



# High Ground Organics Community Supported Agriculture

May 10<sup>th</sup> and 11<sup>th</sup>, 2011

## Production Notes by Steve and Jeanne

Strawberries are either very small or very large this week! Some of you will receive berries from our second year strawberry field at our home site, as you've been getting for the past few weeks. Others will get berries from our new patch at the Redman House field. While the second year berries are getting smaller and smaller, the new berries are huge. It is common for the first fruit of the year to be on the large side, but these are especially large. I imagine it has something to do with the plants getting extra chilling hours over our long and cold winter. Fortunately, berries from both fields taste sweet and good. But we'll try to rotate the picking so that you get berries from both fields throughout the season.

The bunched carrots in your box this week are all of the Mokum variety, but they ran into some trouble in the field and have a somewhat strange appearance. Most likely it is root-knot nematodes (a microscopic soil dwelling wormlike critter that likes sandy soils). While we don't plan for these "problems," which reduce the yield quite a bit, they tend to produce carrots with interesting, even fun, shapes! Despite their funny appearance, the carrots are still quite yummy, and the planting we did after this one seems to be growing long and straight.

We'll continue to give you fava beans, bok choy, new summer squash, and baby artichokes through our mystery, as they are all producing small amounts at the moment. A new planting of artichokes later in the season should produce a lot more, and the summer squash will come on strong pretty soon. A second planting of fava beans is coming in another month or so. We have some nice romaine lettuce this week to continue our lettuce rotations--Chef Andrew has a good Caesar salad recipe you should try. Collards and kale continue to be good and tasty coming off the cooler spring weather.

The next CSA session will bring blueberries, romanesco, white and orange cauliflower, fennel, new potatoes, red and gold beets, cippolini onions, more summer squashes and zucchini, and more strawberries, Tokyo turnips, carrots, herbs, radishes, broccoli, cabbage, interesting lettuces, and more that I can't think of at the moment. We are coming into the time of year when our fields produce in abundance; it's a good time of year to be a farmer, after the special challenges and stresses of spring production have past. Thank you for your continued support of our CSA.

Everything in your box and the flowers are certified organic. Everything is grown by High Ground Organics unless otherwise noted. Cabbage and leeks this week are from Lakeside Organics. Flowers are grown by the Thomas Farm.

## Spring Renewal Time!

This week is the final delivery of the first session. If you are on our 9-week schedule, please send your renewal checks now for the 2<sup>nd</sup> session (May 18 to July 13). \$198 for veggies/fruits only; \$270 for veggies/fruits plus flowers. Please make checks to High Ground Organics and use the address along the bottom of this sheet. If you are just sending your check now, please also e-mail Chrissi at [csa@highgroundorganics.com](mailto:csa@highgroundorganics.com) so that she knows that you're renewing. You can also call her at (831)254-4918 if you would prefer to pay by credit card. Thanks!

## Notes/Recipes from Chef Andrew Cohen

This week will allow me to indulge my craving for a Caesar salad, and I get to keep up the string of "dressing of the week". Caesar dressing is good on other things as well, especially if you make it without egg as this iteration is (There is also the classic variation listed as well). The dressing would be nice on the leeks, which in France are known as Poor Man's Asparagus, after a poaching to make them tender. Poach them whole after trimming the greens and washing well, or split lengthwise. While still warm, bathe them in dressing and serve warm or wait until they are chilled. If split, serve as is, but if they are whole, cut them into rounds and serve as a little stack for interest. Leeks can also be used in lieu of, or with, onions when adding them to dishes for flavors. They are great in stews and braises, and you can also grill them. If they are over an inch in diameter, split them lengthwise, if not leave whole. Blanch them quickly so they are just done and then drain them. Dry them a little and lightly oil the outsides, and then grill them. Make a Romesco sauce to dip them in and eat as is, or use them in other things to lend flavor.

Collards will get shredded and blanched and then sautéed with a lot of garlic and Italian sausage and tossed with penne pasta for dinner. I will add the chili flakes later as the kids won't care for the heat. Lacinato kale will go into a pot of farro if I get it. Summer squash will get caramelized and served with chicken picatta. If I get favas I will stew them with some leeks. Artichokes? Depending on the size, I will sauté them if smaller, but if they are larger I will cook them in the Roman style with mint. I love mint and have been using it in a lot of dishes lately, so this could be another opportunity.

I have been indulging my inner Japanese chef lately with dinners of traditional dishes, but I might slip a slightly "fusion" dish in there in the form of a bok choy "slaw" with a Japanese dressing.

## This Week

Strawberries

Romaine Lettuce

Green Cabbage\*

Collard Greens OR

Dinosaur Kale

Mokum Carrots

Leeks\*

Mystery

**Flowers: Mixed Bouquet**

**Another Mermaid's Hair**, from Chef Andrew E Cohen

1 bunch of collard greens	1 half of a spring red onion
1 teaspoon bacon fat	2 cloves of garlic
2 tablespoons white balsamic vinegar	1 cup dense chicken stock
2-4 tablespoons olive oil	4 oz. orange juice
Salt and fresh ground pepper to taste	

Bring a 3 quart chefs pan or sauté pan of water to a boil over high heat. Strip the leaves from the stems and slice them in a fine chiffonade. Place into cold water and rinse any grit from the leaves. Slice the onion thinly into half-moons and break up the slices. Drain the leaves and immerse in the boiling water and cook for around 10 minutes. The collards should be brighter in color and have lost their “raw” taste. If they cook longer don't fret as collards can take a lot of cooking without suffering for it.

