



# High Ground Organics

## Community Supported Agriculture

Week 26: September 10<sup>th</sup> and 11<sup>th</sup>, 2014

### Production Update, by Steve Pedersen

Some of you will receive “new” potatoes in your box this week. These are simply potatoes that have been dug before the skins have set and the plants have dried down. I remember an English customer at a Farmer’s Market once who asked if my potatoes were “English” new potatoes, as if the name implied a specific variety. In fact, they can be from any variety—this week we are digging Desirees.

Because their skins are so tender, new potatoes can look skinned up after they are washed. Rest assured, however, that despite their somewhat haggard appearance, new potatoes are a rare treat—with sweet, moist and creamy flesh. In my opinion they are best tossed in olive oil and roasted until their skins are a nice crispy brown. Enjoy them soon however, and keep them in the fridge until you do, because new potatoes don’t keep well.

The focus on the farm this week is getting our 2015 strawberry field ready for planting next month. After performing the primary tillage steps—deep ripping, disking and chiselling—we’ll level the entire field to be sure there are no low spots and that the field drains properly during the winter. After that, we spread gypsum (a source of calcium and sulfur) and mustard seed meal and incorporate them before setting out sprinkler pipe and giving the field a good soaking. We’ll let the field dry out for a week or so before listing (or forming) up beds. Listing up strawberry beds is the one farm operation that we hire out to an outside company. Their large tractors can pull up three beds in a single pass, and because they use GPS guidance, the beds end up being much straighter than I could ever make them.

We have a lovely pumpkin patch this year -- the pumpkins are coloring up in plenty of time for our **Pumpkin Patch October 4th**. We’ll have Jack o’Lantern, Rouge Vif d’Etampes, and small cooking pumpkins. No big festival this year, but it’s a lovely time to come out to see the farm. Mark your calendars and plan to come get your organic holiday pumpkins directly from the field.

There’s currently a bat-detecting device on a pole in our pumpkin patch. A UCSC graduate student is monitoring bats for research on how bats use agricultural landscapes and which insects they eat. Bats are a beneficial predator for the farm, so we are interested in what her research shows about our bat population.

### Veggie Notes, by Sarah Brewer

Storage: Everything should be refrigerated except **tomatoes** and **pears**, unless you plan to keep them for awhile.

You will be receiving either **strawberries** or **pears**. We are alternating between the larger, buttery **Buerre Hardy pears** or the petite **Seckels**, which make a great add-on to kids’ lunches, but can also be poached, roasted or canned.

Mixed **tomatoes** may include Striped German, Early Girl, Yellow, Beefsteak, and San Marzano types. They are also on the webstore now, so get together with a friend or two and do some mad Tomato Canning for the season to come. Nothing like opening up a jar of your very own homemade marinara sauce in the dead of winter. (When canning, please follow food safety guidelines--consult an official canning recipe like those listed on the Ball website.) It is also nice to just make a bunch of stewed **tomatoes** or crushed **tomatoes** to provide the base of any sauce you might make in the future.

**Peppers** should come in the form of Bells that you know and love or the Corno di Toro peppers, which are long skinny peppers that can be green, yellow or red. Both peppers are mild and great for stuffing, roasting, sautéing, or whatever your heart desires.

If you get **new potatoes** store them in the fridge until you use them. You may also get those the skinny little **green beans** (AKA **filet beans**). Just boil ‘em a bit or sauté ‘em and they are ready to go.

There will be squash. Will it be the fashionable **Costata Romanesco summer squash**, with its ribbed, two-tone flair? Or the humble, yet incredibly rich **Kabocha winter squash**. Winter squash, summer squash, what is the difference? Both types of squash actually grow during the summer, but summer squash is harvested and eaten when the rind is still tender and edible. Winter squash, on the other hand, is not harvested until the seeds and rind are mature. Winter

squash, while not grown in winter, has a longer shelf life, so that it can be stored and used over the winter months. The rind and seeds of winter squash are inedible and the flesh must be cooked down a bit before eating, but boy, is it worth it! The **kabocha** is just about the most flavorful of the winter squashes, in my opinion.

**Kale** will be your leafy green of the week. Is it “fluffy”? Then you’ve got the **Scotch kale** or curly kale. Is it textured like lizard skin? Then you’ve got **Lacinato** or “dinosaur” **kale**. Bored by your kale repertoire? Try making kale pesto!

Red oak or red butter lettuce will get those salad-wheels turning this week. Enjoy your veggies!

### This Week

Pears (Seckel OR Hardy Buerre)  
OR Strawberries

Mixed Tomatoes

Filet Beans OR New Potatoes

Mixed Peppers (Corno di Toro,  
Bell, and Hungarian Wax)

Costata Romanesco Squash OR  
Orange Kabocha Winter Squash

Scotch OR Lacinato Kale

Red Oak OR Red Butter Lettuce

*Everything is certified organic. All vegetables and fruit were grown by High Ground Organics.*

## Pumpkin Patch October 4

Mark Your Calendar!

### Cooking Notes, by Chef Andrew Cohen

Although it is still summer, and we have so much summer bounty still, autumn is creeping in. You can feel it at night in the chill air, and see it in the form of **winter squash**. I still think we will have a hot spell, but the seasons are rolling around again.

