



# High Ground Organics Community Supported Agriculture

October 5<sup>th</sup> and 6<sup>th</sup> 2011

## Harvest Fair and Pumpkin Patch THIS SATURDAY!

It's almost here -- our 3rd annual Harvest Fair and Pumpkin Patch. The weather forecast is for Sunny and 68 degrees in Watsonville, so we'll hold them to that! This event is open to everybody so tell your friends to come out too. Entrance fee is \$10/adult, \$5/child, 3 and under free. All proceeds go to Linscott Charter School in Watsonville. In return, dozens of Linscott staff, parents, and students volunteer their time to make the event a success.

Most activities will be ongoing throughout the day—you can show up anytime and pick pumpkins, visit the apple tasting table, take a hay ride, and so on. But we do have certain things happening at specific times, so here's the schedule:

- 10:00 The fun begins!
- 10:00 – 12:30 Bluegrass Music with the Microtonic Harmonics
- 10:00 – 2:00 Demonstration Bee Hive with Keith Kimes of Kimes Apiary
- 11:00 – 12:00 Cooking Demo with Joni Sare: Relaxed Kale Salad (Raw)
- 1:00 – 3:30 Solo vocals and guitar music by Brett Fowler
- 2:00 – 3:00 Cooking Demonstration with Joni Sare: Squash Casseloutte
- 4:00 Time to clean up and get ready for Sunday's Farmers' Market!

### Ongoing Activities 10 – 4

- **Hayrides**—Farmer Steve will take you on a fun and educational tour around the fields and orchards. Rides start about 10 minutes after the previous ride gets back.
- **Petting zoo**—these adorable “borrowed” animals should satisfy the basic need children have to find animals on a farm. (Thanks to Dawn Brookman of Special Memories for the animal loan!) Open all day, unless the Animals Are Resting Sign is up (please allow them to have these small breaks throughout the day.)
- **Pony and Horse rides**-- We will have 2 horses to give rides to the larger children and little Oreo the pony from Dawn Brookman for the small children.
- **Face Painting**—kids can have their faces painted
- **3-legged races**—prepare to race across the farm field for prizes. We'll try to run races every hour on the hour at 11:00, 12:00, 1:00, 2:00, and 3:00.
- **Farm Arts and Crafts**—kids can make corn husk dolls, paint faces on eggshells and take them home to grow

green “hair,” create works of art with beans and glue, sculpt with natural clay dug from the soil 2 feet below them, make apple prints, stuff scarecrows, and make paper bees.

- **Pumpkin Patch**—gourds and pumpkins from High Ground and Mariquita Farm will be waiting out in the pumpkin patch for your fall holiday needs.
- **Strawberry Picking**— We will open what's left of our strawberry patch for picking. Since the plants aren't producing much fruit right now, we'll limit the u-pick to one basket each.
- **Apple Tasting**— Try some unique apples that you may

never have seen before from our orchards at the Redman House, here at our home property, and from the orchard of our friend Freddy Menge.

• **Mini-Farmers Market**— High Ground Organics vegetables and fruits for sale

• **Raffle**— Linscott volunteers will be selling raffle tickets for the Drive for Schools raffle, which cost \$5 each, for the possibility of winning a Prius, Subaru Outback, or \$25,000 cash. 100% of the raffle money goes to Linscott Charter School.

• **Harvest Festival Food:** This isn't your average fair food. We'll have all natural *hot dogs*, which you can top with Chef Andrew Cohen's *shaved pickled onions* (or some organic ketchup and mustard for the less adventurous). Plus, Andrew has planned some gourmet harvest dishes from High Ground produce to go with your hot dogs or to stand

alone as a vegetarian lunch. The menu includes *potato salad with fennel and onions*, *cabbage salad* with a Japanese style vinaigrette, *carrot salad with apples*, and marinated *veggie kabobs* on the grill with a *lemon yogurt dipping sauce*. All food is available for purchase. For dessert or snacks, don't miss the chocolate dipped strawberries. Wash it all down with fresh strawberry lemonade.

We can't wait to see you!

## This Week

Mixed Apples

Fennel

Red Ace Beets

Green or Red Butter or Red Oak Leaf

Lettuce

Carnival winter squash (Wed)

Red Gold or Desiree Potatoes (Th)

Tongue of Fire Shelling Beans (Wed)

Corno di Toro, Hungarian Wax, and/or Bell Peppers\* (Th)

Heirloom Tomatoes\* (Wed)

Dry Farm Early Girl Tomatoes\* (Th)

Flowers: Mixed Bouquet

**Directions** 521 Harkins Slough Road in Watsonville.

*From the North:* Hwy 1 South to Hwy 152 exit. Turn Rt. on Green Valley Rd. and stay straight to the end of the road.

*From the South:* Hwy 1 North to Green Valley/Harkins Slough exit. Turn left off exit and stay straight to the end.

## Veggie Notes

These lovely **Corno di Toro** and **Hungarian Wax peppers** are both sweet peppers, not spicy at all. They are wonderful used in any way you would use a bell pepper. **Padron peppers** can be used with the other peppers or you can cook them separately as an appetizer if you like to eat them whole. (Brown whole in oil, sprinkle with salt, grab by the stem, and eat!) The **heirloom tomatoes** should be stored out of the refrigerator.

