



High Ground Organics Community Supported Agriculture

Week 36, November 18th and 19th, 2015

Thank You, by Jeanne Byrne

This week we'll deliver the final boxes of the regular season. Thanksgiving week will be off and then we start biweekly winter deliveries the following week (Dec. 2 and 3). Our farmstand at Annieglass will be closed for Thanksgiving day, but will be open the day before (Wednesday, November 25th from 10 am to 5 pm) for those of you who live close by and want to get last minute Thanksgiving vegetables! We will also be at the Mountain View Farmers Market Sunday November 22, as we are every Sunday.

I feel that we have a lot of thanks to dole out this year. First of all, thanks to our farm crew for all the hard hours they put in to get your vegetables seeded, planted, weeded, watered, picked, washed, packed, and driven to your pick-up sites-- Abigail, Antonio, Aquileo, Esperanza, Faustino, Gabriel, Gereg, Jaime, Jonathan, Carmen, Mark, and Paulina. Thanks to Sarah for keeping the CSA running smooth as silk for another year, her hard work on the weekly newsletter, and for her leadership on making the switch to reusable crates a reality. Thanks to Andrew for all the great recipes and cooking tips week after week (and get well soon).

Thanks to Mike for his unflinching commitment to keeping our Farmstand open when we lost the Redman lease and for all the extra time and energy he put in helping move the farmstand to Annieglass. Thanks to Ryan, Lan, and Anna for helping out at the Farmers Market.

We'd also like to give thanks to Laura for her continued commitment to the habitat restoration area and to Clare for injecting her energy and muscle into the project over the summer. And thanks to Wetlands Watch for collaborations on various restoration related projects, and for asking us to host the Outstanding in the Field Dinner last Saturday which was quite lovely. We also owe thanks to the Thomas Farm for growing the beautiful organic flowers for the CSA each week.

Thanks to Annie of Annieglass for providing a home for our Farmstand at her Watsonville location and helping to promote us, and to Taylor for painting the pelicans on the Farmstand. Thanks to Beverlie for sharing her cooking expertise with chef's demonstrations at the Farmstand using our produce.

Thanks to Tereza and the Live Oak Grange and Maria at Real Good Fish for the wonderful Wild Farms Wild Fish event at the grange and the donation of proceeds to our crate campaign.

Winter Share Details

This is the final regular season delivery. We now go to our 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 or (831) 254-4918 if you need assistance with any changes to your account.

Thanks!

This Week

Granny Smith Apples*

Winter Luxury Pie Pumpkin OR
Delicata Squash

Shiitake Mushrooms*

Radicchio

Baby Red Beets

Green Chard OR Scotch Kale

Green Cabbage*

Green Butter Lettuce

Mystery

Everything is certified organic. Apples are from Robin's Nest Farm. Cabbage is from Phil Foster Ranches. Mushrooms are from Far West Fungi. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.

Big thanks go to my mom for loaning us the money for drilling the new well, without which we'd be up a paddle without a creek. Instead we are now ready to launch into a new year of growing without the water worries and stresses we faced this year. Speaking of which, thanks to Frank at Reiter Berry Farms for allowing us to tap into their well so we could get through the season.

And of course thanks to all of you who are the Community part of our Community Supported Agriculture program. Thanks for your continued support of the CSA and for helping us purchase the reusable crates with your donations this year. Our farm could not survive without you. We hope you all have a lovely Thanksgiving full of good food, family, and lots of love.

Veggie Notes, by Sarah Brewer

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

These **Granny Smith apples** from Robin's Nest farm in Watsonville are crisp and tart, but with a touch of sweetness to them that is divine! Great for pies.

Speaking of pies, the **Winter Luxury Pie Pumpkins** are also a top choice when it comes to holiday baking. They have a

smooth texture and sweet flavor that will beckon your Thanksgiving dessert table. Some of you may get **Delicata Squash** instead, which can be baked for a sweet, pretty, easy addition to the Thanksgiving table.

What a treat to have **Shiitake mushrooms** from our friends at Far West Fungi this week! Shiitakes are Japanese mushrooms which grow from the dead logs of the Shii tree (Japanese Chinquapin tree related to Beech and Oak). They can be steamed or fried or added to a soup.

Radicchio is a gorgeous magenta and white Italian leaf chicory, known for its slightly bitter taste and crunchy texture. It adds a nice element if added sparingly to your raw green salad, but it will really shine cooked down a bit with something rich.

Baby red beets will be in the box for you. If you roast them, they can be ready to throw in your salad at any moment.

