



High Ground Organics Community Supported Agriculture

Week 31, October 14th and 15th, 2015

Pumpkin Patch, by Jeanne Byrne

It's the middle of October already and that means pumpkin time! This year we'll have two opportunities for you to come out and pick out your pumpkins for the holidays – this Saturday, October 17th and the next Saturday, October 24th between 10 AM and 2 PM. The pumpkin patch grew well and ripened quite early this year. We've got a nice crop of Jack-o-Lantern style (35C/lb), beautiful and delicious Rouge Vif d'Etampe or Cinderella (50C/lb), and compact Winter Luxury baking pumpkins (80C/lb).

Pumpkins last a long time, so you can get your Thanksgiving and Christmas pumpkins now too, and they can decorate your kitchen until it's time to make those pies. Any of the varieties can be used for cooking, by the way. The Winter Luxury are called "pie" pumpkins for their dense silky textured flesh, and the Rouge Vif d'Etampes are known as "soup" pumpkins with their sweet dark orange flesh, but even the Jack-o-lantern pumpkins can make a fine pie if you like a more robust texture.

To add a little fun to the event, we plan to set up the trebuchet (one of our kids' High School projects – like a catapult) and hurl some less than perfect pumpkins over the fence of the restoration area to our goats, who love pumpkins. If one happens to have a field of pumpkins, a herd of hungry goats, and a pumpkin hurling device, those pumpkins were just meant to be hurled!

You'll see the farm in our fall transition state. The place where the pumpkins grew is being prepared for next year's strawberries. We're also taking out our current strawberry patch during these next couple weeks. With the work on the well, there's a fair amount of mess and disruption on the farm right now, but it's the temporary disorder from which will come new lush crops.

As always, please wear close-toed shoes and long pants when visiting the farm, and bring a sweatshirt in case it's foggy or cool (or even rainy?!). We look forward to seeing you this or next Saturday!

(Location: 521 Harkins Slough Rd. in Watsonville.)

Veggie Notes, by Sarah Brewer

Storage: Everything should be refrigerated except **apples** and pumpkins. Always rinse produce before use.

Bagito Bags at Pick-up Site

Hey folks! I will be starting to send out the Bagito reusable grocery bags this week with your deliveries. These are the bonus gifts for contributing to our campaign to bring in sturdy reusable crates instead of cardboard boxes/plastic liner bags in our delivery boxes. Bagito is a local company (based in Santa Cruz). Their bags are made of 100% recycled plastics and they give all of their net proceeds to an organization called Power2Sustain, an environmental literacy program for K-12 students. These are extra large bags and can hold at least 45 pounds, so you should be able to fit all your CSA items in there once we make the switch over to the plastic bins. They also have inside AND outside pockets (my favorite feature), and stuff down into a small bag that fits in your purse or backpack. There is still time to contribute through Worthwild: worthwild.com/initiatives/53 or through the web store: csa.farmigo.com/store/highgroundorganics.

Don't forget to check your pick-up site to see if your bag is there! (Only take the one with your name on it!)

This Week

Winter Luxury Pie Pumpkin

Tokyo Market Turnips

Fushimi and Manganji Peppers

Zucchini*

Rainbow OR Chantenay Carrots

Strawberries OR Apples*

Cilantro

Mystery

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

Apples have been fantastically sweet and crisp! The little **strawberries** are among the last for the year, so enjoy them while you can!

Winter Luxury pumpkins are the best for holiday pies, and you can store this one, but don't feel like you have to hoard it, because you're likely to get another one from us before Thanksgiving. These pumpkins have a fine texture and a sweetness that is beyond compare. All you have to do is pierce the pumpkin a few times then bake at 350 degrees until it starts to collapse on itself. You can even leave the seeds and goop in as you are baking for a moist pie, or you can scoop them out beforehand for a drier pie. Once you have the puree, you can start in on your pie.

Zucchini bread might be on the horizon this week, or one of those "Zucchini acting as pasta" dishes that can be so fun and so much healthier than the carb-y alternative.

Tokyo Market turnips are a real favorite. If they are small, they remind me of radishes, and I can't resist to eat them raw. The bigger ones are so delicious caramelized, and I can't wait to try them sautéed with **apples** in the recipe offered this week. Last time we received these guys, I took the leaves and added them to

my morning smoothie for a nutritious twist. Or if you are missing the cooking greens lately, please use the turnip greens. It is a 2 for 1 deal here!

Your **peppers** this week will be the Japanese heirloom varieties **Fushimi** and **Manganji**. These are both sweet peppers. Although peppers originate in the Americas, they were introduced to Japan by Portuguese sailors in the late 1500's. The **Fushimi** variety comes from the Kyoto region of Japan, and is used traditionally either blistered and salted, battered and fried in the tempura style, simmered or pickled. The **Manganji** pepper is a cross between the Fushimi pepper and a bell pepper, which yields a larger size and thicker flesh.

Carrots are in again this week, either the rainbow spectrum, aesthetically pleasing in all ways, or the fat, uber-sweet Chantenays.

