



High Ground Organics Community Supported Agriculture

May 24th and 25th, 2011

Our Home Is Their Hive from Jeanne

One night many years ago, Steve couldn't sleep and got up to read in the living room. All was quiet in the house; except... what was that humming sound? The sound seemed to be coming from the floor. He put his ear on the floorboards and the humming grew louder. That's how we first discovered that we had a hive of honey bees living under our floor. Our house is old, but this portion had been added on in the 1970s. They had left the old foundation wall in place and enclosed a crawl space with no access under the floor of the addition. The bees came in through a crawlspace vent and set up housekeeping there.

It took us a few years to get around to asking our friend and beekeeper Freddy to remove them. The bees didn't bother us too much. The kids were not afraid of them. (I remember looking out my office window into our backyard one day and seeing Amelia at about age 5 or 6 practically engulfed in a bee swarm. She didn't even flinch. Bees are very docile when they're swarming. Still, it was a bit unnerving for mom.) Freddie succeeded in moving the bees into a bee box, which we then brought down our back hill to a field of squash that needed pollinating at the time. He boarded up the vent on one side of the crawlspace, and used a smaller mesh screen to prevent access on the other.

Bees, however, are resourceful and persistent. This April I started to notice several bees at a time crawling around the corner of the board that covers the vent on one side. They didn't seem to be getting in, but I should have realized that they were slowly and methodically working at enlarging a crack that they had found. I could have sealed the crack as soon as I noticed the activity, but I didn't really think about it until it was too late. It all became clear when a swarm of bees moved in on Easter weekend. The opening they had made was still small, and the bees clustered on the side of the house for hours before they all squeezed in to their new home.

We like bees. We love having them on the farm to pollinate the crops, and skittish friends know to come around to the back door if they are intimidated by the fuzzy sentries guarding the front. So, given how busy we are, it may be some time before we get around to evicting these new tenants.

Enjoy your honey this week if you ordered some.

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

Veggie Notes

Put everything into the fridge as soon as you get home. If you ordered honey, keep it at room temperature. Those who got pollen should keep it refrigerated or frozen.

Notes/Recipes from Chef Andrew Cohen

Well, the first thing I'll do when I get the box home is start to roast the beets. While the beets roast I will wash the lettuces and box them up. At some point during the week I will make a favorite salad of mine with beets and blue cheese garnished with almonds and raisins dressed with a Jammy Vinaigrette. This is a fun vinaigrette and doubles up as a sauce with ease. Basically a vinaigrette enriched with berry (or apricot) jam, it tastes great on salads as well as on grilled or roasted meats. With a busy week ahead I can see doing lemony grilled summer squash and maybe chicken paillards marinated with lemon, white wine, parsley, mint, and thyme. Or whatever else I find in the garden. The next night might be a good time for the hearty beet and cheese salad, maybe using leftover chicken if I remembered to make enough. After that I could see a sauté of Italian sausage with chard and mushrooms served over leftover farro from a previous night, or some pasta. If I do not use all the beets in the salad I would sauté them as a side dish with orange juice and cinnamon. The parsley finds its way into all sorts of

dishes, as well as getting chopped up with some Meyer lemons, shallots, capers, some oregano, and some olive oil to get used as a smear on bread or sandwiches, or as a flavor booster in leftover rice or grains. For kicks, I might just grill the strawberries after splitting them and tossing them with a little sugar and balsamic vinegar. Maybe a scattering of mint and then I'll top some vanilla ice cream with the lot.

Jammy Vinaigrette, from Chef Andrew E Cohen

This dressing goes on hearty salads or can be used as a sauce for chicken or pork chops.

2 TBS balsamic or sherry vinegar	2 tsp. berry jam (blackberry, oillialieberry, etc)
Salt and pepper to taste	6 TBS extra virgin olive oil
A pinch of fresh minced thyme if you wish	

Put the vinegar, salt and pepper, and herbs if you are using them, into a large non-reactive bowl. Whisk to dissolve the salt and let sit a couple minutes for flavors to meld. Whisk in the jam to dissolve. Whisking all the while, slowly stream in the oil until the dressing is thickened. This may not use all the oil. Use immediately or store in the refrigerator.

This Week

Red Ace Beets

Strawberries

Mixed Lettuces

Italian Parsley

Red, Green, or Gold Chard

Broccoli*

Carrots*

Summer Squash OR Mystery

Flowers: Mixed Bouquet

Salad with Beets, Blue Cheese, Almonds, and Golden Raisins with Berry Dressing, from Chef

Andrew E Cohen

The salad features ingredients that are similar in how they all have a little hit of bitter or sharp to spark the tongue, and then they contrast in textures (soft lettuces and blue cheese, crunchy almonds and lettuces, chewy raisins) all robed in a silky dressing that is sweet and tart. I like this salad for a main course, especially if there is some leftover roast or poached chicken to shred and mix in.

