



High Ground Organics Community Supported Agriculture

Week 34, November 4th and 5th, 2015

Perfect Rain, by Steve Pedersen

Yesterday's rainstorm was a very pleasant surprise. The National Weather service was only calling for a quarter inch or less in our area, and we ended up getting over 1.25 inches. It was mainly the steady, gentle early season type of rain that is perfect for getting cover crops established without doing any damage. It is amazing how fast the dry ground sops up that much rain. If 1.25 inches were to fall on already saturated soil in the middle of winter there would be standing puddles everywhere—but less than 24 hours after the rain stopped there is little sign of it.

It's hard to describe just what a relief it is to have the burden of irrigating lifted once the fall rains start. From March on we are preoccupied with trying to figure out what needs water when and, because our fields are constantly coming in and out of production, doing the calculations to balance how many sections of pipe and/or blocks with drip tape we can run at once. By the time fall rolls around, if we are still watering winter veggies as well as cover crops, frankly the routine starts to get a little old.

Aside from being relieved of our irrigation duties, there is a general feeling of ease and well-being after a nice fall rainstorm comes through—an anticipation of the dusty, brown landscape and hazy sky that surrounds us being transformed to brilliant green and blue. It helps with that feeling of well-being when things are well-founded on the farm and so far everything has gone well in that regard. We have worked hard to get cover-crops established on all of the hillsides in anticipation of heavy winter rains. The strawberry fields for next year's crop are completely prepared as well. This week we will spread rice straw and plant barley on all of the dirt farm roads and field margins as a final step to minimize erosion.

If the last three years have taught us anything it is that you really can't count on anything—at least when it comes to the weather. For all I know, yesterday's rainstorm could be the last we will see for another two months. But I am a farmer, and in addition to being gluttons for punishment, optimism is a required trait. So, I'll choose to look at the rainfall yesterday as the start of a long rainy season that will fill all of our lakes and reservoirs and cap the mountaintops with snow.

Winter Share Details

Regular weekly deliveries continue until November 18/19. Then we go to a biweekly winter schedule.

Winter Delivery Dates: December 2 & 3, December 16 & 17, January 6 & 7, January 20 & 21, February 3 & 4, February 17 & 18, and March 2 & 3. We return to the weekly schedule March 16 & 17, 2016.

Prices: Seven winter deliveries come to \$168. Flowers are also available through winter. Seven winter deliveries plus flowers comes to \$238. To "sign up" for winter, simply add credit to your online account. If you have credit on your account at the end of the year, it will carry over into the winter deliveries. You can put a hold on your deliveries through that time if you do not want winter deliveries. Feel free to contact Sarah at csa@highgroundorganics.com or (831) 254-4918 if you need assistance with any changes to your account.

Thanks!

This Week

Scarlet Kabocha Squash

Lacinato Kale*

Apples*

Cucumbers OR Carrots

Filet Beans

Zucchini OR Tomatoes

Green OR Red Butter Lettuce

Mystery

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

Veggie Notes, by Sarah Brewer

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

I was intrigued last week to see the correlation between **apples** and lung health. Apparently, there are more than a few studies linking regular **apple** intake (at least 2/week) with a decrease in asthma symptoms. Not only that, but mothers who regularly ate **apples** when pregnant (at least 4/week), had a 27% lower risk of their kids getting childhood asthma.

Kabocha squash is a type of Japanese pumpkin, with a sweet flavor and a texture that is moist and fluffy. In Japan, it is often in tempura. In other locations, it is more commonly in soup. In Jamaica, it is used in Chicken Foot Soup. In Korea, it is used to make a soup called Hobakjuk. In Thailand, it is used in a dish called Fak Thong soup.

Filet beans are skinny little French green beans sometimes known as "haricot verts." You can go simple and steam them for 8-10 minutes, or blanch for a shorter time to take the raw edge off, then sauté with butter and herbs or go French with a creamy sauce like Andrew's offering this week.

I have been really enjoying English **cucumber** sandwiches, with cream cheese and the crusts cut off. Why the phrase, "cool as a **cucumber**"? Says

the Encyclopedia of Word and Phrase Origins, "It took scientists with thermometers until 1970 to find out what has been folk knowledge for centuries - that **cucumbers** are indeed cool, so much so that the inside of a field **cucumber** on a warm day registers about 20 degrees cooler than the outside air." **Carrots** are cool, too, but more in the "awesome" sense than the "temperature" sense.

Did you know that if you steam your **kale**, you improve your cholesterol-lowering benefits? According to the World's Healthiest Foods website, "The fiber-related components in kale do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels."

The vestiges of summer still linger with the appearance of **zucchini** and/or **tomatoes**. Love them while you still can! Your **lettuce** this week will be the silky smooth **Butter lettuce** of either the green or red variety. More salad please!

Cooking Notes, by Andrew Cohen

In addition to this week's recipes, the **filet beans** could be used in a salad with the **lettuce** and late season **tomatoes**.

