



High Ground Organics Community Supported Agriculture

October 12th and 13th 2011

From the Fair to the Fall, from Jeanne

It was great to see so many of you at our Harvest Festival and Pumpkin Patch last weekend! We really had a good time, and we raised over \$5,000 for Linscott Charter School too. Andrew Cohen has put together recipes for all the food that was available at the event in the recipes section of the website.

We're now getting into fall planting and cover cropping mode. The strawberry patch that you enjoyed picking from on Saturday was taken out yesterday; the field where we'll rotate the strawberries to for next year is all ready to plant into. And the field behind our house, where the main event was staged, will be worked up into beds for planting our over-winter onions into. The straw bales that were used for seating and display have been distributed around the farm—ready to spread on roadways to prevent erosion during the winter rains. We've ordered the hoop houses for our Lewis Road property and will be getting those set up during the next month so that we can grow some crops through the winter there and be ready for an early spring harvest. And we're looking at our eggplant crop and despairing that it was not able to get enough warmth this summer to get a harvest off it. But we have a very nice crop of winter squashes as compensation.

Chrissi will be in Mexico for the next few weeks. She will be handling a lot of the administration from there by e-mail, but the cell phone reception where she'll be is unreliable, so I (Jeanne) have the CSA cell phone here. Between us we should be able to take care of anything you need.

Veggie Notes

Store everything in the refrigerator except the winter squash. Don't worry if you can't use the squash right away, it will keep fine and actually should sweeten up even more with time. The orange kabocha is a hokkaido type of winter squash. If cutting it in half with a large knife is too intimidating, try peeling it first. You just need to cut open a watermelon radish to see how it got its name. These are really fun and tasty radishes and worthy of a radish salad all their own or roasted as described by Andrew below.

Notes from Chef Andrew

Well, the Harvest Fair has come and gone, and I was pretty pleased with the food. I included the Carrot Apple Salad recipe below, as it was a hit even with the kids! Looking at the

box for this week I see one of my favorites--**watermelon radish**. Although it is a radish, think turnip when you approach it. They are a gorgeous magenta color inside, and sometimes have a cream colored skin that has a line of green inside, or they may be like these which have a beautiful reddish magenta skin. These radishes are dense in texture, and have some of the turnipy smell, but if you caramelize them or roast them that will go away as long as you do not over-cook them. The colors intensify when you roast them, by the way, so they look great at the table. One of my favorite ways to play with them is to caramelize them in the same pan with

turnips when I have them both. See the Caramelized Tokyo Turnips recipe on the site for how to cook them. They are also fun to shred into a salad, and with the **romaine**, **celery**, and the **cilantro**, you could make a nice salad. Try the dressing from the Japanese Coleslaw with this salad. The **red kabocha** is a lovely squash with a dry texture and a nutty flavor. These are good split and then rubbed with soy sauce, mirin, and oil and roasted upside down until soft, then turned over and caramelized a bit, or you can try the more traditional Japanese style braised Kabocha recipe included. As I have a busy week ahead, the chard will probably go into a sauté with onions and some vinegar, or a gratin. **Leeks** tend to find their way into many things, like braises and soups. You can blanch the leeks just enough to tenderize them a little, then split them length-wise and oil them, then grill them. Another treatment is the classic French salad where you blanch the leeks just long enough to render them tender, chill them, and then dress them with a Dijon mustard vinaigrette and serve them piled up on a

bed of lettuce. Some French refer to them as "poor man's asparagus", although it is a saying I have never quite agreed with entirely as I enjoy leeks for their own character.

This Week

Romaine Lettuce

Watermelon Radishes

Cilantro

**Orange kabocha winter
squash**

Celery

**Filet Beans or mixed summer
squash**

Leeks

**Scotch, Lacinato, or Red
Russian Kale**

**Flowers: Mixed Bouquet (Dahlias,
mums, black tipped wheat)**

CSA Cooking Classes in Cupertino

Chef Joni Sare will be hosting "CSA Cooking Classes" in her 10-person kitchen in Cupertino this fall. Preregistration at 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.

Japanese Style Kabocha (Soy Simmered Squash), from Chef Andrew E Cohen

1 pound Kabocha squash, seeded	2 cups dashi* or water
1 TBS sake	1 TBS soy sauce
1 TBS of sugar (or less, to taste. This will be based on how sweet the squash is and how sweet you like this dish.)	

Use a swivel peeler to remove the skin, but leave some stripes and patches of the rind on the squash. Cut it into 1½-inch chunks. Use the peeler to run along the edges and cut a bevel to prevent them from breaking up during cooking.

Place the squash skin side down in a pot large enough to hold the pieces in a single layer. Add enough dashi or water to just cover the squash, and place a lid from a smaller pan (1 or 2 inches smaller) on top of the Kabocha.

