



High Ground Organics

Community Supported Agriculture

Week 26, September 9th and 10th, 2015

Farm Update, by Jeanne Byrne

There were turkeys in the pumpkin patch yesterday -- a "gang" of about twenty birds. (Gang or rafter are the appropriate words for a group of turkeys.) We don't usually have wild turkeys around here, though we've seen a couple on nearby properties during the past year. They will likely become a new farm pest, at which point the word "gang" will seem more appropriate, but for now we'll just enjoy the novelty of having wild turkeys around. The turkeys among the pumpkins make it feel like fall, even as the warm weather makes it hard to believe it's the second week of September.

A pest we had been much more worried about was the Bagrada Bug. We've been on the lookout all season, and honestly expected to see it by now with all the warm days. You may remember that this is the pest had the region's organic farmers extremely worried last year. The Bagrada Bug is extending its range from the south. It likes a wide range of leafy crops, is extremely voracious and destructive, and has no good natural predators or organic controls. We lost one planting of kale and chard to it last year and were concerned that it would wreak even more havoc this year. So far though we have not seen a Bagrada Bug in our fields this season. It's unclear to us at this point whether the bug can overwinter (or hatch from eggs) in northern soils or if its range extension consists of working its way north each season. We did hear of some farmers in the area dealing with it this year, but it doesn't seem to be as universal. Whatever the case may be we are happy to not be seeing that pest in our fields this year (knock on wood.)

There are still a lot of summer vegetables coming in at this time of year, but we're also thinking about the fall and winter. We purchased our cover crop seed and will be starting to rotate various fields into cover crops as their current crops finish up.

It's hard not to think about Halloween and Thanksgiving with this big field of pumpkins outside my office window. We have Winter Luxury "pie" pumpkins that will be coming in your boxes in October, and Jack-O-Lantern and Cinderella varieties that will be available in our fall pumpkin patches. We'll be inviting you out to the Pumpkin Patch on Saturday October 17th and Saturday October 24th from 10 AM to 2 PM so you can get that on your calendar.

Veggie Notes, by Sarah Brewer

Storage: Everything should be refrigerated, except **tomatoes**. **Pear** instructions below. Always rinse produce before use.

We are starting into some of our fall fruits this week! You will be surprised by one of three things in your box this week: either our delicious **strawberries** that you have been enjoying so far this season, or you will receive some of our pears of the **Buerre Hardy** variety, or **Jonagold apples** from either our orchard or Fruitilicious Farm. The **pears** would like it if you refrigerate them for a few days before taking them out to soften up room temperature.

Tomatoes are still on the books. If they are ganging up on you, remember you can always can them. Even just stewed **tomatoes** in jars come in handy later on in the year when you are aiming for some handmade **tomato**-based sauces.

Radishes are a root from the Brassica family that benefits many of your internal organs: *Liver/gall bladder* -- **radishes** help regulate and eliminate the production of bile and bilirubin. **Radishes** also release enzymes that help clean out infections in the liver. The juice in the leaves is often used to treat jaundice. *Bladder/kidneys* -- **radishes** are a diuretic, helping to increase urine production. They also help to prevent infection and inflammation in the kidneys.

Intestines -- **radishes** are mostly made of "roughage" and have a high water content, which helps keep the "plumbing" in order. *Heart* -- the anthocyanins in the red and purple **radishes** have been linked to a reduction in cardiovascular disease.

Skin -- because of its disinfectant properties, vitamin load and water content, crushed **radishes** can be used as a cleansing face-pack or in treating insect bites and stings.

Respiratory system -- the anti-congestive properties of **radishes** help to get rid of mucus caused by colds, infections, and allergies.

The US seems to be the only ones to use the word "arugula" for the plant *Eruca sativa*. The English call it "rocket", which is a bastardized version of the French "roquette", which is a bastardized version of its Latin name "Eruca". Somehow, Americans chose the Italian word for the plant, "rucola" (over the French or English versions) to bastardize into "arugula". Is its proper name, Eruca, so difficult to remember somehow that it needs constant nicknaming? From here forward, we shall call this peppery little green "Clara". (Just kidding, of course.)

This Week

Bunched Arugula
Cauliflower OR Romanesco
Chantenay Carrots
Red OR Purple Radishes
Green Oak OR Red Leaf
Lettuce OR Savoy Cabbage
Mixed Tomatoes*
Genovese Basil
Strawberries, Pears, OR
Apples*

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

Cut **cauliflower** or **romanesco** up into filets, paint the edges with some garlic-infused oil and toss them on the hot grill for a spell. No need to warm up the kitchen with the oven on in this heat!

Your **lettuce** will be of the **Green Oak or Red Leaf** varieties this week. Or, it is possible you will receive **Savoy cabbage** instead of a lettuce variety. A little cole slaw never hurt in the salad bowl!

Be well!