2 cups roasted beets, cut into roughly 1 inch wedges or chunks	6 cups lettuce, torn or cut into 1 inch bits
½ - 1 cup crumbled blue cheese or feta	½ cup toasted almonds, chopped
¼ - ½ cup golden raisins	Coarse grained salt and pepper to taste
1 cup, more or less, of Jammy Vinaigrette	

In a large non-reactive bowl, toss the beets with just enough dressing to lightly coat them, then chill if they are not cold already. When ready to serve, mix the beets with the crumbled cheese, and toss lightly to mix without mashing the cheese. Add in the almonds and raisins and toss again to mix.

In another bowl, add the lettuces and drizzle with enough dressing to coat. Toss gently to cover the leaves lightly with dressing. Place the lettuces on a platter or in serving bowls, then scatter over the beet-cheese-almond-raisin mixture. Season lightly with fresh ground pepper and a bit of salt (I prefer a large flake salt for salads such as Maldon or Murray River salt) and serve.

Chef's Notes and Tips: If you wish, you can just toss all the ingredients together into a bowl and serve as is, although dressing the beets separately is a good idea. The beets require a different amount of dressing, and what tastes good on the beets might drown the lettuces. If you have leftover chicken or a bit of ham or bacon, it would go nicely in this salad. If you have golden, chioggia, or white beets, try making the dressing with white balsamic or rice vinegar and use apricot jam instead of a berry jam.

Sauté of Italian Sausage, Chard, and Mushrooms with Marsala, from Chef Andrew E Cohen

5 Italian sausages (hot or mild), cut into ½ inch slices	1 bunch of chard, stems and leaves separated and washed and drained, stems diced into ¼ inch pieces and leaves chopped into 1 inch bits
½ brown onion, peeled and diced into ½ inch pieces	1 lb button mushrooms, cut into ½ inch wedges, or sliced ¼ inch thick
2 cloves of garlic, peeled, de-germed, and minced	Salt and pepper to taste
1 tablespoon fresh oregano or scant teaspoon dried	¼ cup Marsala
Olive oil as needed	2 oz light chicken stock or water
2 TBS of cold butter, cut into pea-sized bits	

Heat a large sauté pan that has a lid over medium-high heat. When pan is hot, add the sliced sausage. Be sure the sausage is not crowded as you want it to brown. If it is too close it will

just steam. Cook sausage until browned-it should be cooked all the way through at this point. Remove to a bowl.

Add the chard stems and onions to the pan and toss to coat with the oil from the sausage. Cook to soften and color. Season with a little herbs and salt and pepper, then half the garlic. Cook until garlic is fragrant and soft. Remove the vegetables to the sausage bowl.

If the pan is dry, add enough oil to film the pan bottom. When hot, add the mushrooms, tossing to coat them with the oil. Season with salt and pepper and cook until mushrooms are softening and coloring. Add the other half of the garlic and toss to mix in. Cook until fragrant, and then add in half the Marsala. Toss to coat the mushrooms and cook until the liquid is almost all absorbed. Sprinkle in herbs, and add in the reserved vegetables. Toss to mix and cook to heat through. Add the chard leaves to the pan and toss to mix in. Add the rest of the Marsala and cook down by half. Add the chicken stock or water and bring to a boil. Cover the pan just long enough to wilt the chard. Remove the top and cook down the pan liquid by 80 percent. Scatter the butter bits around the pan and swirl the pan to melt the butter and get it to mix with the liquid still in the pan. It should emulsify and form a light sauce. (If you prefer, skip the butter and just cook the liquid down until almost gone.) The dish is ready to serve. If you wish, toss with orecchiette pasta or the grain of your choice.

Lemony Grilled Squash, from Chef Andrew E Cohen

1½ pound of summer squash, halved along the length	1-2 cloves garlic, peeled
1-2 lemons, juiced (1-2 TBS)	½ cup parsley, chopped
1 TBS fresh marjoram, mint, oregano, or rosemary, chopped	Olive oil as needed (around 1-3 TBS)
Salt and pepper to taste	

Rub a large non-reactive bowl with the garlic cloves, pushing hard enough to break down the garlic and leave a residue in the bowl. Using a short, sharp, thin bladed knife, make cuts on the surface of the slice. The cuts should be around ¼ inch apart, at 45° angles from the edges, going in both directions so a diamond pattern is formed. Try to make the cuts deep enough so they get the mid-point of the vegetable without causing the vegetable to fall apart. (Ideally the cuts are shallow at the edges and deeper in the center. This takes a little practice sometimes but is a good technique to have.) Once the vegetables are scored, toss them in a large non-reactive bowl and add the lemon juice. Toss to cover all the surfaces with the juice. Gently bend the squash so the scores gape a little and dunk the cut surfaces in the juice. Scatter with the herbs and pepper, tossing to evenly coat the squash. Leave to marinate 10 minutes or more. Pour enough oil over the squash to lightly coat the surfaces of the squash. Allow to marinate a while more.

Heat a grill. When hot, sprinkle salt lightly over the squash, and grill the squash cut side down first. Cook until well marked--the grill lines should be well defined and the surface between the lines should be turning golden and showing a little surface bubbling. Turn the squash over. Cook the squash just enough to heat through and soften a little bit. The squash should no longer be crunchy, but do not cook it so it is soft all the way through. Remove from the grill and serve. If you wish, squeeze a little fresh lemon juice over the squash at service.