



High Ground Organics

Community Supported Agriculture

Week 25, August 31st and September 1st, 2016

Transitions, by Jeanne Byrne

For the past five years Sarah Brewer has been our CSA administrator (a job she meant to take over only “temporarily” when her mother Chrissi moved out of the area). Sarah has done this job so well that I don’t ever have to worry about the running of this end of the farming venture. I know that our CSA members will get a prompt, accurate, and helpful response to any question or need they have, and that the detailed paperwork she gives to Steve and the drivers for CSA packing mornings will always be absolutely accurate and complete. She understands the quirks of our Farmigo on-line software well and knows all the ways to work with and around them. She has helped keep us organized and made sure that the delivery routes run as smoothly as possible. She communicated with the hosts about any issues that come up, and was always willing to jump in to help if things got crazy on the farm. And she has put her heart into researching and writing the Veggie Notes for the newsletters, interjecting her own wonderful sense of humor and writing style. Now she is phasing herself out of the administrative duties to pursue a career in cultural resources management. Go Sarah! We’ll miss Sarah greatly, but this is clearly a good move for her at this time in her life and we wish her the best in her new career.

It softens the blow that we are able to welcome Hayley Reitman as our new CSA administrator. Hayley comes to us from Everyone’s Harvest in Monterey where she was focused on bringing farmers markets and educational programs to underserved communities. We expect her love of vegetables, farms, and people will serve her well in this position. She will be transitioning into the job over the next couple weeks and wrote the Veggie Notes for you this week. Welcome Hayley!

Fall is in the air, by which I mean that the sun is shining fiercely on us, burning off the fog, and there are ‘V’s of geese honking overhead and a gang of turkeys on the edge of the farm field. We’ve picked the pears over the past few weeks; they now need some time in the cooler as part of the ripening process. We should be getting those into the boxes in the next week or two. We have mostly Hardy Buerre variety with some d’Anjous in the mix. It’s been a tough few years for our pear orchard -- some varieties we had planted succumbed to the fireblight that devastated many pears in the area a couple years ago, and the whole orchard was beset by pear slugs the year before. Last year, we didn’t even harvest pears, but this year things have gone better for the varieties that survived, with some trees producing very well. Probably the

normal amount of rainfall we got this year played a part. We are taking out some of the most damaged parts of the orchard and working toward a smaller well-tended pear patch of a few varieties going into the future. Farming is nothing if not humbling, but we have to go into each endeavor with hubris, expecting we will meet with great success, and then let reality prune our plans into something more workable.

Meanwhile, over at Annieglass in Watsonville, muralist Taylor Reinhold has repainted the back of the shipping container that houses our Farmstand. He was unhappy with the pelican that he had previously painted on the box, so now we have a new bird to represent our organic vegetables! The owl is vibrant and striking--he is able to paint with remarkable finesse onto the corrugated surface. Hopefully this gorgeous new owl mural will catch the eye of some previously unaware passersby and lure them into the farmstand.

Veggie Notes, by Hayley Reitman

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

An exciting new vegetable that will be appearing in some boxes this week is **lovage**! **Lovage** is a common perennial used in Europe and all over the world. It has a flavor and smell similar to celery. What’s so great about this veggie is you can eat every part of it, so nothing needs to go to your compost or chickens! The root can be eaten as a vegetable, and the leaves used in salads or soups. While **lovage** is used as celery or parsley substitute, it has a stronger flavor, so when using in soups and stews, use a smaller amount and add more to taste. Lovage is known to have strong medicinal properties and has been used to remedy indigestion, inflammation, joint pain, and headaches. If you need a quick way to prepare this veggie, dice some up and stir into some hummus, then enjoy with slices of **tomatoes**, or as a dressing for your **romaine hearts** this week.

A vegetable getting a lot of attention in my household these days is **cabbage**. This week the beautiful **savoy cabbage** is set to appear in many boxes. **Cabbage** is interesting for so many reasons. With its rediscovered fame in niche markets of krauts and fermented goods, great

recipes of this ancient veggie are popping up all over the place. **Savoy cabbage** is one of the most tender varieties, making it more palatable for children and adults who may have an aversion to the bitterness found in other varieties. Try this week’s **cabbage** in a stir fry with some **leeks** and **potatoes**. Or, if you are feeling like a project, make a kraut! With **savoy’s** tender nature, try pairing with apples or beets to give your kraut sturdiness- your gut will thank you in preparing for the upcoming cold season! Enjoy your veggies!

Leeks
Tomatoes
Strawberries
Romanesco OR
Savoy Cabbage
Mei Quin Choi
Lacinato Kale
Romaine Hearts
Cilantro OR Lovage

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

Chef's Notes, by Andrew Cohen

Lovage is one of those herbs, like cress, you seldom see anywhere but in old English stories, where the **lovage** is used in tea sandwiches and other such things. It looks rather like flat leaf parsley and tastes strongly of celery. It is used as a substitute for celery, but be careful as it can be quite potent. Use it in soups and salads, and use it as a pesto ingredient (See recipe for Celery Leaf “Pesto” Condiment on website), or in a salsa verde. I found some Italian dishes where it is paired with garlic and oregano for **tomato** sauces. Like dill, it often shows up paired with salmon. You could use **lovage** instead of sorrel for the famous Troigros frères dish of salmon in sorrel cream sauce. Try seasoning a braise of beef with **lovage**, stock, and vodka. You could also spike a few leaves into a dish of braised **lacinato** with **leeks** and **tomatoes**. Stir-fry the **mei-quin** and add **lovage** as the seasoning. The **tomatoes** would be good roasted with some lovage mixed with bread crumbs a lá Tomatoes Provençal.

