High Ground Organics



 Community Supported Agriculture

 **Week W2, December 16th and 17th, 2015**

**Winter Update,** by Steve Pedersen

 Things have played out perfectly here this fall. We’ve had enough rainfall to bring up the cover crops and stabilize the hillsides with breaks in between that have allowed us to get the work done that we’ve needed to.

 It’s often hard to tell when one “season” ends and the next begins, but for me it felt like we turned the corner this past week. We finished planting the last of our strawberries and, perhaps most tellingly, the greenhouse is starting to fill up again with transplants for next year. But more than any one physical task, I think it is a change in attitude that marks the beginning of a new season. It is the point at which the upcoming year appears as an exciting opportunity to make the changes you’ve been wanting to and to try new things.

 Some of the changes we are hoping to make this coming season are to install a permanent, “hard-set” sprinkler system at our Lewis Road site, which will save a lot of water, reduce erosion, and eliminate the huge amount of labor that it takes to move around and set up the portable aluminum pipes that we currently use. We are also hoping to get a European “spader” implement to use for incorporating the cover crops here at our home ranch. While these implements move through the field much slower that the disc-harrow that we currently use, they require fewer passes and do a much better job of evenly incorporating the residue throughout the top 12 inches or so of soil.

 With a stretch of wet weather forecast ahead, we’ll have more time to pour through seed catalogs, go to organic farming conferences and get re-inspired on how to run our farm.

 Remember that after this week there will be no deliveries until January 6 and 7th. We wish you all a very happy holiday season and an inspired and hopeful new year!

**Cooking Notes,** by Andrew Cohen

This Week

**Chantenay Carrots**

**Chioggia OR Red Beets**

**Arugula**

**Butternut Squash**

**Curly Cress**

**Rainbow Chard**

**Parsnips\***

**Little Gem Lettuce**

*Everything is certified organic. Parsnips are from Phil Foster Ranches. All other vegetables and fruit were grown by High Ground Organics. Note: last minute substitutions may be made.*

 One of the recipes this week sees **Chantenay** **carrots** diced and cooked like a risotto. This was inspired by a recipe I saw that reminded me of a dish I used to cook at Theo’s where we made risotto using potato cut the size of rice and relied on the starch in potatoes to create the texture of a traditional risotto. In this recipe it is butter that stands in for the starch. You can pretty much do the **carrot** recipe using **butternut** **squash** instead, although it will probably get softer quicker. I would recommend using higher heat, stirring more, and skipping the

**NEXT WINTER DELIVERY:**

**January 6 & 7**

edamame, however. There is a salad of fluffy **cress** and **rocket** (or **arugula** if you prefer) with **Little** **Gem** **lettuce**, roast **beets**, and nuts that employs an Orange Balsamic vinaigrette that would be right at home garnishing hot or cold **butternut** squash, chicken, pork or beef, as well many other salads. By the way, rocket and **arugula** are the same plant. Apparently, arugula is an American English (mis-)pronunciation of the Italian “rucola”. Arugula is also known as rucoli, roquette, or rocket. It is related to the beach plant sea rocket (also edible), which is most evident to me when I view the seed pods of both. They look fairly similar, and work in the same way. Anyway, all of this is just an offhand explanation of why some of my recipes will talk of rocket and some **arugula**-it just depends where my head was when I started typing. So, don’t panic if you see rocket in a recipe-just get some arugula. I like **arugula** for its nutty and (sometimes quite) spicy nature. Although it is almost always eaten raw as a salad green, it cooks up nicely with balsamic vinegar for toast, is a great pizza or pasta garnish, and tossed with a vinaigrette makes a wonderful accompaniment for steak or bread pork or chicken cutlets. You can even purée it with olive oil and shallot for a purée as a sauce. **Curly** **cress** will share some of the same qualities as **arugula**, but I would not try and cook with it, unless it was to toss some into a pasta at the last second. Both are really excellent in sandwiches. The **Little** **Gems** are a great lettuce for all those “wedge” salads that tempt you but make you feel guilty. You can also use them in Caesar’s. They also happen to be great to cook. Grill them and drizzle with that Orange Balsamic dressing, or just hit with good oil and a thick balsamic vinegar. You could also halve the heads, and sauté them on the cut side in a heavy pan with some oil and a little butter. Serve the lettuce warm/hot with some ice cold thinly sliced purple radish (or quickled radish better yet) and roasted **beets**. The temperature contrasts are fun, and the messing with expectations is surprising. Try quartering **Little** **Gems** and sautéing or grilling them, and then saucing them with something like Romesco or a teriyaki sauce and serving them as a side dish to really stir things up a bit. Sounds odd? Perhaps, but excellent.

