



# High Ground Organics Community Supported Agriculture

Week 35, November 11<sup>th</sup> and 12<sup>th</sup>, 2015

## Farm Food Events, by Jeanne Byrne

The fall rainy season has arrived with an exclamation point! It's very encouraging to be getting these rainstorms at this time of year and see the little green grass shoots popping up all over the uncultivated areas of the farm.

There are two events this Saturday we want to let you know about, a dinner in the field here at the farm, and a wine tasting and chef demonstration at Annieglass, our new farmstand location.

In 2002 one of the early Outstanding in the Field (OITF) dinners, created by Chef Jim Denevan, was held at our farm. That dinner was prepared by Chef Damani Thomas of Oswald Restaurant in Santa Cruz. Since then the OITF organization has grown to host more than 600 farm dinners all over the world, attracting renowned chefs and dedicated foodies from all reaches of the planet. They are coming back to the farm this Saturday with chefs Mark Denham of Soif in Santa Cruz and Brad Briske of La Balena in Carmel, who will pair up to create wonderful culinary creations from our produce and other local farm offerings. For more information go to [www.outstandinginthefield.com](http://www.outstandinginthefield.com).

Proceeds from this high-end dinner will go to Watsonville Wetlands Watch. WWW works to restore and preserve local sloughs and their surrounding habitat and provides education about the wetlands and watersheds of Pajaro Valley to local students and adults. They offer nature talks, birding walks, science class education and exploration, host volunteer work parties, and employ naturalists who restore native habitats along the wetland borders. WWW has worked with us in many ways since we've been living and farming here on the edge of Harkins Slough, most notably helping pay for the work of restorationist Laura Kummerer on our grassland rehabilitation project for several years. We are always happy to support this great organization in their work.

Also this Saturday, Annieglass is holding a Wine Tasting and Cooking Demonstration at their Watsonville glass-making studio, which is also the new location for our Farmstand. Chef Beverlie Terra will be there preparing some of our fresh produce, which will be paired with wines from Comanche Cellars. Winemaker Michael Simons will be there to talk about his specialty wines. This event goes from 1 to 3:30 with a tour of the Annieglass factory at 2:00 so you can see how the beautiful glass creations are made. (This is a fascinating opportunity in itself.)

## Winter Share Details

After today, there is one more regular season weekly delivery next week (November 18/19). Then we go to a biweekly winter schedule. The winter session is not included in the full 36-week regular season payments made at the beginning of the year. But if you still have credit on your account, or are on automatic payments, it will carry over into the winter deliveries.

**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 or send a check to the address at the bottom. 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](mailto:csa@highgroundorganics.com) or (831) 254-4918 if you need assistance with any changes to your account.

Thanks!

## This Week

Granny Smith Apples\*

Carnival Squash

Filet Beans

Napa Cabbage\*

Baby Turnips\*

Mixed Peppers

Zucchini OR Tomatoes OR  
Cucumbers

Red Leaf OR Romaine Lettuce

*Everything is certified organic. Apples are from Robin's Nest Farm. Cabbage and turnips are from Coke Farm. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.*

If you go to the Annieglass event be sure to drive past the Annieglass location on Riverside Drive and turn around to come at it from the east, so you can see the new mural art on our farmstand. The new pelicans are the creation of talented local artist Taylor Reinhold, who somehow managed to paint this beautiful large pelican on the corrugated surface of the shipping container that houses our farmstand.

## Veggie Notes, by Sarah Brewer

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

These **Granny Smith apples** are from Robin's Nest farm in Watsonville (the farm of our grassland consultant, Laura Kummerer). They are not like the puckery little green apples you find at the grocery store. These guys are allowed to ripen, so they may have rosy touches on their little apple "cheeks". They are also sweeter and bigger than those little puckery ones. Incidentally, they make the BEST apple pie, so don't forget to get an extra bag of them from our web store before the holidays!

**Carnival squash** is a party in your mouth! These confetti-colored gourds are a cross between the "sweet dumpling" and acorn squashes. Their variegated fall-toned coloring provides great deco on your holiday table, and doubles as a deliciously roasted vessel for stuffed squash goodness.

Our skinny little French **filet beans** are back again. Their slim, delicate silhouette will make you go, "Oo la la"! They are wonderful lightly blanched then pickled or added to your favorite salad, or smothered in an uber-rich sauce.

**Napa cabbage** is that elongated, crinkly cabbage, not unlike the little Savoys we send out sometimes. The name "Napa" likely comes, not from the county famous for wine located north of us, but from a colloquial Japanese word, "nappa", which means edible leaves of a vegetable. These edible leaves are perfect for slaws, kim chi, or stews.

As for **baby turnips**, these root vegetables will be great roasted or sautéed. I am a big fan of the caramelizing procedure with things like turnips and radishes. Don't forget to use the greens in a salad or stir-fry!