In this week’s recipes the **mei-quin** is oven roasted and finished with a dice of **tomatoes** dressed with a tomato vinaigrette.

The **tomatoes** can be sautéed with **leeks** for a sauce, or cooked a little longer to form a glaze which is used on steamed florets of **Romanesco**. The glaze works on a lot of things-cauliflower, carrots, fish and poultry, you could even paint it on Roasted **Leeks** en Papillote (see site for recipe). Heck, add a little balsamic vinegar and grill the **strawberries** and paint with the sauce and you move the berries from sweet to savory. Use that to accompany chicken or pork chops. By the way, should you get some **tomatoes** that aren’t quite red and ripe, leave them out a few days and they should ripen up for you. And remember-avoid putting them in the refrigerator if you can so they do not turn mealy.

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

Oven Roasted Mei-Quin with Tomato Salad, from Chef Andrew E Cohen

A simple technique that shows off the succulence of the stalks of mei-quin and crisps the leaves nicely. The flavor is mild, so the salad of tomato with the light dressing points up the flavor of the mei-quin.

4 medium mei-quin heads, split lengthwise	2 tomatoes, seeded-liquid saved with seeds strained out, diced (Liquid is for dressing)
1 cup, or as needed, Tomato Vinaigrette v.2, (recipe below) or Tomato Herb Vinaigrette, your choice	2-4 sprigs marjoram or oregano
¼ cup lightly toasted pine nuts	Light flavored oil as needed – avocado, grapeseed, or lightly flavored olive oil

Heat oven to 400°F. Get out a large roasting pan or large heavy bottomed fry pan, and place in the hot oven for 10 minutes.

Rub mei-quin halves with oil and season with salt and pepper. When pan is hot, add enough oil to film cooking vessel generously. Place mei-quin halves cut sides down into hot cooking vessel, season with salt and pepper, and scatter with pieces of herb sprigs. Place in oven and cook 8-10

minutes, or until bottom is golden. Flip the mei-quin and cook 5 minutes. At this point the stalks should be crisp-tender.

Remove to a platter when the half-heads are crisp tender and lay on a platter. Spoon dressing over them, scatter with pine nuts and tomato dice, and serve right away. Serves: 4

Tomato Vinaigrette v.2

1 large to medium tomato, halved, seeded, liquid saved, plus any other tomato liquid up to 1/8th cup	1 small peeled garlic clove
¼ cup white balsamic or white wine vinegar	1/8th tsp. sugar or agave
¾ cup light flavored oil	Salt and pepper to taste
¼ tsp. marjoram or oregano, chopped	

Use a Microplane or fine box grater and grate the tomato halves. Use any liquid that results from this and set aside. After the tomato is grated into a separate bowl, rub a bowl for the dressing with the garlic clove until you see evidence that the garlic had been there. The bowl should be nice and fragrant now. Add in salt and pepper, the herbs, the sweetener, and the vinegar. Add the grated tomato. Allow to macerate 8 minutes. Use a large sturdy whisk, drizzle in the oil, using more if necessary. Whisk in oil until an emulsion forms, taste for seasoning, and adjusting flavor as needed.

Dressing is done. Serves 4

Chef's Notes: Dressing should last around 4-5 days before flavor starts to fall off.

Steamed Romanesco with Tomato Leek Glaze, from Chef Andrew E Cohen

1 medium to large head of romanesco, florets cut away and stem saved for something else, large florets cut ½ x 1 inch roughly	1 tsp. fresh marjoram, chopped with a thin and super sharp knife
2 TBS lovage leaves, cleaned and dried, cut into narrow ribbons-optional (Taste the lovage and the sauce and see if it fits your mood)	Salt and pepper to taste
½-1 cup, or as needed, Tomato Leek Sauce/Glaze (see recipe on website)	Optional- 1 TBS fragrant, not peppery olive oil (the oil adds an extra layer of flavor and some richness to the dish)

Set up a steamer large enough to hold all the romanesco in a layer 2-2½ inches deep and start the water boiling.

If using the oil, toss the oil with the florets and season with salt and pepper and herbs. If not using the oil, season, and scatter with the marjoram in the bowl. Toss to distribute the herbs and seasoning evenly.

Warm the tomato glaze in a small pan over low heat.

Put the florets into the steamer, being sure they are not sitting in water. Cook until the florets are mostly tender, but still retain a little crunch. Remove from the steamer and put in the bowl used to season the romanesco earlier. Pour the Tomato Leek Glaze over the florets and toss to coat. Transfer to a serving dish and scatter the lovage, if using, over the dish. Serve hot. Serves: 4