Your greens du jour will be either the leafy **green chard** or the ruffled **Scotch kale**. Lettuce this week will be the smooth and supple **green butter lettuce**. **Green cabbage** will make a nice slaw or add to any stew or stir fries you have in mind.

I'm not sure who will get what, but there will be a secret surprise of one of the late summer crops still holding on. What will be in your box, zucchini, tomatoes, cucumbers or beans?

Fall Squash Panzanella Salad, from chef Beverlie Terra

This recipe was demonstrated at the Annieglass wine tasting event last Saturday. You can use Kabocha Squash or Pumpkin or Butternut or Acorn Squash.

Yields 2 cups

1.5 cups squash -- clean and dice small

*toss squash with belle farms olive oil (just enough to coat) and roast in 350degree oven for 20 minutes until lightly browned and soft

1 ea red bell pepper julienne

2 ea diced tomato

¼ bu fresh basil julienne fine

Croutons cut into 1" cubes and toasted slightly **crunchy on outside and soft inside**

Finishing salt

Capers

White balsamic vinaigrette

Ingredients are layered: Croutons, peppers, squash, drizzle of vinaigrette, tomato, capers. End with crouton on top and fresh basil. Top with finishing salt

Seared Pancetta Wrapped Radicchio, from Chef Andrew E Cohen

1 head radicchio, quartered through the root	4-8 slices pancetta (the number will depend on how big the slices are) unrolled, or 4-8 slices thin sliced bacon
¼ red onion, thinly sliced lengthwise through the root	Olive oil as needed
¼ cup balsamic vinegar, slowly cooked down to a syrupy consistency, around 2 TBS	½ cup orange juice, slowly cooked down to a glaze, around 3-4 TBS
1 TBS fresh rosemary needles	Salt and pepper to taste

Take up a few onion slices and lay them parallel to a radicchio wedge. Lay an end of a piece of pancetta or bacon over the end of the onion and radicchio to the left (assuming you are right handed, as I am not) so the strip comes towards you, and then pick up the wedge and pin the pancetta end and onion under the left thumb. Wrap the pancetta under the wedge and around, maintaining a small overlap at the edge, and wrap until you reach the end of the radicchio or pancetta. If the pancetta is not long enough, add the second strip under the first with an inch or two overlap and continue until the wedge is covered. Trim excess if needed. Continue with the rest of the radicchio.

Heat a pan large enough to hold all the radicchio without crowding over medium high heat. When hot, film with oil. When the oil is hot, carefully add the bundles to the pan. Sprinkle some of the rosemary needles into the pan. Cook until the pancetta is crisp and brown. Carefully turn the bundles over, browning the other side. Once the other side is done, brown up any other spots that need it. When the wedges are done, carefully transfer them to a platter or individual plates.

Warm the reduced orange juice and paint over the radicchio bundles. Drizzle the balsamic syrup over the bundles, and then season with salt and pepper and add few rosemary needles.

Serve hot or warm.

Serves: 4

Sweet and Savory Swiss Chard, from Chef Susan Pasko

1 bunch Swiss chard	1 TBS butter or oil
1 medium onion, cut into medium dice	3 garlic cloves, peeled and roughly chopped
1 tsp. sea salt	½ tsp. freshly ground black pepper
3 ribs celery, rinsed and sliced 1/2 inch thick	2 carrots, scrubbed and sliced 1/2 inch thick
1/2 cup white wine	1 TBS tamari or soy sauce
1/3 cup raisins	2 TBS capers
Water as needed	

Using a paring knife, slice the leaves of the chard away from the thick stem.

Rinse stems, slice into 1" pieces and set aside. Place leaves in a salad spinner filled with cold water, wash well, then lift basket out of the spinner and discard water. Don't bother spinning leaves, just remove them from the basket and place on cutting board. Stack a few leaves, roll the stack into a "cigar," and slice thinly crosswise into "chiffonade." Set aside.

Heat butter or oil in a 3-4 quart heavy-bottomed pot over medium heat. Add onions, garlic, salt and pepper, a drizzle of water and give it a stir. Turn the heat down as low as it goes, cover, and cook for 15 minutes.

Stir in the harder vegetables... the carrots and celery. Replace the lid and cook another 15 minutes, adding a little water if the vegetables are sticking. Then add the softer things: the chard stems and raisins, along with the white wine, soy sauce and capers. Leave the lid off and stir it up, cooking until almost all the liquid is gone. Then add the chard chiffonade and replace the cover for the two minutes it will take to wilt down. Serve garnished with the Parmigiano.

Serves 4 as a side dish. Add a little cooked quinoa or rice to make it a main.