The **Kabocha squash** appears as a ride for a mélange of wild rice, **lacinato**, bacon, and shiitake. This converts easily to a simpler dish when you just cube the squash and roast to mix in. You can skip the bacon and go veggie with this, or if you cut the squash smaller you could use this as a stuffing for a bird. You could add **zucchini** to the mix, roasting it for deeper flavor and keeping it from getting soft.

The **apples** can go into a salad of either **lettuces** or the **kale**. For the latter, try using **carrots** cut on a ben-riner with the medium comb with pistachios, and an **apple** balsamic dressing. Speaking of **apples**, these are a great size if you wanted to stuff and bake them. They are pretty sweet, so I would be inclined to try something like a savory stuffed **apple** as an accompaniment to pork or poultry. I could see stuffing them with mushrooms and nuts and maybe quinoa. Take the bits you remove and purée and reduce over low heat and use to drizzle over and around the **apples** while they bake. Maybe use some cream. They would also be perfect for making a candied **apple**, replacing the rock hard super tart apples usually found on a stick. If I did this, I would carefully caramelize the sugar until it was just taking on a slightly bitter flavor and dark color so the normally super-sweet sugar contrasts with the sweet **apple**.

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

Salad of Butterleaf, Roasted Kabocha, Blue Cheese, Dried Cranberries and Pepitas with Maple Balsamic Vinaigrette, from Andrew E Cohen

1 head butter lettuce, washed, dried, and torn into serving sized pieces	1 medium kabocha squash (3-4 cups when cut), lightly peeled, seasoned with salt and pepper, and cut into 1/2-inch squares,
1/2 cup dried cranberries, orange flavored preferably	1/2 cup roasted or raw pepitas, your choice
1 cup gorgonzola (or similar blue) cheese, cut into 1/2 inch or smaller bits	1 cup Maple Balsamic Vinaigrette (see recipe on site)
Maldon Salt (or other flaky type) and pepper to taste	Oil as needed
-Optional-2 cups of firm sweet and slightly tart apple cut into 3/8th inch dice	

Heat oven to 400°F. Place squash into non-reactive bowl and drizzle with oil. Toss to coat and season with salt and pepper. Place on a foiled sheet-pan and place in center of pre-heated

oven, and cook until golden and crisped around the edges, and the squash is tender. Remove and allow to cool to room temperature.

Place lettuce in to a non-reactive bowl with two-thirds of the cranberries and the pepitas. Drizzle with just enough oil to lightly coat the lettuce and gently toss to coat. Divide between 4 (preferably) chilled plates. Evenly distribute any cranberries or seeds that remain in the bowl bottom.

Divide the cheese between the salads and evenly scatter over them. Grip the rim of the plate in thumb and forefinger and give a little gentle tug back and forth to settle the bits of cheese into the salads. Put the squash into the non-reactive bowl and drizzle with a touch of dressing. Gently distribute the squash amongst the salads, then scatter with the remaining pepitas and cranberries.

If you choose to use apples, place the dice apples into the dressing bowl with 1 TBS dressing and gently move around to coat them evenly. Distribute evenly amongst the salads.

Season the salads with salt and pepper and serve. Serves: 4

Creamed Filet Beans and Cucumbers, from Chef Andrew E Cohen

3/4 pound filet beans, topped and tailed, left whole or cut into 2-inch lengths	1 medium yellow or white onion, sliced into 1/8th-inch half-moons
1 large cucumber, peeled, halved lengthwise, seeded, and sliced into 1/4-inch crescents	1 clove garlic, peeled and halved lengthwise
1/2 pint heavy whipping cream	1/4 cup dry white wine
Salt and pepper to taste	1/4 tsp. fresh thyme leaves, chopped
Neutral flavored oil as needed	1 TBS unsalted butter
1/4 cup roasted almonds, coarsely chopped	

Get a large (10-12 inches) sauté pan hot over medium heat. Film the bottom well with oil. When oil is hot, add the butter and as soon as it stops foaming, add the garlic and swirl around the pan, turning once or twice until the oil is gently fragrant. Remove the garlic from the pan when it is starting to color, and add the onions. Toss to coat and keep the heat at a temperature where the onions will cook without coloring. Cook until the onions are silky and sweet.

Bring a large pot of water to a boil and salt well. When boiling again, add the beans and cook until they are tender. Drain and keep warm. While the beans cook, move the onions to the edge of the pan and add the cucumbers. Cook, turning now and again, until they are warm all the way through but still retain some firmness. Transfer the cucumbers to the drained beans. Raise the heat of the pan to high. As soon as it starts to make some noise, add the thyme to pan and then add the wine. Cook until it reduces by half, then pour in 3/4 of the cream. Bring it to a boil and stir with a wooden spatula. Season with salt and pepper. The cream will reduce and should pick up a very light shade of caramel under the cream color. Reduce the cream until running a finger through the cream on the spatula leaves a trail that remains. Add the rest of the cream and stir in. Add the reserved vegetables and stir them in. Gently stir everything while the vegetables heat through and the cream reduces to a sauce that coats the vegetables. Taste for seasoning, adjust if needed and transfer to a serving vessel. Scatter with the almonds and serve.