Last but not least, you should have some **cilantro** coming your way. Let's bring in the flavors of the tropics to warm up those soon-to-be crisp fall evenings. Enjoy!

Cooking Notes, by Andrew Cohen

So much can be done with this box. Two of the recipes this week have long instructions, but don't really take long to make. Once you do them, they will be easy as pie later. The dish of orange glazed **turnips** and their **greens**, blistered **summer squash** and **Japanese heirloom peppers** is something I could imagine eating on a cold fall day in Kyoto. The **fushimi** and **manganji peppers** are like shishitos in that they are not spicy, but they have a ton of flavor. The larger **manganji** have thicker walls and a wider diameter, and are a tad sweet and a lot umami. The **fushimi** are subtler with a vibrant green umami quality to them. If you just want to keep things simple, sear these in a pan or on the grill and eat with a little coarse salt. Any leftovers are great chopped and added to scrambled eggs.

The third dish this week sees **apples** and **turnips** sautéed together for a side dish, or you can add in grains to beef it up. A dish I didn't get to typing up is a grated **Rainbow Carrot Salad** where it is dressed with a coriander and cumin seed dressing with lime and a little orange as the dressing base. Add in **cilantro** leaves or use stems in the dressing and this is a great salad with Southwest food or in the Moroccan style. The **apples** are great out of hand, or you could make **carrot cake/muffins** studded with **apples** or **apple** cake muffins (See recipe on site).

Roast Pumpkin with Curry Coconut Sauce, from Chef Andrew E Cohen

Serve as a starter, or serve it over rice or noodles. This is spoon-able comfort food with exotic overtones.

1 medium to small pumpkin, such as Winter Luxury, cut into 1½ inch chunks, skinned	1 small white or yellow onion, cut radially into ¼ inch strips
1 clove garlic, peeled and sliced 3-4 times, keeping the root end intact	1 inch length of ginger, peeled and sliced thinly lengthwise, without cutting all the way through one end so they slices stay together
1 14-ounce can coconut milk, shaken well	8-12 ounces good quality vegetable stock (can use water, but add more spices to boost flavor)
2-4 TBS "sweet" garam masala/curry powder*	1 tsp., or as needed, cinnamon powder (try for

	true, or Mexican, cinnamon)
3 cardamom pods, smacked with the flat of a knife	2-3 TBS Major Grey type chutney, or use apricot or peach jam (optional) **
Salt and pepper to taste	½ cup cilantro stems and roots + ¼ cup lightly packed cilantro leaves
Optional; ¼-½ cup roasted lightly salted whole cashews or ¼ cup toasted pumpkin seeds, heaping ¼ cup dried sweetened coconut, cilantro oil for drizzling (see recipe on site)	Neutral flavored oil as needed such as rice bran, grape seed, etc.

Heat oven to 400°F. Toss pumpkin in a non-reactive bowl with enough oil to coat. Sprinkle with 1 tablespoon garam masala and the cinnamon, and season with salt and pepper. Place on a sheet pan covered in foil with a little oil rubbed onto it, then place in the center of the oven. Cook until tender and turning golden brown on the outside, 15-25 minutes. When done, remove from the oven and keep warm until needed.

While the oven heats, get a 4 quart pot or chef's pan hot over medium heat. Film well with oil, and when the oil is shivering, add the onions and toss to coat. Sauté, allowing the onions to brown a little and get tender. Add 1 tablespoon garam masala and the cardamom pods and stir into the oil. When it is aromatic, add the ginger and garlic to the pan, sautéing a little. When the ginger and garlic are fragrant, add the stock and bring to a boil.

While the stock comes to a boil, wrap the cilantro stems in cheesecloth or kitchen twine, then add it to the pot with the stock. Reduce the stock by 50%.

Add the coconut milk and bring to a boil. Reduce by 25%. Season with salt and pepper, and then add the chutney or jam, and whisk really well to incorporate the chutney/jelly into the sauce. Taste the sauce for spice. If needed, add more garam masala, whisking well to blend it in. Reduce to a simmer and cook 5 minutes. Taste, adjusting seasonings as needed. Cook until the sauce is reduced and slightly thicker than the coconut milk was to start. You should have around 2 cups liquid. Use a slotted spoon or chopsticks to fish out the roll of cilantro stems (push it against the side of the pot to squeeze any liquid out and get more cilantro extraction), ginger piece, and garlic clove. Pull the cardamom if you wish or be sure to warn people they are in there so they do not bite into them. (That could be way too much cardamom in one go.) This should all take around 20-25 minutes.

Be sure the pumpkin and the sauce are both hot. Get 4 bowls out and divide the pumpkin between them. For a more "restaurant" look, place three chunks of pumpkin in a triangle in the bottom of the bowl, then a single piece on top of that. Place cilantro leaves around and on the pumpkin stock/pile, then ladle the sauce/broth around the pumpkin. If using, scatter the nuts or seeds over and around the pumpkin, the coconut. If you have cilantro oil, add drops of it to the sauce so it floats. Season with a little salt and pepper and serve with spoons.

Serves: 4

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