



High Ground Organics Community Supported Agriculture

Week 36, November 16th and 17th, 2016

Giving Thanks, by Steve Pedersen

Making lists of things we are thankful for is perhaps an overused device for constructing an article at this time of year, but at the end of a tiring season, with the country in political turmoil, it's a good way to bring our spirits up. So here goes:

Chief among the things we are thankful for is our loyal, hardworking crew. They continue to take on more responsibility and make our life immeasurably easier. The value in not having to continually train new workers on our practices and standards cannot be overstated. Antonio, Gabriel, Carmen, Jaime, Esperanza, Paulina, and Abigail have all been wonderful. And Aquileo, Faustino, Jonathan and Antonio Garcia all deserve a special shout-out for going above and beyond what we have expected of them. We're delighted with the new additions to the High Ground driving and office staff this year, Jason and Molly, who stepped in to ease things up at a busy time, and appreciate driver Mark and farmstand manager Mike for their continued hard work.

Personally, I am thankful that I am able to pursue something that I have passion for and that in some very small way helps to bring the world more in line with my vision of how things should be. It's been said that farming is the last bastion for the generalist. It presents a wide range of challenges—from mastering welding and tractor driving to sitting down in the office to write articles for the newsletter. At times farming can be a tiring and frustrating occupation but at the end of the day there is nothing that I would rather be doing.

Lastly, we are thankful for you—our wonderful base of dedicated customers. When we first started out twenty years ago, CSA was a new and very novel concept. Only a handful of other farms were doing it, and getting attention and subsequent new sign-ups was easy. Organic agriculture went from being mainly practiced by smaller farms who sold their produce in specialty co-ops to being dominated by large corporate farms who sell their goods in supermarkets almost everywhere. Farmers' Markets have nearly quadrupled in that time, and the concept of CSA has been stretched to its limits. The long and short of it is, we know that you have many options as to where you buy your organic produce and we are grateful that you get it from us.

Over the years we have resisted the urge to add other options like bread, cheese, eggs and the like. We have always focused on what we do best—vegetables and fruit. The CSA continues

Next Deliveries will be December 7 and 8.

Happy Thanksgiving!

to be the main focus of our farm. And, although box delivery services abound these days, freshness and quality is what we will continue to hang our hat on. Most of the produce in your boxes was harvested the day before it was delivered, and we can do that because there is no middleman in this arrangement.

Perhaps what we appreciate the most about our members is

that you understand that good farming is about so much more than just providing fresh, pesticide free produce. It's about trying to balance out our carbon emissions. It's about protecting the water quality in surrounding creeks, rivers and wetlands. It's about appreciating and providing habitat for all of the other sentient beings that we share our space with. It's about caring about the people who are working in the fields. And it's about developing a relationship with the land, the people who live and work on it, and those who eat from it.

We hope you all have a happy Thanksgiving with good food, friends and family.

Veggie Notes, by Molly Jacobsen

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

Winter Luxury Pumpkins may tempt you into tackling the potentially intimidating made-from-scratch pumpkin pie. Just be sure to puree the cooled pumpkin until completely smooth if you want that from-the-can texture. And don't forget the whipped cream! These little beauties are also delicious when incorporated into **pumpkin** bread or used in savory recipes like soups and curries.

Golden beets and have a milder, smoother and less earthy flavor than **reds**. That beautiful yellow-orange color denotes high levels of vitamin C, vitamin A and beta-carotene. Roasted

beets and **chantenay carrots** make a great addition to many salads or eaten as a side. Peel the **beets** and slice into 1/8-1/4 inch thick half-moons. Slice **carrots** to 2 inch lengths of similar thickness. Toss with 1 TBS olive oil and 1/4 tsp salt, and lay out on a parchment paper-lined baking sheet in a single layer. Make a hearty winter salad by topping your **lettuce** with the roasted **beets** and **carrots** and dress with a simple lemon vinaigrette- combine 2 parts olive oil with one part lemon juice, plus salt and pepper to taste. An addition of crumbled sharp cheddar or parmesan cheese and toasted nuts really compliments the sweetness of the carrots and beets. You

IN THE BOX

Romaine OR Red Oak OR
Red Butter Lettuce

Winter Luxury Pumpkin
Spinach

Broccoli OR Romanesco
Red OR Green Cabbage

Gold OR Red Beets
Chantenay Carrots

Pippin Apples*

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

could even slice up one of your **pippin apples** and add it to the salad!

Separate the **broccoli** into florets, toss with 2 TBS olive oil and 3 cloves of garlic (minced) and lay out in a single layer on a baking sheet. Roast in the oven at 425 for 10-15 minutes, or until tender. Squeeze a lemon over the **broccoli** and sprinkle with 1/4 cup of parmesan cheese, and salt and pepper to taste.

Cabbages usually end up as slaw at our house, red and green cabbages both. Sliced up thin and tossed with grated **chantenay carrots**, thinly sliced **pippin apples** and diced red onion, this bright and colorful slaw is a great side to any barbecued meats and makes a great potluck dish. Dress it with a simple slaw dressing recipe. We're also big fans of fermentation projects at our house, and **cabbages** just beg to be turned into living, gut-healing, probiotic kraut, jam-packed with beneficial bacteria. Enjoy your veggies!

