



HIGH GROUND ORGANICS

GROWING EXCEPTIONAL FRUITS AND VEGETABLES FOR OUR COMMUNITY

Winter CSA

November 30th and December 1st 2011

This Week

Carnival squash
Lacinato Kale
Loose Mokum Carrots
Mei Quin Choi
Romaine Lettuce OR Red Butter
Lettuce
Cilantro
Potatoes
Mystery

Reminder: Winter CSA Deliveries are Every Other Week

Next delivery will be December 14th and 15th

starts to brown and caramelize. I serve this atop pasta with cilantro pesto, toasted walnuts or pecans, and a little tomato sauce. **Potatoes** will go in a pot roast with the rest of the **carrots**.

Quick Farm Note from Jeanne

Steve and the crew are planting next year's strawberries this week. Steve may write more about that process in the next newsletter, but right now he's at a grower's forum on Pajaro Valley water issues put on by EcoFarm and the Community Alliance with Family Farmers. The cover crops are coming along nicely in various parts of the farm that are resting through the winter, and we're busy planning our winter tasks of maintenance, planting schedules, seed orders, website work, etc.

Notes from Chef Andrew

In the aftermath of Thanksgiving, I find myself cooking a little lighter fare, with lots of vegetables. Not that I didn't get lots of them on the Turkey day table--there were four veggie dishes, including the **carrots** recipe included here. Everyone commented favorably on the dish, even though I forgot to include the sugar snap peas. (The recipe includes them.) My daughter has already requested the dish again, so I'll make it with some of the Mokum carrots in the box. I also like the idea of a pot of soup made with the **carrots**, **lacinato**, and some beans and onions. This is the kind of soup that you start one day, and then add stuff as you eat a bunch of it to transform it into something else. Start with the basic recipe, then add farro the next day. Then some more **greens** and some pasta. By the third day it has turned to a stew as vegetables cook into oblivion and thicken the mess. Dollop it over toasted bread and hit it with hot pepper flakes, or roast the **Carnival squash** halved, and then fill them with the vegetable stew after cooking it down so the liquid is almost gone, and top with some cheese and then run it quickly under the broiler. Another stuffing for the **squash** would be centered around quinoa, and this could be laced with **carrots** and **summer squash** or ribbons of **spinach** cooked in white wine with onion. The other day someone was talking to me about a Thai dish they had that was a curried **winter squash**, and I have been

Veggie Notes: The carrots are picked fresh but without their greens this week because the greens get beat up by the cold weather this time of year. They break off if we try to pull up the carrots by the greens so we have to dig them out instead. The mystery may include the last summer squash that we'll be harvesting this season. Then that field will get turned under and planted into cover crop. The Carnival squash is a large sweet dumpling variety. When in doubt with winter squash, just cut it in half, place the cut sides down in a baking dish with about 1/2 inch of water and bake in the oven until the squash is soft and starts to caramelize. Top with brown sugar, honey, spices, or nothing!

Jeanne's quickest easiest way to use this week's box: Some **carrots** go to school in the kid's lunches. I'll also make a nice salad of **lettuce** with grated **carrots**, with a homemade vinaigrette dressing. The **mei quin choi** is so easy and quick to cook, I'll use it as a side dish on one of my busier days. Just wash and slice the mei quin choi, and saute in a pan with some garlic and maybe some red pepper flakes, and top with soy sauce. It cooks quickly and has a nice crisp juicy texture. I never have trouble using **cilantro** ever since I learned how to make cilantro pesto (recipe below). I just love the flavor that this imparts to pasta or vegetables. So, I'll make pesto with the cilantro and use it with pasta (we use rice or corn pasta here because 2 of us are gluten free). To go with the pasta, I'll use either braised **kale**, **spinach** or sauteed **summer squash**. I like to slice the summer squash into thin strips and cook it in a pan with some oil (and sliced onion if available) until the squash

