



# High Ground Organics Community Supported Agriculture

October 19<sup>th</sup> and 20<sup>th</sup> 2011

## Winter CSA, from Jeanne

We always get a lot of requests from CSA subscribers to continue through the winter months. In past years we have felt that we could not go through the winter while still being kind to our farmland. Our home farm turns into thick clay muck in the winter rains, and we use the wintertime to rest most of this ground and replenish the nutrients in the soil with lush cover crops. On our flatter more silty/sandy ground at the Redman ranch, we can more easily go through winter, moving the cover crop rotation on those pieces to spring or summer. So we usually keep a limited winter operation going to sell at farmers market and our farmstand.

This year we also have our sandy Lewis Road land, which is quite suitable to continuation through the winter. Growing on this land through the winter has benefits as well. For one thing it saves water. The sandier soil at Lewis Road needs much more irrigation water in the summer than our other farmland does because the soil drains and dries out so quickly. So it's nice to be able to use nature's irrigation system in the winter! Another benefit of operating more fully year round is that it gives our farm crew more steady work, so they're not scrambling for odd jobs through the winter.

And some vegetables, such as the hearty greens we like to grow, become sweeter and more nutritious when grown in cooler temperatures.

**All this is to say that this year we are offering winter CSA delivery!**

Vegetables grow more slowly in the winter due to cooler soil and air temperatures and fewer hours of sunlight. So, we will make deliveries every other week to a somewhat pared down list of pick-up sites. We'll try to still serve most of the general areas that get the summer CSA boxes. If we are not delivering at your pick-up site, you can pick up at another site, hopefully not too much further away. The dates and details of the Winter CSA pick-ups are listed on the back.

## Veggie Notes

Apple varieties this week include Gala, Braeburn, Cameo, My Jewel, and Pink Lady. The Tongue of Fire Shelling Beans are also known as cranberry beans. Shell them and cook the beans until softened--braising is nicer than boiling for these.

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

## Joni Sare's Cooking Classes Coming to Cupertino and Monterey

Chef Joni Sare will be hosting "Cooking Outside the Box" Classes in her kitchen in Cupertino and at the Williams-Sonoma in Monterey at the Del Monte Plaza. Join Joni to see what she comes up with using the food from your box. Preregistration at [jonisare.com/cooking-outside-the-box/](http://jonisare.com/cooking-outside-the-box/) is required. Last-minute sign-ups are okay.

### Cupertino:

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

### Monterey:

Saturday, October 22nd, from 1:30 to 3:30pm; \$10 (cooking with High Ground Organics produce)

Sunday, October 23rd, from 1:30 to 3:30pm; \$10 (cooking with food from the Farmer's Market)

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

## This Week

**Mokum Carrots**

**Broccoli, Romanesco, or  
Purple Cauliflower**

**Carola Potatoes**

**Mixed Summer Squash OR  
Mixed Peppers (Corno di  
Toro, Hungarian Wax  
and/or Bells)**

**Filet Beans OR Tongue of  
Fire Shelling Beans**

**Apples\***

**Romaine Lettuce**

**Flowers: Mixed Bouquet**

## Notes from Chef Andrew

I had some fun with this week's box, attempting to use **all the ingredients** in one dish, and still have it taste good. I came up with a "sort of Nicoise" salad, perfect for a warm evening and a nice sunset. Roast some **peppers** and freeze them for the dead of winter when you want a little cheer on the plate. You can use the frozen peppers for adding into things, or pureeing for sauces. The **purple cauliflower** is fun to roast as this seems to intensify its flavor. I like to caramelize the **romanesco** because it is so dense and gets nice and sweet when pan cooked. Either of these is good to slice into 1/4 inch thick slices, and then spray with oil and sprinkle with herbs and salt and pepper. Place on an oiled pre-heated baking sheet and roast at 425°F until they start to brown and are just tender, being sure not to stack them and leave room between the slices so they roast, not steam. Try drizzling with a little orange juice for a

nice variation. Try the **carola potatoes** blanched and then mixed in with **shelling beans** that have been stewed with onions, **carrots**, and rosemary for a nice hearty dish. If you get the summer squash mix, try the same technique as used for the cruciferous vegetables mentioned earlier. Just be sure to leave room between the slices!

## Winter CSA Details

### Winter CSA Dates (7 weeks total)

November 30/ December 1 December 14/15 December 28/29 January 11/12	January 25/26 February 8/9 February 22/23
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### Winter CSA Pick-Up Sites

<b>Wednesday:</b> Blossom Hill Belwood Ln. Los Altos - Loyola Corners Mountain View/Sunnyvale Rosegarden: Shasta Ave. Willow Glen: Avalon Los Gatos Downtown Mountain View: Harpster Palo Alto Cornell Portola Valley Saratoga Quito Rd. Stanford West Sunnyvale: Vireo Ave.	<b>Thursday:</b> Aptos: Ledyard Way Capitola: 49th Ave. Happy Valley School Santa Cruz Downtown Santa Cruz High St. Santa Cruz Ocean View Scotts Valley Carmel Taylor Road Monterey MIIS Monterey: Unitarian Ch. Pacific Grove Salinas West Marine
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We are still checking with a few hosts and may tweak the list somewhat depending on interest. If for some reason we are unable to deliver to the pick-up site you've chosen, we will return your check (unless there's another site you find suitable).

