



High Ground Organics Community Supported Agriculture

Winter 2, December 21st and 22nd, 2016

Farm Notes, by Jeanne Byrne

Well, I have to eat crow on my eagle post from last time. It has been pointed out to me that the young eagle has the white chest coloring of a 2nd year juvenile. We wanted it to be a new chick from this year, and we hadn't seen last year's juveniles in a long time, and it was flying with both adults, so we just assumed it was a new fledgling. But you know what happens when one assumes...

But it is still interesting to see the adults hanging out with this young one. We had wondered if the offspring just leave to new territory and never come back. It's kind of heartwarming to know that the family bond continues. Junior came home for the holidays to meet the stepparent, as it were.

You're getting honey in your boxes this week from the beehives Keith Kimes keeps on our two farm properties. The bees have done very well this year, maybe partly due to the easing up of the drought conditions.

The honey is raw and unfiltered. For this reason it crystallizes more readily than commercial honey. You can simply use it crystallized (it spreads nicely that way and the flavor is just as good.) Or you can easily reliquify it if you prefer it that way by removing the lid of the jar and placing it in a deep pan of hot (not boiling) water. Stir the honey occasionally to evenly distribute the heat throughout the honey. Boiling or pasteurizing the honey will change the flavor and is not recommended.

Here is a brief explanation of crystallization from the Kimes Apiary website:

"Honey crystallizing is the process of dextrose reverting from a dissolved solution form into a solid crystal form. Some honey, such as mustard honey, has a higher percentage of dextrose and will crystallize very quickly. Some honey, such as sage honey, has a higher percentage of levulose and will crystallize very slowly. Honey does not spontaneously crystallize; the crystals must grow on a seed surface. This is why commercial packing plants filter honey, removing any small particles from the honey, eliminating many of the seeds upon which the crystals may grow. Heating honey also dissolves any microscopic crystals that are too small to be seen, removing them as seed surfaces. Raw honey has an abundance of seed surfaces as it is loaded with pollen, microscopic dextrose crystals, and bits of wax and propolis. It will crystallize relatively quickly as compared to commercially heated and filtered honey."

In The Box

Carnival Winter Squash OR
Winter Luxury Pumpkin

Red Beets

Corno di Toro Peppers

Green Cabbage OR
Romanesco

Chantenay Carrots

Collards OR Scotch Kale

Leeks*

Kimes Apiary Honey*

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

Winter Schedule:

Next Deliveries will be January 4th and 5th.

Keith goes into much greater depth in his explanation of crystallization and fermentation in raw honey, so if you are interested, dig into it at kimesapiary.com. Otherwise, just enjoy your honey! I, for one, will use it to make my pumpkin pie for Christmas.

We hope you have a joyful holiday.

Veggie Notes, by Molly Jacobsen

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

Corno di Toro peppers get their name from the long, curved, and slender shape of this chile, which comes to a pointed tip, resembling that of a bull's horn. The peppers in your box this week are young and green, and will have a sweet flavor and very subtle heat. When the peppers are left to mature to red, the intensity of their heat increases slightly. A traditional Italian appetizer, Corno di Toro peppers are prepared like padron or shishito peppers; fried in olive oil until the skin blisters, then finished with salt and parmesan cheese. Their mild flavor and comparably large size also makes them ideal for stuffing with a combination of rice, herbs, and cheese and then roasting. They are also often cooked down and used in sauces.

Collard Greens are the less-popular cousin to **kale**, at least here on the west coast. However, these two types of brassicas are similar in their rock-star nutrient content, including anti-inflammatory properties in the form of Omega-3 fatty acids and Vitamin K. They also contain the antioxidants beta carotene, Vitamins C and E and detoxifying glucosinolates, compounds that are being studied for their abilities to prevent cancer as well as cardiovascular disease. In the South, **collards** are appreciated for their awesomeness and are a staple in southern cuisine. When searching for a recipe for classic

creamed **collards**, I look no further than the Nourished Kitchen food blog. Not only does Jennifer McGruther offer step-by-step instructions, she also encourages the consumption of butter and heavy cream- and provides enough nutritional evidence for me to feel good about it. However, I have also been known to forgo the dairy and just sauté up my **collard greens** in bacon fat or olive oil, with some minced garlic and salt and pepper.

Green cabbage contains more of those important vitamins and minerals that keep our bodies healthy through the winter. **Chantenay carrots** and **red beets** beg to be roasted and

served atop the sautéed **beet greens**, or grated up and mixed with the **green cabbage** for a colorful and tasty winter slaw.

Either **carnival winter squash** or **winter luxury pumpkins** will be filling the winter squash niche in your shares this week. **Winter luxury** makes a great pie pumpkin, in muffins or cakes as Chef Cohen describes, or can be used in savory dishes like curries or stews. **Carnival winter squash** are pretty little squashes, with sweet and buttery flesh. Like many winter squash, these beauties have the sweetest and most concentrated flavor when roasted, but can also be steamed and pureed. I love the shape of the carnival squash, so I'll often roast and stuff them. Try roasting the halved and de-seeded squash or pumpkin, cut side down in a baking dish with 1/4 inch of water, in the preheated oven at 400 degrees for 30-50 minutes, or until tender. Prepare 2-3 cups of filling. I like to use wild rice or quinoa cooked in vegetable or chicken broth, plus cooked veggies. Your **leeks** and **corno di toro peppers** would be good here, or your **collard greens** sautéed with the **leeks** and mushrooms. Stuff the cooked **squash** with filling and place back in the oven (topped with cheese, if you like), and roast for an additional 15-20 minutes or until hot and bubbling. Enjoy your veggies!