thinking about it since. I could see peeling the Carnival squash and sautéing it in chunks, then adding mei quin choy along with spinach and carrots and making a sauce with curry, coconut milk, and plenty of cilantro. If this cilantro is like what I saw at the Farmstand, it has plenty of juicy thick stems for dressings and flavoring braises. I will try sautéing the root clusters with garlic, ginger, sliced shiitakes, and coconut milk which I will use to top some basmati rice. The stems will go to making a cilantro dressing for the lettuce, which might get shreds of carrot, or maybe I'll kiss Summer goodbye with a plate of Summer Squash Carpaccio drizzled with the cilantro vinaigrette. No meat here, the squash fills in for the filet. I could see blanching the potatoes and then sautéing them, and then dressing them with a cilantro dressing while hot, and serving these with some fish and a sauté if garlicky spinach or carrots cooked with cumin and coriander. I could also see cutting the potatoes small to resemble rice, and then cooking them in the same manner, sautéing them in some oil with a touch of butter, and then adding hot stock a ladleful at a time, stirring all the while. The stirring will bring any starch in the potato into play, giving the dish a texture just like a risotto. This would be good with strands of garlic laden lacinato or spinach, and you could cut some carrot to the same size as the potato and add it for sweetness and color. Be sure to use a light vegetable stock, a little wine, and a lighter flavored olive oil for the dish to keep it light. Later in the year, when you want more robust fare, try the potato "risotto" with some truffle oil and finish it with a little butter. For now? I'm sticking with the lighter version.

Cilantro Pesto from Jeanne (adapted from *Moosewood Cooks at Home*)

1/2 bunch cilantro	1/4 to 1/2 cup almonds
3 -4 cloves garlic	salt and pepper to taste
1/4 cup or less olive oil	

Combine all except olive oil in a food processor. Whirl in processor until ingredients are combined and the processor can't do anything more with it. Drizzle olive oil slowly into the processor while it is running until the pesto reaches desired consistency. Use this pesto on pasta or vegetables, or add a dollop to a vinaigrette dressing.

Thanksgiving Carrots (Carrots with Cardamom, Cinnamon, and Vanilla), from Chef Andrew E Cohen

1 lb. Mokum carrots, peeled and "oblique" cut 3/4 inch*	1 heaping tablespoon sugar
1 tablespoon butter	1 big pinch cinnamon powder
1/8 teaspoon cardamom seeds, powdered	1 pinch vanilla powder, or 1/8 teaspoon vanilla paste, or 1/4 teaspoon vanilla extract
Salt and pepper to taste	Water as needed
-Optional-1/2 pound sugar snap peas, halved diagonally or cut into 3/4 inch lengths	

Heat a 2½ quart chef's pan or sauteuse over medium heat. When the pan is hot, sprinkle the sugar over the pan bottom. When the sugar starts to melt and begins to caramelize, lift the pan from the heat and add the butter, swirling the pan to incorporate the sugar into the butter. Add the carrots and toss to coat in the sugar/butter mixture and return the pan to the heat. Sauté to color the carrots a little. (This will intensify the

Sign Up for 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. 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.

carrot flavor.) When the carrots have colored a little, sprinkle with most of the cinnamon and cardamom. Toss to coat evenly, then sauté briefly to "bloom" the spice flavor. Season with salt and pepper, then sprinkle with the vanilla powder and toss to mix in. If using the paste, add it and toss to coat the carrots. Add water to come just to below the top of the carrots. Bring to a boil, then reduce to a simmer. If using vanilla extract, add it now. Cook the carrots until just tender. If using the optional sugar snap peas, now is the time to add them to the water with the carrots. Cook for just long enough for them to turn a brighter, deeper shade of green and to lose the "raw edge." Around 30 to 60 seconds. Remove the vegetables from the cooking liquid using a slotted spoon or spider. Reserve all the liquid in the pan.

Once the vegetables have been removed, turn up the heat to medium-high and gently boil the liquid in the pan. Cook to reduce it until it just starts to form a glaze. Add the vegetables back to the pan and toss to coat them. Continue cooking until the liquid is all but reduced and forms a glaze on the vegetables. Sprinkle with the last of the spices, tossing to coat the vegetables evenly. Serve hot.

Chef's Notes and Tips: *Oblique cuts: This is a type of cut commonly found in Japanese cuisine, a.k.a. as a "roll cut". The shape of the vegetable when finished provides interest on the plate and also prevents the pieces of vegetable from stacking flush against each other which can hinder even cooking. To achieve an oblique cut; hold the carrot flat on the cutting surface and angle the knife for the cut at a 45° angle to the length of the carrot. Use the thumb and forefinger of the hand holding the carrot to rotate it a quarter turn away from you. (You can rotate towards you if you wish, but after studying the matter for a while I realized it is easier on the thumb to rotate away.) The result is oblique cut carrots. Use this on burdock, parsnips, or any cylindrical vegetable.

Everything in your box is certified organic and grown by High Ground Organics.