When the greens are cooked, drain them into a colander. Add the bacon fat and olive oil to the pan, and lower the heat to medium. Add the onions to the pan and toss to coat evenly with the oil. While the onions cook, peel the garlic cloves and de-germ them. Slice finely. Cook the onions until soft and starting to caramelize. Add the garlic and cook until softened and fragrant, but don't let the garlic burn. Add the greens back into the pan and stir the mess around.

Add in the vinegar and cook to reduce the vinegar by half. Add the chicken stock, and simmer to reduce the liquid by 80 percent or until it starts to thicken. Add the orange juice and stir the greens around in the liquid to coat evenly. Cook to reduce the liquid to a sauce like consistency or until there is just 2 tablespoons of “sauce” left.

Season with salt and pepper and serve.

**Caesar Salad**, from Chef Andrew E Cohen

2 heads romaine lettuce, whole pale inner leaves only, or one whole head, damaged leaves removed and cut into 1 inch pieces	2-3 cups croutons, ½ to ¾ inch square. Homemade is best.
¾-1 cup grated Parmesan cheese	1 recipe of Caesar dressing (Follows)

Make dressing in a bowl large enough to hold all the lettuce. Add the lettuce to the dressing and carefully mix so the leaves are evenly coated with dressing. Add the croutons and toss. Sprinkle evenly with the cheese, reserving a little for garnishing plates. Toss gently, and serve on plates. Top each salad with a little more cheese. Add fresh ground pepper if desired.

**Caesar Dressing**, from Chef Andrew E Cohen

There are a few variations of this dressing, and many stories as to its origin. The story that is generally accepted in the restaurant world is that Caesar Cardini invented the recipe “on the fly” once when the restaurant was packed and he was out of some ingredients. A quick scan of the pantry gave these ingredients along with the salad base, and then he prepared the salad at tableside for flair. The salad traditionally is made with smaller whole leaves from closer to the center of the head, and the leaves were picked up or cut with knife and fork. I make the dressing without egg yolk because I am lazy. You can also substitute mayonnaise for the egg yolk. Yolk or mayo really

**Kimes Apiary Raw Honey**

Keith Kimes is a local beekeeper who is keeping many of his chemical-free hives on our Lewis Road. If you are interested in trying some of his wonderful raw honey and pollen, we're taking orders to deliver along with the CSA pick-ups for May 25th and 26th (two weeks from now). To order, send your check made out to High Ground Organics to us by May 20th. (You can include it in your renewal check if you want--make sure we know what you're ordering and the name of the person who picks up the CSA box.)

Raw Honey 1 lb jar = \$8.00

Moist Pollen 4 oz = \$5.40 (more potent than dried; we will keep it cold until it gets to your pick-up site; it should then be refrigerated or frozen when you get it home.)

do give you a much richer dressing that coats the leaves beautifully, but the flavor is still quite good without them. You will need to use more olive oil to get the right emulsification of the dressing instead.

2 cloves garlic, peeled	1 TBS Dijon style mustard
3-4 dashes of Worcestershire sauce	1 dash Tabasco sauce
salt and pepper to taste	½ large lemon, juiced (around 2-3 TBS)
8-12 ounces olive oil (You may need more or less, probably less.)	

Rub a large bowl firmly with a clove of garlic so you can see oils left behind and the garlic starts to disintegrate. Do this with the second clove as well. It is okay if there a small bits of garlic left behind. Add the mustard to the bowl, then the Worcestershire and Tabasco sauces. Stir to mix. Add the lemon juice, and whisk vigorously. Add salt and pepper and whisk. Whisk in the oil slowly in a thin stream, whisking all the while. Add enough oil so the dressing is quite thick. Taste for balance. If it is too sharp, add a little more oil. Dressing is ready to use.

*Chef's Tips and Variations:*

If you wish to use egg yolk, use a single yolk for the above ingredients. If you are concerned about salmonella or eating raw egg yolks, I recommend boiling the egg for 2 minutes and then running it under cold water until you can handle the egg. Break the egg into your hand and separate the white from the yolk. Discard the white and add the yolk to the dressing bowl. Do this before adding the lemon juice, and whisk well to incorporate the flavors. Proceed as directed above, but keep in mind you will need less oil to thicken the dressing-perhaps as little as 6 ounces. Taste to determine.

If you want a thick version like you get with egg yolk but don't want to fuss as much, you can substitute 1-2 tablespoons mayonnaise for the yolk, following the instructions for the egg yolk version above.

If you want to do the anchovy version, I recommend you use anchovy paste for ease and uniformity of smashed-ness. 1 teaspoon of paste or 4 fillets of anchovy should do it for this recipe. Add the paste with the mustard, or if using fillets, add them before the mustard and use a fork to smash the fillets to a paste in the bowl. Proceed as above.

If you use egg yolk, use the dressing within the hour. The mayo version will keep a couple days the refrigerator.