



# High Ground Organics

## Community Supported Agriculture

Week 29, September 28<sup>th</sup> and 29<sup>th</sup>, 2016

### Turkey Troubles, by Jeanne Byrne

When the gang of wild turkeys arrived on the farm last year they didn't cause much trouble. They hung around the pumpkin patch and scratched around in the grassy edges. However, they have now become a major farm pest for us.

Last year's gang moved on, but during the summer, one pair returned and raised 5 chicks in the pear orchard. That nuclear family was benign enough until a month or so ago, when it joined with another group. Now the new turkey gang is wreaking havoc on our lettuces and greens. They particularly love the little gem lettuces, but will munch down young kales and other greens as well. They have even invaded the greenhouse and eaten the starts there.

The turkeys have made themselves quite at home, coming up on our front porch and occasionally on our roof. (At least they are not yet as brazen as the chickens, who dash into the house whenever someone leaves the door open to try to get at the cats' food.)

Over the years, we have had various jobs that fell to the kids, like chasing the birds out of the blueberry patch netting, or rounding up the goats when they got out. Now we could use some young kids around to chase turkeys out of the fields all day!

The turkeys are big pests. With this hot weather we're also bracing ourselves for the expected onslaught of a smaller but even more damaging pest--the Bagrada Bug--which has arrived at about this time the past two years after similar hot spells. Bagrada Bugs have been gradually expanding their range north over the past several years. With no natural predators in this area, the best defense we've got against Bagradas is to cover the young plants with row cover before the Bugs are here. So we are putting out much more row cover on new plantings and transplantings than we usually do.

Hopefully that will reduce the potential Bagrada damage, and it will keep the turkeys out of those fields too!

### Veggie Notes, by Jason Johnson

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

**Turnips** are really, REALLY old. We're talking slightly younger than the plow old. Entire fields of these things were burned in Germanic tribal wars. They were served on bronze plates with sides of mead. The domestication of **turnips**

predates the domestication of cats by a good 1000 years. These things were around while the Vedas were being written, and all this time, you thought they were some sort of radish potato thing, maybe a beet. Not so, friends, not so. These ancient power sources are actually *brasicas*. They are similar nutritionally to kale and are super fun in a school lunchbox. A quick internet search will provide you with countless ways to

cook these small, pale spheres, but really there is no need. I have been adding these raw, along with **fennel** and apples, to my mixed green salads so I can enjoy the subtle texture of our **lettuces** while still getting the nutritional benefits of kale. I do this in the comfort of my air-conditioned home, scrolling through Netflix, wondering how upset you would have to be with someone to burn their turnip fields.

While I'm ranting, let's talk about **chard**. At first glance, **chard** seems a lot like a collard, maybe even kale, and is often prepared as such. This is all well and good (and delicious), but is also very limiting. You see, **chard** is, in fact, a type of beet and thinking of it as such opens it up to a wide range of uses. A favorite of mine is to coarsely chop it (stem and all), toss it in olive oil, salt, pepper, and a generous amount of minced garlic, then stuff it (and a couple lemon wedges) into any chicken you plan to roast. The juices in the chicken steam the leaf perfectly and the stem provides a very nice earth note to the meat, not to mention the addition of various vitamins and minerals.

Now that we have decided that **turnips** are kale and **chard** is a beet, let's move on to **tomatoes**. **Tomatoes** are often mistaken for some sort of food but are actually just summer's way of reminding you that everything is going to be ok. This week you'll be getting a mixed bag of them, some **peppers**, and some **cilantro**. If you don't end up eating salsa this weekend, you can't blame Steve. Do yourself a favor and take your cutting board, a bowl, a knife, and a beer out on your deck and roughly chop the aforementioned ingredients while enjoying one of these beautiful evenings.

Combine with a little onion and lemon juice, then salt to taste and try not to eat a whole bag of chips. That last part is really the only challenge. Enjoy your veggies!

### IN THE BOX

**Strawberries**

**Mixed Tomatoes**

**Tokyo Market and/or  
Scarlet\* Turnips**

**Red Swiss Chard**

**Fennel**

**Mixed Peppers  
(Padron, Hungarian  
Hot Wax, Corno di  
Toro, mini Bells\*)**

**Romaine Lettuce**

**Red Butter OR Red  
Oak Leaf Lettuce**

**Cilantro**

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

### Spread the Word

Please help us grow by inviting your friends to try the CSA! New members can use the coupon code, "LOCAL" to get \$10 off their order of 4 deliveries or more! Have them mention your name in the sign-up notes and you will be rewarded with a \$10 bonus in the web store!

## Chef's Notes, by Andrew Cohen

The recipe for the **tomato fennel chard** gratin would be an excellent sauté if you wanted something quicker. Slice all the **fennel** instead of dicing it, dice the **tomatoes** instead of slicing them, and sauté everything and add the **chard** to the other vegetables right at the end. Scattering the final dish with a smaller amount of the **fennel top**/bread crumb mixture would be nice. If you do this though, be sure to use a homemade bread crumb that is more coarsely ground. If you use something like the finely ground crumbs that come in a cardboard tube the crumbs will turn to a gross paste.

