



High Ground Organics Community Supported Agriculture

November 16th and 17th 2011

Thank You! from Jeanne and Steve

This is the final week of the regular season CSA deliveries for 2011. But don't let that stop you from getting your veggies! The Winter CSA starts in two weeks--if you are planning to sign up and haven't yet, check the info below and sign up now.

Thanksgiving is next week and we feel thankful for so many things this year. Here are some thanks we wish to convey:

Thanks to our excellent farm crew, who works hard all year, seeding, weeding, planting, harvesting, washing, and packing vegetables and fruit for your boxes. Antonio, Erasmo, Esperanza, Faustino, Felix, Fermina, Jaime, Gabriel, Hector, Levi, Maria, Misael, Noe, Oscar, and Rodrigo -- we couldn't do it without all your hard work. And thanks to Aaron for tending the orchards and attending to the gophers.

Thanks to our drivers, Liam and Rex, for your dedication, reliability, and cheerful willingness to handle anything that comes up on the delivery routes. And thanks also to Liam for your general handiness and work on maintenance and special projects around the farm on non-driving days.

Thanks to Chrissi, for brightening our lives with your centered cheerfulness while wrestling with our quirky customer database and handling all the little bits and pieces that need to be sewn together for our CSA to work.

Thanks to Andrew for all the hard work and original recipes that he has provided for our CSA newsletter and website. We are very grateful to have a chef on hand who specializes in cooking foods fresh from the farm. And thanks to Joni for sharing her cooking expertise with us in cooking demonstrations that helped CSA subscribers learn to use what's in the box with easy and tasty cooking techniques.

Thanks to Laura for your many years spent caring for our native habitat restoration area, as you set about caring for a new project -- your sweet little baby boy.

Thanks to the site hosts for allowing us to use your homes, churches, and schools to drop off our CSA boxes. You are the central focus points of our CSA program, where neighbors come together to pick up their farm shares. We truly appreciate your opening your spaces to the community and all that you do to help the CSA program run smoothly week after week.

Thanks to all of you who subscribe to our CSA. You help us survive as a small farm, and enable us to grow food in a way that respects the land we farm, preserves the environment around us, and lets us produce varieties of fruit and vegetables that would not be commercially viable on a larger scale. You are also part of a bigger movement supporting local food production, a sustainable system of organic agriculture, and

**Final Week of the 2011 Regular Season
Sign Up For the Winter Session and
2012 Regular Season, see details on back.**

“real” food, to counter the nation's trend towards consumption of more and more processed foods. We are so glad that you all are out there looking for the sorts of vegetables and fruits that we want to grow!

And a special thanks to all of you who filled out our survey. We've received over 350 responses and you gave us great feedback that we can use as we go into the next season's planting and planning. While we know we can't please everybody all the time (there are inevitably people who have

opposite requests--e.g. those who want more broccoli vs those who never want to see broccoli again!), we can get a good overall sense of those items that many people felt were over or under represented in your boxes. People were generally positive about on-line payment, and a majority of folks said they like getting the paper version of the newsletter. In addition, we received many useful comments and specific suggestions that we will act on to the best of our ability.

In our less busy winter season, we'll be planning our crops for next year, setting up an on-line sign-up system, improving the way recipes are listed in the website, and in general working to make the CSA everything we want it to be. Oh, and we'll be picking, packing, and delivering winter CSA boxes every other week! (Well, it sounds like a pretty busy season, after all.) We'll send out newsletters on the weeks of the winter deliveries through the winter. Thanks for a wonderful year!

This Week

Romaine lettuce

Red Radishes OR Red Butter
Lettuce

Butternut squash

Leeks

Scotch, Lacinato, or Red
Russian Kale

Mokum Carrots

Fuji Apples*

Carola Potatoes

Ornamental Gourds

Flowers: Mixed Bouquet

Veggie Notes:

Store the butternut squash, the gourds, and the apples out of the fridge on a counter or in a fruit basket, and the potatoes in a dark cool place. All else goes in the fridge. The butternut squash will last for a few months if you don't get to eating it now, though it would be good for a Thanksgiving soup, pie, or gratin. The ornamental gourds are ornamental -- don't try to eat them.

To wash leeks, cut off the dark green leaves, and cut them in half lengthwise keeping the roots intact. Run each half under running water while splaying out the sections with your fingers to get the dirt out from in between the layers.

Everything in your box and the flowers are certified organic. Apples are from Billy Peixoto this week. All else was grown by High Ground Organics. Flowers are from the Thomas Farm.

Sign Up for Winter and 2012

The 2012 season will run from March 14/15 to November 14/15. Pick-up sites and delivery days should remain about the same. We will let you know about any changes as they come up. Here are the options for 2012:

Full Year Early Sign Up with 5% discount if you send your check by *January 2, 2012*:

\$752 vegetables/fruit only

\$1026 for vegetables/fruit + flowers.