Chef's Notes, by Andrew Cohen

The pumpkin could be cut into crescents and served roasted with French Lentils with a vinegar reduction, or it would be nice in a braised **cabbage** dish with **apples** and **carrots** with a cider reduction. A sauté of **cabbage** and **apples** is also nice, especially with apples like **pippins**. Add some diced mushrooms and breadcrumbs or rice to **spinach** and **apples**, and this would be a good stuffing for pork or chicken.

Use the **spinach** in quiche, frittata, an omelette, or a **spinach** salad. Cook spinach well and then squeeze dry before adding to dishes so the liquid does not make everything soggy.

Roast Pumpkin with Spinach Sauté and Pepitas,

from Chef Andrew E Cohen

1 bunch spinach, large stems removed, thoroughly cleaned and drained	1 smallish cooking pumpkin, peeled, seeded and peeled, cut into 1 inch cubes
Seeds from the pumpkin, washed, oiled, and salted, roasted until golden in a 425°F oven, or use pine nuts	1/4 cup heaping white or yellow onion cut into 1/4 inch dice
1 med clove garlic, minced + 1 clove, peeled	1 tsp. good quality balsamic vinegar
Olive oil as needed	Salt and pepper to taste

Options:

1/4 cup cooked thick cut bacon cut into 1/4 inch dice added to pan before adding spinach	A few drops of roasted pumpkin seed oil, drizzled onto pumpkin before combining with spinach
3-4 1-inch rosemary tips or 5-6 sage leaves added to pumpkin before roasting	1/2 tsp. freshly toasted cumin seeds, powdered and added to pan before adding spinach OR 1/2 tsp. fresh thyme minced and added just before the spinach

Heat the oven to 400°F. Rub whole garlic clove all over the inside of a non-reactive bowl, pushing hard so you can see a trail of garlic oil left behind. Put the squash into the bowl and drizzle it with a generous amount of oil and toss to thoroughly coat the squash, then season with salt and pepper. When the stove is hot, place the squash cubes onto a foiled sheet pan along with the rosemary or sage leaves and roast until golden and tender, gently turning so the pumpkin cooks all over.

When done (10-15 minutes), remove from oven and allow to cool down. Remove the herbs and discard.

While the squash cooks, heat a 10-12 inch sauté pan over medium high heat. Film well with oil and heat until oil is shivering. Add onion and toss to coat. Cook until onions are translucent. Lower heat to low, allow pan to cool down 2 minutes, then add the garlic and stir in. When garlic is fragrant and softening, add the bacon if using. When hot, add the cumin or thyme and toss to combine. Next add the vinegar and reduce by 75%. Add the spinach and stir. Wilt the spinach, stirring to combine with all the other ingredients in the pan. Push spinach to the rim of the pan and turn up the heat under the pan to medium-high. Heat the pumpkin through, toss with the spinach, then add half the pepitas or piñons and toss to combine. Turn out the spinach/squash mixture into a serving dish and scatter the rest of the seeds/nuts over the dish. If using pumpkin seed oil apply now. Serve hot. Serves: 4

Crunchy Autumnal Salad, from Chef Andrew E Cohen

1 head of romaine lettuce, cut cross-wise into 1/4 or 1/2 inch wide strips, washed and spun dry	1 bunch golden beets, roasted and cut into 1/2 inch dice, dressed with white balsamic vinegar
1 1/2-2 cups Chantenay carrots, cut in 3/8 th in. dice	1 1/2-2 cups broccoli florets, cut into 1/2 inch pieces
1 1/2 cups heaping cooked farro	4, 6, or 8 hard-boiled eggs, as you choose, halved or sliced
1 cup of feta, blue-cheese crumbles, sliced rounds of breakfast cheese, or other mild crumbly cheese; skip this if you use a blue-cheese dressing as it would be overkill	1/4 cup toasted sunflower seeds -OR- 1/2 cup toasted almonds, coarsely chopped
1 cup dressing such as Creamy White Wine Honey Mustard Dressing, Double Balsamic Dressing, Honey Mustard Balsamic, A Lighter Simpler Blue Cheese Dressing, or White Wine Garlic Vinaigrette	
Salt and Pepper to taste	

Bring a 3 quart saucepan of water to a boil. Have a bowl of half ice, half cold water ready. Add a TBS salt to the water, and when it returns to the boil, add the diced carrots. Cook just until no longer raw all the way through. When bitten, a carrot piece should still offer a bit of resistance, but not seem raw. Use a slotted spoon or spider to remove the carrots to the ice water bath and submerge the carrots to arrest the cooking. Remove to a towel and dry.

Make sure there is still plenty of water for the broccoli, then add the broccoli floret ends to the boiling water. Cook for about 1-2 minutes. The broccoli should turn a little brighter, and not taste at all raw, but will still be firm and have some crunch. As soon as this state is reached, drain the broccoli and then submerge the broccoli in the ice water until it is cold. Drain thoroughly.

To assemble the salad; put some dressing into a large bowl and add the lettuce, and toss to coat. Add the farro and toss together. Divide between 4 plates. Put the beets, carrots, and broccoli into the bowl and toss to coat with dressing. Divide evenly amongst the plates. Arrange hard-boiled eggs on the salads and scatter with sunflower seeds, and if using, the cheese, and then drizzle with a little more dressing. Season with salt and pepper, and serve. Serves: 4