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

### Chard Fennel Tomato Gratin, from Chef Andrew E Cohen

This is a dish that is fine served hot or room temperature. The sweet flavors of fennel, onion, and tomato play off the earthy quality of the chard, and while the topping is optional, the crunch really is a wonderful counterpoint.

1 bunch red chard, leaves stripped, stems cut into ¼ inch pieces, leaves cut into 1 into squares, washed separately and drained	1 medium yellow onion, cut into ¼ inch dice
2 heads fennel, stalks removed and ½ cup loose fronds stripped of stalks and reserved, 1 head cut into ¼ inch dice, the other head sliced crosswise into 1/8th inch thin slices	4-6 medium tomatoes, seeded, sliced horizontally ¼ inch thick
2 cloves garlic minced	½ teaspoon fresh thyme, minced
1 TBS red wine vinegar	¼ tsp. fennel seed, freshly ground to a powder (if all you have is fennel seed powder, skip this)
1 cup homemade bread crumbs*	½ cup Gruyère, grated*
Salt and pepper to taste	Olive oil as needed

Lightly salt the tomatoes so they give off some moisture. When it is time to use them, drain off any liquid and blot tomatoes gently to soak up liquid and salt.

Heat oven to 400°F. Bring a pot of water large enough to hold the sliced fennel to a boil, and salt well. Heat a large skillet over medium-high.

When the pan is hot, film liberally with oil and wait for oil to get hot. When hot, add the chard stems, onions, and fennel dice, and toss well to coat the vegetables with oil. Sprinkle with a little salt and sauté, stirring as needed to prevent scorching, until onions and fennel are “clear” and just tender.

While the vegetables are sautéing, dump the sliced fennel into the boiling water and blanch just until the fennel is just cooked. Drain and set aside in the drainer or on a kitchen towel.

Once the onion/chard stems/fennel are just tender, make a well in the center of the pan, add a touch of oil, and add the

garlic and half the thyme. Cook just until the garlic is aromatic. Pour into a bowl.

Make sure the pan is still filmed with oil. If not, add just enough to slick the pan. Add the chard, drizzle with the vinegar all around, sprinkle with the rest of the thyme and fennel seed powder, and sauté just until the chard wilts. Use tongs to transfer to the bowl with the other vegetables, allowing any liquid to drip back into the pan. If there is a fair amount of liquid (2 tablespoons) add a little olive oil and cook until liquid reduces to a ½ tablespoon, then pour into the bowl. Season with salt and pepper, and toss all the ingredients until well mixed.

Transfer ingredients to a lightly oiled 9 x 11 inch gratin dish. Arrange dish so it runs lengthwise away from you, and, starting furthest away from you, scale the tomato slices so they run across the dish and overlap by 50 -75%.

Chop the fennel fronds and toss with the bread crumbs. Drizzle with a little oil and toss to combine well. Sprinkle with the cheese and then gently toss to mix. Scatter the top of the gratin with the cheese/crums and place in the oven. Cook for 20-25 minutes until the dish is heated through, the crumbs are golden, and the cheese has melted. Serve hot or allow to cool to room temperature.

Serves: 4

*Chef's Notes:* \*These are an option you may choose to skip. If so, just scatter half the fennel fronds over the gratin before cooking.

### Sauté of Turnips and Peppers with a Chinese Flair, from Chef Andrew E Cohen

1 bunch Tokyo turnips, topped, cut into ½ inch wedges, blanched as for Caramelized Turnips (see website for recipe)	1 medium-small brown onion, halved through the root, then radially cut into 1/8th inch strips
2 cups sweet peppers, cut into 2 x ¼ inch strips	3 nickel sized slices of peeled ginger
1 clove garlic	¼ tsp. Chinese 5-Spice (opt)
1/3rd cup loose cilantro tops	1-2 TBS hoisin sauce*
¼ tsp. cinnamon, preferably Korintje or “Mexican”	½ TBS cornstarch slurry
½ cup orange juice	High heat tolerant neutral flavored oil as needed (e.g. grape seed or avocado)

Heat a large chef's pan or skillet over high heat. When hot, film well with oil. When oil is about to smoke, add the ginger. Cook until golden, the remove and discard. Add the turnips. Cook until they start to caramelize on the flats, tossing often.

When turnips are golden, add the peppers and onions. Toss and cook until the onion is cooked through.

Make a well in the center, add a dollop of oil and the garlic, stirring all the while. Sprinkle the pan with the spices, toss, and add the hoisin and orange juice. Stir to combine, then add the slurry. Cook over high, stirring all the while, until the slurry thickens and the vegetables are glazed. Scatter with half the cilantro and toss to mix. Pour into a serving dish and top with remaining cilantro. Serve hot with rice or noodles.

*Chef's Notes:* \*In lieu of hoisin, you could use a light miso or a mix of miso and gochujang.

Serves: 4