Either turn the slabs with a thin bladed spatula and return to the same location, or move the tray to the top shelf and continue cooking until both sides are browned. If moving the tray to the top shelf, you can turn up the heat to 450-475°F. Cook until slabs are browned, even blistering, and tender. Just avoid burning or cooking until the slabs are soft. Tender. Yes. Soft? No.

While cauliflower is roasting, bring a pot of water just large enough to hold carrots to a boil. Once boiling, salt generously. When the water boils again toss in the carrots and blanch for 30 seconds. The carrots should just lose the raw edge. If they are ready, drain and rinse with cold water. If they are still quite raw, cook for a few seconds longer until the coins are ready.

Once the carrots are blanched, heat a sauté pan over medium-low heat and film with a flavorful olive oil. Add the carrots and gently cook until the carrots are just cooked through, but do not allow them to color. Season with a little salt and pepper and reserve, keeping warm.

Once the cauliflower is done, put down a small pile of carrots, then top with cauliflower slabs. Spoon a line of generous cilantro carrot condiment down center of the slabs and then dot the plate and slabs with drops of Balsamic vinegar reduction.

Serves: 4

Chef's Notes:

For variations, you add toasted chopped pepitas before service, or add chopped almonds and toasted bread-crumbs. If you wish, you could add a little ras el hanout or cumin seed and turmeric to the seasoning and substitute pomegranate syrup for the Balsamic reduction. To make this more substantial and gussy it up, add cooked beans such as cannellini or chickpeas when you plate up.

Cilantro Carrot Condiment, from Chef Andrew E Cohen

½ cup cilantro leaves	1 cup cilantro stems, chopped coarsely
¼ cup, scant, spring onion cut into fine dice, around 1/8 inch	¼ cup, well heaping, fine dice, around 1/8th inch, carrot
Salt and Pepper	1 ounce water
1 ounce white wine vinegar	3 oz. light flavored olive oil
1 big pinch powdered coriander seed	

Put the water and vinegar into a blender, and add the cilantro leaves, coriander seed, and pepper. Puree. Add the stems to the blender and run on medium speed until just chopped a bit. Turn on to medium and drizzle in the oil. Do this slowly so the oil emulsifies, and the cilantro stems still have a little texture, like pesto. Pour into a bowl and add the carrots and onions, folding them in with a spatula. Taste for balance. While the coriander seed should be in the background, it should be noticed. The vinegar should not be prominent, and if it is, add a little more oil.

Refrigerate until ready to use, but allow to come to room temperature before using.

Yield: Around ½ to ¾ cup

Balsamic Reduction, from Chef Andrew E Cohen

1 bottle (17 ounces) good quality balsamic vinegar	1 tablespoon light flavored olive oil or grapeseed oil
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Put the vinegar and oil into the larger pan and slowly bring to a simmer. Look to see if any scum forms on the surface and if it does, use a fine mesh strainer to lift it out, or use a paper towel to wick it off the surface.

Be patient. Continue to simmer the vinegar and allow it to reduce. If there is a lot of splatter on the inside of the pan, use a basting brush and use it to brush down the sides of the pan, dipping into the vinegar to get enough wet vinegar to loosen up the build-up.

When the vinegar has reduced enough to fit into a smaller pan, transfer it, trying not to get it on the sides. Continue to reduce, checking the vinegar every 10-15 minutes now. As the volume decreases, you may need to reduce the heat to prevent it boiling/scorching. Check for viscosity by dipping a metal spoon in the reduction, and then run a finger over the bottom of the spoon. When the reduction has thickened, the vinegar will coat the spoon and when you run a finger through it will leave a track in the vinegar. Taste it as well. It should feel viscous and taste sweeter than before as the water is driven out.

Continue to reduce until the vinegar resembles maple syrup.

Allow to cool and transfer to a jar or a squeeze bottle (this makes using the reduction really easy).

The whole process can take 1-2 hours. Slow reduction prevents scorching and preserves the natural flavor of the balsamic vinegar.

Store in the refrigerator for months.