Chef's Notes, by Andrew Cohen

Two of this week's recipes are condiments or accompaniments. The Salsa de Chile Verde is a redux of a traditional New Mexican version, and is more Spanish, with Arab influences. It is great with roasted **pumpkin**, potatoes, shrimp, quail, and meats. It can be made ahead of time and kept in the refrigerator or even frozen for quite a while—something to pull out when things get busy. The other item to fit in this category is the **Beet** Jammishness, a sort of **beet** jam with a little tang and sweet to it. Use this with duck, meats, and collard or cabbage packets. It would go well with kasha or with a chewy grain such as farro or barley, or add a twist to bagels and lox by putting this out.

The **carrots** with fried capers is influenced by Sicilian cooking, but with the sweet and sour elements it would fit right into a holiday meal, and would make a nice foil to roast turkey. The **pumpkin** muffin/cake recipe can be made with canned pumpkin, or the squash or pumpkin in the box.

Leeks could be roasted whole or blanched, and then sauced with a honey butter sauce made from boiling equal amounts of butter and **honey** with lemon or vinegar. You could cut the **leeks** in shreds, leave them whole, cut halved **leeks** diagonally and use them as a base for a dish or serve them as a course on their own. Toss with rice and pistachios for a side dish. The honey, by the way, always has such a wonderful flavor it deserves to be used in such a way that shows it off, not just dumped into tea.

The holidays are busy, and cooking can be stressful. Here are some tips to ease workloads using elements in the box; **beets** can be precooked. **Carrots** can be prepped several days in advance. **Collards** can be stemmed and rolled for cutting 4-5 days ahead of time. **Leeks** and **pumpkins** can be prepped 2-3 days out. In general, plan big holiday dinners so you have dish that is tricky and time consuming, and then have others that are quick or simple that can yield big flavors. This way you don't wind up a stress monkey and can enjoy the family and friends who are visiting. Wishing all a wonderful holiday. Cheers!

Pumpkin Muffins/Cake, from Chef Andrew E Cohen

A very moist, non-crumby muffin, or a great cake. A cream cheese frosting would be excellent on the cake.

2 cups flour	2 cups sugar
2 cups pumpkin/squash	2 teaspoon cinnamon
2 teaspoon baking powder	1 teaspoon baking soda
1 cup vegetable oil	4 eggs
½ teaspoon salt	

Pre-heat oven to 350°. In a large bowl, mix the first four ingredients, and beat until smooth.

Add baking powder and soda. Mix well. Slowly add oil and mix well. Break eggs into a bowl and beat. Add into other ingredients. Add salt.

Pour batter into greased and floured muffin tins or an 8"x10" cake pan. Bake for 10 minutes if small muffins, 15 for regular sized muffins, or 20-30 minutes for a cake.

Let cool at least 10 minutes so muffins can firm up a little.

Sweet and Sour Caper Carrots, from Chef Andrew E Cohen

A dish that uses some of the sweet flavors of the holiday season, but comes off as light and sort of refreshing.

1 bunch carrots, such as Chantenay, scrubbed and cut into ¾ inch oblique cuts or ¼ inch slices	2 heaping TBS capers- if salted soak in a couple changes of water and dry thoroughly, and if brined, dry them
¼ cup red wine vinegar, or as needed	2 TBS honey, or as needed
½ tsp. each fresh oregano and/or savory, chopped	Salt and pepper to taste
Water as needed	Olive oil as needed for frying capers

Heat a 2½ quart chef's pan or sauteuse over medium-high heat. Film pan bottom to about 1/8th inch. Heat oil until almost smoking—a couple wisps of smoke will come up) – and carefully add the capers. If they are still wet they will spit and pop. Stir about until the sizzling pretty much stops. Use a mesh strainer to remove them to a couple layers of paper towels. They will crisp as they dry.

Empty the pan and add the carrots. Sauté in the oil remaining in the pan for a couple minutes so they color just a little. After a minute or two, add hot or warm water to just cover. Bring to a boil, skim any foam or scum from the surface, and lower the heat to a simmer. Cook until carrots are tender. Use a slotted spoon to remove the carrots and keep them warm.

Add the vinegar and honey, and reduce the liquid at a simmer to ¼ cup. Taste the "sauce" for balance at this point, and if needed, add honey or vinegar to balance the flavors. The vinegar should be present more as a feeling on the tongue, a tart tingle. The honey, however, should be a flavor as well as sweetness. Balance flavors if needed, then add the carrots and the herbs and toss to combine. Cook to warm through and reduce the sauce to a glaze. Season with salt and pepper, and scatter the capers all over the carrots. Toss to combine well and serve hot.

Serves: 4