To sign up for the winter CSA, please send a check for \$160 to High Ground Organics at the address along the bottom. Include your pick-up site. You must sign up for all 7 weeks--we will gladly donate your box if you know in advance that you will be unable to pick up on a certain date.

### Basic Roasted Peppers, from Chef Andrew E Cohen

This is not so much a recipe as it is a technique. Some recipes tell you to put the peppers into a plastic bag, but I am not sold on that idea, so I use a steel bowl and a pot lid, or find a plate or other bowl to fit. Use these as is for garnishing things, or use them as a base for other dishes. I have cooked these over an open gas burner (can be messy!), under the broiler, even in the sink with a propane torch, but my favorite way is on a grill.

#### Stuff you need:

Peppers (however many you like)	Some olive or grapeseed oil like)
A heat source such as a grill, broiler, open burner, or propane torch	A large heat resistant bowl (large enough to contain your peppers), or sturdy paper sack
A lid for the above bowl or plastic wrap to cover	

Rub peppers with a little oil-just enough to give them a sheen. I feel this helps with even blistering of the skin. Subject the peppers to your heat source. You can just throw them on the grill, or use a long fork to hold them over a burner. I use long tongs for this, or when I use my propane torch on them. If using the broiler, put them in a sheet pan with a lip so they do not drip all over the stove floor. If grilling, just put them on the grill.

The peppers will begin to blacken and blister, and even make popping noises. These sounds are normal, don't fret. As

the peppers blister and color be sure to turn them to prevent burning. You just want to char and blister the skin a little, not completely cook the flesh. Turn them until they are cooked all over, and then put them into the bowl and cover them. If you are using a paper sack, check it periodically for wet spots and leaks, especially if doing a large volume. Covering the peppers after searing them allows them to steam. This will loosen the skins making them easier to peel. When they are cool enough to handle, pull a pepper from the bowl (re-covering the rest) and peel. If spicy, you might want wear gloves. Use your fingers and a sharp paring knife. Pull away what you can with fingers and then use the knife tip to flick or cut away the rest. If needed, just pare away skin with the edge of the blade. As always-sharp knives are an imperative in the kitchen.

Sometimes the skin is resistant to easy peeling. In this case, cut around the stem and slit down the side of the pepper. Save the juices. Open out the pepper, use the knife to scrape out the seeds and the ribs. Flip the pepper and then use the knife to scrape away the remaining skin. At this point the peppers are ready to use. Stored in a plastic tub in the refrigerator they should keep well for 4 days or so. Frozen they'll keep for months.

### A Sort of Niçoise Salad (Tuna and Vegetables Salad), from Chef Andrew E Cohen

½ head Romaine lettuce, shredded	2-3 Mokum carrots, peeled and sliced thinly on the bias, or shredded
1½ cups of florets from broccoli, romanesco, or cauliflower, blanched just until tender and then chilled	2 cups of waxy potatoes such as Carola, boiled just until tender and then cut into ¼ inch thick slices and chilled.
1½ cups filet beans, trimmed and blanched just until tender, chilled	2 cups of sliced peppers-use a variety of colors cut ¼ inch thick. Cut into rings or half-rings
1 small red onion, sliced into very thin rings.	1 12-ounce can of albacore, or whatever your favorite is, packed in water and well drained.
Salt and pepper to taste	2 flavorful tomatoes (If available), cut into wedges ½ inch at base
Small handful of oil cured olives, such as Nicoise	-Optional- 2 hard boiled eggs, peeled and cut into quarters
1 cup white wine Dijon vinaigrette- or as much as needed	

Place the shredded lettuce on an oval platter (preferred for looks, round will do fine) and level out. If you have shredded the carrots, mix them with the lettuce. Put the tuna into a bowl and break it up into bits. Season a little with salt (if needed) and pepper to taste. Cover the lettuce with the pepper slices. Scatter the potato slices over the salad bed. If you sliced the carrots, scatter them over the salad. Put the filet beans running around the perimeter of the platter. Place the broccoli/romanesco/cauliflower around the platter inside the beans. Place the tuna into the center of the salad. If an oval platter is used, make sure to run it lengthwise. Do not go past the ring of vegetables. Scatter the onions over all, and place the tomatoes over the salad as well. If using the hard boiled eggs, place around the rim. Place olives on platter, and drizzle with dressing, passing some as well. Serve with crusty bread, and something cold to drink. I like a bone dry rosé.