



High Ground Organics Community Supported Agriculture

Week 36, November 19th and 20th, 2014

Thanksgiving, by Jeanne and Steve

It's hard to believe another CSA season has come to an end. This week we'll deliver the final boxes for the regular season. Next week we'll celebrate Thanksgiving and then we'll take some trips to visit colleges with our eldest daughter. (This is quite a milestone. We leased our first few acres and started farming the year she was born. The kid and the farm are both growing up!)

And now for some thanksgivings:

Thanks to our excellent farm crew, who work hard all year, seeding, weeding, planting, harvesting, washing, and packing vegetables and fruit for your boxes--Abigail, the two Antonios, Aquileo, Carmen, Elena, Erasmo, Esperanza, Faustino, Gabriel Sr and Jr, German, Jaime, Jonathan, Miguel, and Paulina. Long gone are the days when Steve did the bulk of the work himself. We couldn't do it without you.

Thanks to Sarah for competently sewing together all the pieces that make the crazy CSA quilt run smoothly and for your cheerfully adventurous approach to exploring what's in the box each week.

Thanks to our drivers, Stephanie and Mark, for your reliability, careful driving, and calm flexibility in handling anything that comes up on the delivery routes.

Thanks to Andrew for all the detailed cooking advice and original recipes, and your dedication to making great food from fresh vegetables.

Thanks to the site hosts for offering your homes, churches, businesses, and schools as pick-up sites. You are the community focus points of the CSA, where neighbors come to pick up their farm shares. We truly appreciate all that you do to help the CSA program run smoothly week after week.

And finally 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 and the environment around us. You are also part of a bigger movement supporting local production of "real" food at a time when the trend is 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!

We hope you all have a wonderful Thanksgiving!

No Deliveries Next Week

Winter Session Starts December 3/4

This is the final delivery of the 2014 regular season. The every-other-week winter session will start up on December 3/4. To continue your deliveries through winter, all you have to do is make sure there is credit on your online account after this week's delivery. The whole winter share is \$168, but you can also continue with any of our payment plans (4-deliveries, 9-deliveries, etc.) If you wish to take the winter off, you can either email Sarah so she can program the delivery hold on your account or you can do it yourself on the "Delivery Hold" tab of your account. Thank you!

Questions? csa@highgroundorganics.com or 831-254-4918

This Week

Granny Smith Apples*

Delicata Squash

Red Ace Beets

Savoy Cabbage OR Cauliflower

"Tongue of Fire" Shelling Beans

Celery

Red Leaf Lettuce

Mystery

Everything is certified organic. Granny Smith Apples are from Robin's Nest Farm. All other vegetables and fruit were grown by High Ground Organics.

Veggie Notes, by Sarah Brewer

Your winter squash will be **delicata**, lovely roasted in rings or halves. These ripe **Granny Smith apples** are a great cooking apple. Your **beets** will be of the Red Ace variety, sweet and earthy and Thanksgiving. Remove and cook the stems and leaves right away. The **beet** roots will last in the crisper drawer until Thanksgiving and beyond.

There's **celery** for your Thanksgiving stuffing; be sure to leave some for the Waldorf salad.

The "Mystery Item" will likely be **tomatoes** or **Padron peppers**. Ok, these little guys (Padrons) are generally mild, but sometimes they have a little kick to them and occasionally, they are REALLY SPICY. They are easy to prepare, blistered all around in a frying pan, for instance, and are truly addictive. Enjoy your veggies!

Cooking Notes, by Chef Andrew Cohen

Celery leaves this week get used for a recipe that can be a condiment or a pesto. It is just a matter of how you cut it. Although **celery** is almost always cast into supporting roles, there is a recipe for a sauté of **celery** on site that stars **celery** for a dish that would be a great relief to lots of big flavors, like you might find on the Thanksgiving table. Also, this would be a good time to stock up on your supply of soffritto (see recipe) for the freezer. It can certainly make the holidays easier when you have some tucked away.

An easy dish with great flavor is a braise of **Savoy cabbage** with **apples**. Quarter the **cabbage**, dice some Granny Smith **apples** and an onion, and have a little apple juice handy. Cook the onions in a little butter scented with rosemary, then gently brown the sides of the **cabbage**. Add the **apple** and the juice

to go halfway up the **cabbage**, then cover and simmer just until cooked through, but still with some texture. Remove the **cabbage** to a platter and reduce the pan liquid to a syrup and drizzle over the **cabbage**. You could add **celery** to the dish.

The **Delicata squash** could be used as boats to contain a sauté of the **Savoy cabbage** with **tomatoes** and bits of **cauliflower**. You could add ground beef to the mix with some grains to make it more substantial. If you want to have fun, cut the ends off the squash and pack it with a mixture of spinach, **celery**, onion, mushroom, and ground meat, and then bake it in the round, serving half a squash to each person. The skin of the **Delicata** is edible, and is pretty to look at, so this could be a nice looking plate as well as tasty. Thinking of stuffing things, **Savoy cabbage** is a good one for using as edible wrappers. Making stuffed bundles a day ahead is a good way to ease holiday cooking workloads. You can prep ingredients 2-3 days before assembly, then cook off and wrap the bundles the day before. On the day of, you just bring them to room temperature, then finish in the oven or on stove top for 20 minutes or so. If someone helps with cutting and assembly, it's easy-peasy.