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

**Veggie Notes Crossword,** by Sarah Brewer



**Across**

**5.** These little guys are like a cross between a

“Romaine” and a “butter”

**6.** This plant can be added to soups, sandwiches and

salads to add a tangy flavor

**7.** This variety of a common root vegetable is known for

its sweetness

**Down**

1. These cream-colored cousins of the carrot come to us from Phil Foster Ranches this week.
2. The flesh of this winter squash is goldenrod in color with a sweet and nutty flavor.
3. Named for a town in Italy, this root vegetable has the colors of a popular Christmas candy when cut in half.
4. Related to the beet, this leafy green will come to you in a variety of colors.

**8.** This peppery green is also known by the names of

“salad rocket,” rucola, gucoli, rugula, colewort, or roquette.

**Roasted Beets with Rocket, Curly Cress, Little Gems, and Orange Balsamic Vinaigrette**, from Chef Andrew E Cohen

 Use this as an accompaniment to steaks, roast chicken, or roasted Portobello mushrooms (or in the cup of the cap).

|  |  |
| --- | --- |
| 1 bunch red or Chioggia beets, roasted sprinkled with white balsamic or red wine vinegar (See recipe on site), cut into ½ to ¾ inch wedges | 1 bunch arugula, stemmed, washed thoroughly, and dried |
| 1-2 Little Gem lettuce heads (enough to yield 4 cups), cleaned and cut into ¼ inch strips | 2-3 cups curly cress, thicker stems removed, washed and dried |
| ½ cup roasted salted sunflower seeds or roasted salted pistachios | Flaky salt to taste |
| 1 cup, or as needed, Orange Balsamic Dressing (recipe on site) |  |

 Place the beets in a non-reactive bowl, and drizzle with enough dressing to just coat them. Toss to coat evenly.

 In another bowl, drizzle ¼ dressing and swirl the bowl to spread the dressing around. Add the cress, arugula, and lettuce shreds and gently toss (fingers are best here) to combine the greens with each other and then dressing. Add more dressing as needed to coat, but not weigh down the sprouts and rocket. Things should be dressed, but not clumping or sticking together in knots.

 Sprinkle the dressed greens onto the beets, and then toss the contents of the bowl to combine.

 Distribute between 4 chilled plates, scatter lightly with flaky salt, then scatter salads with the sunflower seeds or pistachios. Serve right away. Serves: 4

 *Chef’s Notes:* If you wish, you could add bits of orange to the salad. Cut into suprêmes (See recipe on site) and cut them in half, or cut away skin and pith and quarter and orange or two and slice into 1/8th inch slices. Add at end of recipe just before adding nuts/seeds.

**Basic Roasted Roots**, from Chef Andrew E Cohen

 Use any or all root vegetables for this. The important thing is to cut all the pieces about the same size to roast evenly.

|  |  |
| --- | --- |
| 2-3 pounds of root vegetables- Parsnips, Turnips, Rutabagas, Celery Root, Carrots, etc. (You should have enough to fill the pan bottom in a single layer without crowding. I usually toss the whole vegetables into the pan to get an idea.) | Olive oil-enough to coat the vegetables when cut up |
| 2-3 TBS fresh herbs-rosemary, thyme, sage, savory…your choice, -OR- 1 TBS dried | salt and fresh ground pepper |
| Optional-Garlic cloves |  |

 Pre-heat oven to 400°F. If you wish, rub the bottom of an ovenproof dish with a peeled clove of garlic. Rub well to coat the pan with garlic oil. If you look carefully you can see the oil coating the dish. This will impart garlic flavor without leaving bits of garlic to burn and taste bitter.

 Peel and cut enough vegetables to a uniform size to fill the dish without crowding. Some vegetables cook faster than others. If mixing types, know that parsnips, turnips and celeriac cook faster than potatoes, so cut them a little bigger. Parsnips are high in sugar so watch them for burning, and cook higher in the oven away from the heating element to prevent scorching.

 In a large bowl, toss the vegetables with enough oil to coat them. Put into the prepared cooking dish, then sprinkle with salt and pepper to taste. Scatter herbs over the dish. If you wish, scatter unpeeled cloves of garlic around as well. These will cook to a paste inside the jackets and you can squeeze the contents of the cloves onto bread or use in other preparations.

 Cover the dish tightly with aluminum foil or a tight fitting lid and place in the center or upper part of the oven.

 Roast for 30 minutes. After 30 minutes, remove the foil and check that the vegetables are tender enough to be easily pierced with the tip of a knife. If not, re-cover and cook 10 minutes more.

 When the vegetables are tender, return to the oven and cook for 15 minutes to brown and crisp the roots. Shake the dish occasionally to turn the roots. When they are evenly cooked, they are ready to serve. After you have cooked a few different roots you will see the differences in the cooking times and will be able to account for them easily enough. Serves: 4