This week sees a favorite of the harvest festival reworked using **Orange Hokkaido kabocha** (kabocha means “pumpkin” or winter squash in Japanese) instead of golden beets. The shiso dressing is great if you have access to shiso, and is good on things like squash, simmered carrots, tuna sashimi with cucumbers, and more. The Orange Cilantro dressing is a reworking of another dressing with a much lighter cilantro favor than its predecessor. It too can be used on a variety of things—anything with an American Southwest bent or Mediterranean/North African. The beans will make a great salad with lettuce, some rajas (strips of roasted peeled peppers sliced into 1/8th inch slices. Use the rajas for sandwiches, eggs, or burritos. Combine the blanched **filets** with **tomatoes** and **kale** for a braise, or just use the **beans** and **tomatoes** with garlic and onion for a pasta. You could cook the **beans** and add a diced **pear** towards the end for sweetening, or dice it and scatter it over the **beans** at the end as a garnish.

*Note: We can't print them all, but Chef Andrew's recipes are always available in full at [highgroundorganics.com](http://highgroundorganics.com).*

### Tomato Bread, from Chef Andrew E Cohen

One of the simplest ways I know to enjoy tomatoes is this quick and very traditional Mediterranean snack. I first made this when inspired by a description I read in a book by Lawrence Durrell if I recall correctly. I have since seen it in many other places. There is no set recipe. It is a technique. I suppose a 1:1 ratio of medium tomato to slab of toast might work.

1 loaf rustic bread, such as francese, campagna, or like	12 tomatoes
4-6 cloves garlic, peeled and cut crosswise down the center	Good olive oil
A pile of crusty salt such as Maldon or Le Saunier de Camargue	If you wish, put out a bowl of basil leaves and some buffalo mozzarella

Sit around a grill or fire with friends. Or put a toaster in the middle of the table. Put all the ingredients out on the table. Grill or toast a thick slice of coarse sturdy bread. Rub with a clove of garlic that has been sliced to present a flat surface. Rub the bread with a tomato that has been sliced in half through the “equator” and has had the seeds knocked out. The bread will absorb the tomato! Drizzle with good olive oil and sprinkle a few grains of coarse salt (my favorite is Maldon salt for this) and a little pepper, eat immediately. If you wish, add shreds of basil and a little cheese, or eat the bits of cheese wrapped in the basil, then take a bite of toast. This is not a dish that can sit around for any length of time... Excellent on hot afternoons with a glass of chilled dry rosé wine.

Serves: 4-ish

### Salad of Filet Beans (or Potatoes) with Creamy Dill Dressing, from Chef Andrew E Cohen

4 cups filet beans (or potatoes*)	1 TBS lemon juice
2 TBS rice vinegar	1 tsp. finely minced shallot
½ to 1 TBS minced dill	A pinch of kosher salt
Fresh ground black pepper to taste	9 TBS labne or other thick plain yogurt
Water if needed to thin dressing	

Top and tail the beans, and cut into 2 inch lengths.

Blanch the beans in a large pot of heavily salted water until just done (3-5 minutes). Drain and dump the beans into ice water to immediately arrest the cooking. When cold, drain and dry, then set aside.

Add the shallot and salt and pepper to the lemon juice and vinegar and allow to macerate 15 minutes for flavors to meld.

Add half the dill to the liquid and stir it in.

In a separate, non-reactive bowl, whip the labne to thin it and break it down a little.

Add half the labne to the lemon juice/vinegar mixture, whisking to incorporate it. Continue adding labne to the dressing base, whisking to incorporate the ingredients. The dressing should be thick enough to coat the beans, but not so thin that it runs off. You might need to add water to thin the dressing. Work in the labne, thinning as needed.

Taste the dressing for balance. If you have the desired texture but the dressing seems insipid, drizzle in a little more vinegar and lemon juice, whisking thoroughly after each addition. When you achieve the right texture and balance of acid to fat, taste for seasoning and add salt and pepper if needed. Add the rest of the dill and whisk to incorporate.

When ready to serve, dress the cold beans with just enough dressing to coat the beans. Serves: 4

*Chef's Notes and Tips: \*The Potato Option:* If you wish to make this with potatoes, omit the beans. Trim potatoes so they have straight sides with right angles and parallel sides and cut potatoes into ¼ or ½ inch dice. Proceed as with filet beans for blanching, understanding that the potatoes may take a little longer to cook. They should be just tender without any raw qualities to them, or just a tiny bit as they will finish cooking as you dump them into the ice water bath. Drain them the instance they are cool so they do not absorb any water. Continue with the recipe from there. You will probably need more salt to get the flavor right.

Make the salad with soft whole butter lettuce leaves and pine nuts, or with young spinach and a scattering of diced heirloom tomatoes. Mixed sprouts are a nice topper for the beans as well. If you want to make it look fancy, use a 3 or 4 inch ring mold (you can use a tuna can with the top and bottom removed) to form the salad. Plate lettuce leaves first, then put the mold down and put in beans, then some nuts and then sprouts, or go with spinach, beans, tomatoes, sprouts or avocado.

### Tomatoes, Strawberries, Honey Available on Webstore

*Strawberries* - \$28/flat, \$16/half-flat; *Tomatoes* - \$30/20 lbs, \$16/10 lbs; *Kimes Apiary Honey*, \$12.50/1 lb jar

Order at [csa.farmigo.com/store/highgroundorganics](http://csa.farmigo.com/store/highgroundorganics) or contact Sarah – [csa@highgroundorganics.com](mailto:csa@highgroundorganics.com) or (831)254-4918. Orders are delivered to pick-up sites with CSA boxes.