Bring the liquid to a boil, then turn the heat down to a steady light simmer (a “chuckle” as some French call it...).

Check after 4 minutes with a toothpick or a knife. There should still be a bit of resistance.

Lift the lid, and add the sake, and sugar. Swirl the pan to stir the new ingredients around. Carefully turn the pieces of squash over so they are skin up now.

Put the lid back on and simmer for 2-3 minutes. Check again for tenderness, this time checking that the skin is readily pierced. Add the soy sauce.

Simmer 2 minutes more. (If you like a stronger soy flavor, add the soy when the sugar and sake get added. This method just makes for a subtler dish where the squash flavor comes through.)

Transfer to a dish or individual bowls.

Strain the liquid in the pan for bits and chunks of squash, then return the liquid to the pan and reduce the sauce to a thin syrup. Pour over the squash and serve hot or at room temperature.

Chef’s Notes and Tips: *Dashi is a traditional broth/base in Japanese cuisine and is the liquid part of miso soup. It is made from dried bonito flakes and seaweed. It lends a smoky savory flavor to the dish, but you can use water just as easily, or a light vegetable if you have one. Serves: 4

Dashi, and Vegetarian Dashi (Basic Japanese soup base/stock of seaweed and bonito flakes.)

This is a basic for any Japanese kitchen. There are various styles of hana katsuo (dried bonito flakes)-some are smoked or dried over wood fires, others are not. I especially like using the smokey ones for miso soup as the year turns cool. Look for bonito flakes in Japanese or oriental markets, some “health-food” stores, and better groceries. You can find them online as well.

1 3”x6” piece of Konbu, wiped with a damp cloth and scored with a sharp knife or use scissors to make several cuts to the edge	Small handful (½ to ¾ C.) Hana Katsuo (Dried bonito flakes)
7 cups water	

Place konbu in water and bring to a boil. Boil two minutes and turn off. Sprinkle bonito flakes into the water. Do not stir. When flakes sink, Dashi (that is the name for this, the basic broth at the root of much of Japanese cookery) is now ready. Strain into clean container.

For vegetarian dashi: Double the konbu, bring to a boil, reduce to medium heat and cook down by 25%, add 1 C. cold water and simmer another 10 –15 minutes. Remove konbu. Dashi will keep 2-3 days in ‘fridge or may be frozen at this point. Yield: Around 6½ cups

Harvest Fair Cinnamon Curry Carrot Apple Salad, from Chef Andrew E Cohen

1 pound Chantenay carrots peeled (this should be enough to produce 3-4 cups)	2 medium Braeburn apples cut into ¼ inch dice
½ - 1 cup toasted salted shelled sunflower seeds	1-2 cups Cinnamon-Curry Vinaigrette (recipe below)

Using a fixed blade slicer with a medium comb, or a food processor with a (sharp!) Medium Shredder blade, shred the carrots so you have 3-4 cups. Put them into a large bowl that will hold them easily. Toss the carrots with enough dressing to get them wet. There shouldn’t be a puddle in the bottom of the bowl, but the carrots should be quite moist. Allow the carrots to marinate an hour at least, or up to overnight. Before service, add the diced apples and sunflower seeds and fold them into the carrots gently. Toss the salad well and use your fingers to “fluff up” the salad. Serve as is, or put onto some soft lettuce leaves for a fancier look.

Cinnamon Curry Cider Vinaigrette for Carrot Salad, from Chef Andrew E Cohen

1-2 teaspoons cinnamon	1-2 curry powder (sweet, not spicy)
Salt and pepper to taste	¼ cup agave syrup, or to taste
2/3 cup apple cider vinegar	2 cups grapeseed or canola oil

Put a teaspoon each of cinnamon and curry into the blender, then add the vinegar. Put on the cover and blend 30 seconds. Taste the vinegar-it should have a fairly strong flavor of spice, but the flavor should be balanced between curry and cinnamon. If the flavor is not fairly strong, add more spice. Season with salt and pepper. With the motor running, add the agave syrup. With the motor still running, add the oil in a thin steady stream. Add the oil until the hole in the center of the “whirlpool” of vinegar disappears or the oil runs out, whichever comes first.

Taste the dressing. It should have a forward taste of spice, but the sweet and tart should be balanced. If it seems too tart, add a little more agave syrup and blend. Taste for balance. If the dressing seems sweet enough, but has a strong vinegar taste, add more oil while the motor runs, a tablespoon at a time. These steps should bring the dressing into line. Use as needed.

Chef’s Notes and Tips: If you wanted to change the direction of the dressing a little, you could use cumin and turmeric with some cinnamon, and maybe a little mint to give it a Middle Eastern flair. You could use a little almond oil if you have it and use almonds in lieu of the sunflower seeds.

Everything in your box and the flowers are certified organic. All veggies and fruits were grown by High Ground Organics. Organic flowers are from the Thomas Farm.