Cooking Notes, by Andrew Cohen

The **tomatoes** and **basil** inspire Caprese variants, which led to an old standby of the nouvelle cuisine movement, the coulis (pronounced “coo-lee”). Originally made from meat sauces, the coulis became a sauce made of vegetables or fruits, treated as little as possible so the flavors of the original ingredient stand tall. Additions to a coulis are there to enhance that flavor. The sauces are thickened not with traditional liaisons such as flour and butter, or cornstarch, but rather with gentle reduction over low heat so the fruit or vegetable do not take on a cooked flavor. One thing to watch for is that the product being cooked does not brown at all. The coulis appears in a re-worked Caprese where it is served cold, and it is used warm in a dish of **arugula** with poached eggs and toast. The coulis could be used as a sauce for roasted **cauliflower** or **romanesco**, or a braising medium for the same. The technique for making the **tomato** coulis can be used for **strawberries** if you want a savory **strawberry** sauce, or delete the savory elements and use a little sugar and vinegar to perk up the flavors and only cook for 5-10 minutes before pureeing. The **tomatoes** appear in a rice pilaf that is flavorful and colorful. Also, the process of soaking the rice yields longer, much softer grains, but could be skipped if time is short. Try soaking it longer for an even longer and tenderer grain. The **basil** which appears in the Caprese pairs well with the **chantenay carrots**, whether it is leaves, simple syrup, or as an oil. **Basil** leaves and chopped **purple radishes** would be good on a salad of **lettuces**, maybe with a creamy dressing with a little sweetness to it.

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

Tomato Coulis v.1, from Chef Andrew E Cohen

This is a very simple coulis, and easy to prepare quickly.

4 medium tomatoes (around 1 pound), cored and cut into medium chunks	½ tsp. fresh thyme, minced, or dried, powdered with fingers
1 small clove garlic, minced	1 medium shallot, minced
Salt as needed	Fresh ground white pepper (or black)
Mild olive oil as needed	

Heat a non-reactive 10-inch sauté pan over medium heat. When hot, film with oil and heat the oil. Add the shallots and sauté until translucent. Do not allow the shallots to take on any color.

Add the garlic and stir into the shallots. Add the thyme. Stir and cook gently until the garlic is fragrant and softened and the shallots are soft. Scatter with herbs, a little salt, a pinch of sugar (or not, if your tomatoes are sweet) and a touch of

pepper. Add the tomatoes and toss to combine with the seasonings and the oil.

Cook gently, stirring as needed, to prevent sticking/scorching. If it seems things are cooking too fast, lower the heat. You want the pan hot enough to break down the tomatoes and concentrate the flavor, but not so hot that anything colors or takes on a “cooked” flavor. Cook for 15 minutes.

Transfer the ingredients to a food processor and process until thoroughly pureed. Empty the purée into a non-reactive fine meshed strainer (stainless-steel, nylon, or plastic) and push through with a rubber spatula or spoon back. The coulis should be like a slightly thinned ketchup or a thickened tomato juice. If the coulis is runny, let it sit in the strainer to lose some liquid or simmer it gently to thicken. If it is too thick, thin with a little water.

Taste the coulis. You may want to add a little salt, sugar, or vinegar to adjust the flavors and make them “pop”. If you are unsure, put a little coulis in a small bowl and try adding a little of each of the aforementioned and taste. If you intend to serve the coulis cold, add more of the seasonings. When served cold, a dish's flavor profile tends to drop by 30%, so remember to turn up the flavors for cold dishes.

Once finished, store the coulis in a glass jar or heat-resistant squeeze bottle. To reheat, place the container into warm water or put the coulis into a pan and warm over low heat.

Use as called for. Keeps 3-4 days before flavors start to fall off. Yield: Around 2-3 cups

Chef's Notes: Use any flavorful tomatoes you want, but keep the colors the same. It is fun to use more than one color coulis at a time on the same plate, and it helps emphasize how tomato flavors vary. Besides using coulis as described, you could heat it to thicken and add more garlic and some herbs for a pasta sauce, or use as is with basil oil drizzled with a more delicate fresh noodle for an elegant and fresh tasting pasta dish. You can refrigerate the coulis in a jar or squeeze-bottle and warm it gently in water on the stove. If you allow the coulis to get too hot you'll lose the color and bright flavor.

Poached Eggs with Rocket and Tomato Coulis, from Chef Andrew E Cohen

1½ cups tomato coulis, warmed (see recipe)	8 poached eggs (use the freshest and most flavorful eggs you can)
2-3 cups cleaned and dried arugula, stems removed, large leaves torn into smaller bits	4-8 toasted or grilled slabs of sturdy country bread, brushed with olive oil
Salt and pepper to taste	Flavorful extra virgin olive oil

Place the toast on 4 plates. Divide the arugula onto the toasts, piling them up a bit so all the arugula is on the toasts, and make a dimple in the center of each pile.

Place the still hot eggs into the divot in the greens, and then top with the warm coulis. Season with salt and pepper and drizzle with a little of the olive oil. Serve right away.

Chef's Notes: If you wish, sauté 4-5 cups of arugula with a little olive oil and some balsamic vinegar until wilted, then place this on the toasts first. You can also add chili flakes to the coulis, grate a little Romano over the eggs, or use fried eggs if you wish. Rub the toasts with a garlic clove if you like garlic.

Serves: 4