Peter Piper picked a peck of pickled **peppers**. Which **peppers** will you get this week?

Also a surprise will be whether you will receive **zucchini, tomatoes** or **cucumbers**. Which of these late-summer treats will be joining you for dinner?

Your **lettuce** will be either the luscious **red leaf lettuce** or the Cesar-loving **Romaine**.

## Cooking Notes, by Andrew Cohen

**Filet beans** and holidays, like cuff and link. At least in my family. Well here are a couple more filet beans for the repertoire. One has a distinctly Japanese influence, using a miso ginger dressing/sauce that is versatile enough to go on fish, chicken, or **winter squash** that has been roasted or steamed. The other is a riff on the green bean casserole with cream of mushroom soup and canned fried onions. There is no cream, soup, or mushrooms, but pancetta or thin-sliced bacon and some of the fat from those replaces the aforementioned for a bit of richness. You could just cook these and nap with a bit of browned butter and shaved almonds or hazelnuts.

The **Carnival squash** appears in a hash with greens with eggs for breakfast or a light supper dish. The dish is easily varied and made with whatever you have on hand, and you could even add in left-over grains if you wanted to.

The **mixed peppers** can be fried or grilled, and eaten as is or used in other dishes. They are quite good in a dish of skinny eggplant and **zucchini** (quite literally around 1/2-inch diameter for both) roll cut with diced onion and garlic, all pan seared and then added into cooked down **tomatoes** and garlic for a fun take on ratatouille when the vegetables are left fairly intact and each with a discrete flavor of their own. The **red leaf lettuce** makes a nice salad with the **filet beans** (See Haricot Vert Salad on website), or it can be very gently sautéed as a vegetable. Add peas for a very traditional French dish, or try adding gently sautéed cubes of **summer squash** or a dice of **tomato**.

Eat the **apples** out of hand or use them for making a puree or soup with the squash, or hollow them out and stuff and roast them. Add them to oatmeal or make a tart with them, or make a Mulligatawny soup with them.

*Note: We can't print them all, but Chef Andrew's recipes are always available in full at [highgroundorganics.com](http://highgroundorganics.com).*

## Filet Beans with Carrot and Miso Ginger Sauce,

from Chef Andrew E Cohen

This is a simple dish where the components speak for themselves, and the aim of the dish is to exalt the flavor of the beans. The carrots add a subtle woody flavor as well as sweetness, and the color pops against the green of the beans and the mustard brown of the sauce.

3/4-1 pound filet beans, ends trimmed so beans are uniform in length	2 medium carrots, sweet in flavor, cut into strips the length of the beans, using the wide or medium comb of a Ben-Riner or mandolin, adjust the blade so the strips are 1/8th inch thin
1/2 TBS toasted sesame seeds, lightly ground, or whole	1 cups, or as needed, Miso Ginger Dressing/Sauce (See recipe)
Salt as needed	-Optional-Scant 1/4 cup quickled shallots or very small red onion, drained

Bring a large pot of water to a boil. When boiling, salt heavily. After the water has settled back to a boil, add the beans and cook 8 minutes. Taste a bean-when it is close to being done it should have a sweet and grassy/nutty/green flavor, and the texture should be tender with a bit of snap/crunch still there, but getting tender.

At this point, add the carrots. Cook until the carrots are fully flexible and the beans are just tender. This should take around 3-7 minutes after dropping the carrots into the water with the beans.

Drain the vegetables really well, then transfer to a spotlessly clean dish towel and blot remaining water. Transfer to a big bowl.

Add enough dressing to coat the vegetables and use your hands to gently toss them in the dressing to coat.

Add to plates or palette and drizzle with a little more dressing. Scatter with sesame seeds, and if you choose to use them, the quickles. For a more formal presentation, blanch several scallion tops and cool in ice water. Tie the beans and carrots into bundles with the scallion tops, and reheat these before service in simmering water.

Serves: 4

## Savoy Cabbage and Apple Slaw, from Chef Andrew E Cohen

1/2 head Savoy cabbage, cored and finely shredded	3 apples –firm and sweet with a bit of tartness
1-2 carrots, peeled and cut into matchsticks with the middle comb of the Ben-Riner (think thick spaghetti) around 1 1/2 to 2 inches in length	1 cup, roughly, of Creamy Cider Vinaigrette (See recipe)
Salt and pepper to taste	

Put the dressing into a large non-reactive bowl. Using the mandolin, cut the apples into matchsticks with the medium comb, letting the pieces fall directly into the dressing to prevent browning. Use fingers to separate any apple that sticks together and gently toss to coat.

Add the carrots and gently toss to coat.

Add the cabbage and gently mix and toss to coat all ingredients with dressing. Season with salt and pepper and then chill for 30 minutes or so to chill. Serve cold. Serves: 4