Full Year Regular Sign Up with discount (one free week) if you send your check from *January 3 to March 13, 2012*:

\$770 vegetables/fruits only

\$1050 vegetables/fruits + flowers

9-Week Quarterly Payment Sign Up:

\$198 for the first quarter (9 weeks) of vegetables/fruits

\$270 for the first quarter (9 weeks) of veg/fruits + flowers

Send your checks to High Ground Organics at the address below. Please note your preferred pick-up site on your check. We will hold the checks for the 2012 regular session and deposit after January 1, 2012.

Winter Session

There is still room in the winter session, which runs every other week from November 30/December 1 to February 22/23.

Winter session costs \$160 (vegetables only). Please include the winter pick-up site you wish to use (see list below)

You can combine winter payment with your payment for the 2012 season, or send 2 checks if you want us to hold your 2012 season payment until January.

Winter Pick-Up sites:

Wednesday Deliveries: Blossom Hill Belwood Lane; Los Altos - Loyola Corners; Mountain View/Sunnyvale Pear Ave; Rosegarden Shasta Ave; Willow Glen Avalon; Los Gatos Downtown Bachman Park; Mountain View Harpster; Palo Alto Cornell; Portola Valley; Saratoga Quito Rd; Stanford West; Sunnyvale Vireo Ave.

Thursday Deliveries: 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 Church; Pacific Grove; Salinas; Watsonville West Marine; Linscott School

Basic Sautéed Kale

1 bunch of kale	some garlic, leek, or onion
olive oil	salt and pepper

Strip the leaves from the kale by holding the end of the stem with one hand and the running your thumb and forefinger of the other hand up the leaf from the bottom. Stack all the leaves on top of each other and roll them up lengthwise. Holding the roll in one hand, chop the leaves in small strips. Wash the kale by dunking it in a bowl of water. Heat the oil in a large pot or pan with a lid. Add chopped garlic, leek or onion, and sauté until soft. Add the chopped kale leaves with the water that clings to them from washing. Stir. Add a little more water if needed to prevent burning, lower heat and cover the pot. The kale will braise, but check it often to stir and make sure there's

enough water that it's not burning. When the kale is softened to your liking, add salt and pepper. Serve. (If you use the stems--they are tougher but certainly edible--chop them small and cook them for 5 minutes before adding the leaves.)

Classic Potato Leek Soup, from Chef Andrew Cohen

3 medium leeks,(white and the tender green part) split, washed, and sliced finely	1 small-medium brown onion, peeled, split through the root and sliced finely
4 medium potatoes, peeled and halved lengthwise, then sliced ¼ inch thick	6 cups chicken or vegetable stock
Salt and white pepper to taste	Grapeseed, or other neutral flavored oil, as needed
2-3 TBS unsalted butter	¼ cup chervil leaves* or finely sliced chives or a little tarragon

Heat a 3 to 4 quart pot over medium heat. When hot, liberally film the bottom of the pan with oil. When the oil is warm, add a tablespoon of butter. When it stops foaming, add the leeks and onions. Stir to coat with the oil. Cook the alliums to wilt and soften, but do not allow them to color. If necessary, turn down the heat. Cook for 10 minutes or so, until tender. Add the stock and the potatoes. Give a stir to be sure the potatoes are not stuck to the pan bottom. Season with salt and pepper. Bring to a vigorous simmer and cook until the potatoes are tender, around 20-30 minutes. When the potatoes are tender, use a wand mixer to puree the soup, or very carefully puree in a blender (Fill the blender only 2/3rds full and cover the top with a towel and start on low speed. BE CAREFUL! The soup expands and can blow out under the lid spraying hot soup on you.). If you wish to enrich the soup, add in 2 TBS of butter while pureeing the soup. Taste for seasonings and adjust if needed. If using chives, stir some into the soup, reserving some to garnish each bowl of soup. If using chervil, sprinkle chervil leaves over the soup just before service. Serve in warmed bowls and pass croutons on the side.

Butternut Squash Gratin, from Chef Andrew Cohen

1 medium butternut squash	¼ C olive oil
1 clove whole +2 cloves of garlic minced	1 TBS of Wondra Flour, or All-purpose flour-Optional
1-2 TBS fresh herbs such as oregano or sage	
-Optional- ½ cup of minced flat leaf parsley, or ½ cup fresh bread crumbs lightly oiled, or ¼ cup grated Parmesan or dry Jack cheese, or a combination of these.	

Peel a butternut squash and cut into cubes- ½ inch to 1 inch as long as they are consistent. Toss the squash cubes into a bowl and drizzle with olive oil, then toss the cubes around to coat evenly with the oil. Don't soak the squash, but do make sure all of it is lightly coated. Rub a gratin dish with the peeled garlic clove and then lightly oil the dish. Put the squash into the dish, sprinkle lightly with flour and salt and pepper. Toss some herbs such as sage or oregano over it. Bake in a 375°F oven for one hour or until the squash is tender and caramelizing on the edges. Ten minutes before it is done, scatter minced garlic over the whole thing, or toss the parsley and the garlic together, or cheese, or seasoned breadcrumbs, or combine them all and put over the gratin. Serve hot.

Chef's Notes and Tips: Adding apples to the squash is a nice addition and brings out the natural sweetness of the squash.