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

Basic Braised Shelling Beans, from Chef Andrew E Cohen

Add sausages and cooked rapini for a one dish meal, or use a nice vegetable stock with some carrots and celery and add some long cooked farro, and puree for a wonderful soup. If you have pesto, it is a wonderful seasoning for these beans.

2-3 cups shelled beans*	1 brown onion, peeled and cut into ¼ inch dice
2 cloves garlic, peeled, degermed, and sliced thinly	2-3 fresh sage leaves, or 1-2 TBS fresh marjoram, or 2 inches rosemary stalk
1 bay leaf	salt and pepper to taste
vegetable stock or water to cover by 1 inch	olive oil as needed for cooking
1-2 TBS very flavorful extra virgin olive oil for finishing	

Heat a chef's pan or heavy pot just large enough to hold the beans and liquid over medium heat. When the pan is hot, add enough oil to coat the pan bottom generously. When the oil heats up, add the onions and cook until they are softened and fragrant, but not browning. Add the garlic and cook until fragrant. While the garlic cooks, bruise the sage (or rosemary if that is your herb of choice) with the flat of the knife. Hold the stem in one hand, and lay the knife almost flat on the herb and slide the knife the length of the stem/leaf.

When the garlic is softened but not colored-about 1 minute, add the herbs and stir around. When you can smell the herbs, add the beans, and then add the liquid to cover the beans by an inch or a little more. Season with a pinch of salt and a generous amount of pepper and bring to a boil.

As soon as the water boils, bring the temperature down to a gentle simmer, and gently cook the beans until done. If you cook the beans too vigorously they will break down and turn to mush and the flavor will be watery. This should take around 30 minutes. The skins should be tender and the insides should have a creamy consistency.

Taste for seasoning, and add salt and pepper as needed. The beans are ready for use now, or you can cool them in their

liquid for use later. I think the beans have deeper flavor when allowed to sit in their cooking liquid for a few hours.

Before serving, hit with a little fresh ground pepper and a good drizzle of extra virgin olive oil. Serves: 4

Salad of Beet, Celery, Avocado, Pomegranate, and Pistachios with Creamy Poppysseed Dressing, from Chef Andrew E Cohen

I tend to think of this as Christmas Salad. Not because of when it is served, but because of the reds and greens of its colors and the jewel-like look of the pieces. You can cut all the components except the avocado in advance.

1 head red leaf lettuce, cleaned and torn into bite-sized pieces	3-4 roasted beets or enough to equal 2 cups cut up, trimmed and cut into 1/4 to 3/8 inch cubes, and well drained of any liquid
4-5 thick outside celery stalks, cut into 1/4 to 3/8 inch cubes	2 avocados, cut into 1/4 to 3/8 inch pieces at the last moment
1 cup roasted shelled pistachios	1 cup pomegranate seeds
Salt and pepper to taste	1 cup, or as needed, Creamy Poppysseed Dressing (See recipe)

Put the beets on a couple paper towels and blot dry. This is to keep them from bleeding onto everything else so the separate colors remain distinct. If you don't care about this, skip this step.

Put the lettuce into a bowl with a small amount of dressing and gently toss to lightly coat the lettuce. Distribute between 4 plates. Put the celery and beets into the bowl and add 1 tablespoon dressing, or just enough to barely coat. Toss to mix and place some in the middle of each lettuce mound and spread out a little bit.

Scatter the avocado over the beet and celery piles. Scatter the pistachios, then the pomegranate seeds over the salads.

Drizzle with a little dressing over all, then season with a little salt and pepper, then serve. Serves: 4

Basic Roasted Rings of Delicata Squash, from Chef Andrew E Cohen

4 Delicata squash	Olive oil as needed
Salt and pepper to taste	Garlic powder ~1/2 tsp. or less
½ TBS rosemary needles	

Place oven racks so they are in the middle of the oven. Heat the oven to 400°F. Line 2 rimmed sheet pans with foil or parchment paper. Drizzle with a few drops of oil and rub with your hand to coat evenly.

Slice the ends off the squash and then cut the squash in half through the width. Use a spoon to scrape out seeds and clean out the inside. Use a peeler to scrape off stripes of skin along the length of the squash along the tops of the ridges.

Slice the squash into ¼ inch thick rings. Put into a large bowl and spritz or drizzle with oil and toss to coat. Use your hands to get oil all over the rings. Season with salt and pepper and dust lightly with the garlic powder. Add the rosemary needles, toss to mix.

Lay the rings onto the prepped sheet pans so the rings do not overlap. Roast for 30-40 minutes, turning the rings over half-way through. The squash is done when tender, and flecked with brown. Serves: 4