If you get the **shelling beans**, keep them in the pod until you want to use them. You can shuck them the day prior without any degradation, but be sure to store them in a tightly sealed container after that. When storing the pods, keep them fairly loose and dry in a plastic bag in the fridge. If they are piled up on each other you run the risk of them getting moldy.

## Notes from Chef Andrew

If I get the **shelling beans**, I'll braise them and then dress them with a red-wine vinaigrette (I might even add some red wine and not use all vinegar). These will get tossed with shaved **fennel** and some shaved red onion, and then atop the red butter **lettuce** for a nice salad. A scattering of flat leaf parsley would be good, or some crumbles of feta or goat cheese. You could also mash some of the **beans** with some lemon juice and bold Tuscan style olive oil for a crostini topping. The **fennel** is also a natural to pair with **apples**, either raw or cooked. As a salad, this pair tastes great with arugula and a dressing with some nut oil such as almond or hazelnut. Stewing the **fennel** in a fair amount of oil with onions, and then adding the **apple** yields a lovely jam-like condiment that is excellent as a side for roast chicken or pork. It makes a nice smear on ham or Brie sandwiches, too. The **apples** always put me in a Fall mood, and Porc a la Normande-or Pork Loin with Apples and Cream Sauce-- is a favorite here and with all the students who have tasted it. Just remember, although the dish uses cream, you are only eating a couple tablespoons at a time, and the flavor really is sublime. We also like sautéed **apples** as part of breakfast around here, and I like the idea of getting another serving of fruit into the kids. **Fennel** and **apples** cooked with a **potato** in lots of vegetable stock yields a lightly sweet soup with a creamy texture, but no cream. Dust the top with freshly ground toasted fennel seeds for a nice finish. Thinking of soup, the winter **Carnival squash** puts me in mind of pumpkin soup. **Apples** go well in the soup as well, either diced as a raw garnish, or cooked into the soup. If you have pumpkin seed oil, a drizzle on the surface of the soup is perfect.

If you find yourself with more **peppers** than you will use, roast them, peel well and remove all the ribs and seeds. Open out flat and then put them into a plastic bag, and suck out the air. Pop these into the freezer and don't forget them. These will keep through the winter, and will be a welcome treat some gloomy day.

*Everything in your box and the flowers are certified organic. All peppers are from Borba Farm. Heirloom Tomatoes are from Coke Farm. Dry Farmed Early Girl Tomatoes are from Dirty Girl Farm. All other veggies and fruits were grown by High Ground Organics. Organic flowers are from the Thomas Farm.*

## CSA Cooking Classes in Cupertino

Chef Joni Sare will be hosting "CSA Cooking Classes" in her 10-person kitchen in Cupertino this fall. These classes will include some hands-on activities, using various gadgets and appliances. Preregistration at [jonisare.com/cooking-outside-the-box/](http://jonisare.com/cooking-outside-the-box/) is required. Last-minute sign-ups are okay.

Wednesday, October 19th, from 6:30 to 8pm; \$10

Wednesday, October 26th, from 6:30 to 8pm; \$10

Sunday, October 30th, from 1:30 to 3:30pm; \$10

Learn how to build your own recipe, how to incorporate and mix flavors, the alchemy of cooking, and tips and tricks for healthy cooking.

## Basic Roast Winter Squash, from Chef Andrew E Cohen

1 winter squash	1 Tbsp olive oil
4 sage leaves	Salt and pepper to taste

Pre-heat the oven to 425°F. Line a sturdy baking dish with foil (this will make cleanup much easier). Split the squash and remove the seeds and threads. Using an atomizer if you have one, coat the inside of the squash with oil, paying special attention to the cut edge. If you do not have a sprayer for oil, put oil in hand and rub on to prevent the squash from sucking up all the oil in one spot. Sprinkle the inside with salt and pepper. Place 2 sage leaves in each half and place cut side down onto the foiled baking dish.

Place in the center of the oven and bake 30 minutes. If the squash is getting soft to the touch at this time, turn over and finish cooking for ten more minutes. Cook so the edge of the squash caramelizes a bit and you can smell the sugars from the squash. If it still feels hard, continue cooking skin up until squash is soft to touch. Then proceed as above.

When squash is done, remove from the oven and use as needed. Squash can be cooled and used elsewhere, or just lob some butter into it and eat as is.

Other herbs or spices can be used for this, and you can use minced garlic after you flip the squash.

## Sautéed Apples for Breakfast (or Whenever!), from Chef Andrew E Cohen

3 or 4 cooking apples such as Jonagold, or other firm apples that work for cooking	Pinch of cinnamon
½ teaspoon of vanilla extract	1 tablespoon butter

Cut the apples into slices 1/8-1/4 inch thick, removing the core and seeds. Heat a 10 inch sauté pan over medium-high heat. I like a non-stick pan for this dish. When the pan is hot, add the butter. As soon as the butter is melted, add the apples, and toss to coat evenly with the butter. Sprinkle the cinnamon over all, then add the vanilla and toss well to incorporate it. Sauté to soften the apples and to brown them. Getting some the edges crisp and the surfaces nicely crusted is great contrast to the melting texture the slices take on. When the apples show no signs of being raw, and they all have some color, they are ready to use.

*Chef's Notes and Tips:* At our house these get used as a side on cold mornings, hence the name. They are also excellent on French toast. You could use this as a topping for things like

pork chops, roast chicken, or duck. ˆ  
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