



# High Ground Organics Community Supported Agriculture

June 29<sup>th</sup> and 30<sup>th</sup>, 2011

## To Hear a Mockingbird, by Chrissi Brewer

The other morning I awoke to someone calling cheeseburger, cheeseburger, cheeseburger, outside our bedroom window. My husband and I looked at each other and started laughing uncontrollably. It was our neighborhood mockingbird and I swear, it was a distinct "cheeseburger" that was being sung. I don't know how many of you have been around mockingbirds, but everywhere I have lived, I seem to have one close by. I feel that they are my "totem" bird. There are mockingbirds outside of my office yurt at the farm and I love the way they just chatter on during the day. Some folks might say they are the ornithological version of multiple personality disorder, but I prefer to think of them as merely multi-lingual, with just too many songs out there to sing, so why settle on just one. The Northern Mockingbird, *Mimus polyglottos* (many-tongued mimic) is, from what I understand, one of two song birds that will continue to sing into the night (the other being the Nightingale). Their nighttime singing is also more common during full moon. A male mockingbird may learn around 200 songs though out its life. Researchers have also found that a bird may have two distinct repertoires, one for the spring and one for the fall.

Ornithological writer Edward H. Forbush (1929), gives the mockingbird one of the finest of tributes when he says that "the Mockingbird stands unrivaled. He is the king of song. . . . He equals and even excels the whole feathered choir. He improves upon most of the notes that he reproduces, adding also to his varied repertoire the crowing of chanticleer, and cackling of the hen, the barking of the house dog, the squeaking of the unhoiled wheelbarrow, the postman's whistle. . . . He even imitates man's musical inventions."

I love them for their determined defense of their young, often dive-bombing neighbors' cats or dogs or even neighbors themselves, who come too close to their precious babies. I also appreciate their independence for I can't entice them into my backyard with promises of full birdseed feeders or fresh water birdbaths, nope... their preference is a newly mown field or freshly cut lawn, perched atop a fence post or roof top, singing to their hearts content. I can't help but admire their commitment and boldness and must admit that there is a part of me that would love to sing with such lack of inhibition.

In perhaps my all time favorite book, *To Kill a Mockingbird*, Lee Harper puts it simply:

"Mockingbirds don't do one thing but make music for us to enjoy. They don't eat up people's gardens, don't nest in corncribs, they don't do one thing but sing their hearts out for us."

## Veggie Notes

Store everything in the refrigerator. Keep the new potatoes in the bag they come in and put them in the fridge too. Not got blueberries yet? Please be patient. The plants are producing nicely now, but it may still be a couple weeks before everyone has got some of these delicious treats. We will continue to rotate them through the boxes as long as they are producing. We should have a lot more next year--this is just the first year of production.

## Notes/Recipes from Chef Andrew Cohen

Romaine will mean I get to make panzanella or fattoush salad this week. Both of these are essentially a salad of leftover bread with cucumbers, tomatoes, red onion, and romaine lettuce, with variations. The main difference is panzanella uses bread like ciabatta and fattoush usually uses stale pita bread. I have been craving both lately, so now I can indulge. If I get lacinato kale, I'll do the panzanella, and stew up the kale with some beans and go Italian for a night. If I get Scotch kale, I will save it for when I am busy and simply braise it as a side. It would go well with the double cooked potatoes. The earthiness of the kale would go well with the sweetness of these boiled then roasted potatoes. These potatoes taste like a cross between mashed potatoes and French fries, and are so good! Speaking of potatoes, the Romanze potatoes (originally from Germany) make a great salad, especially one dressed with vinaigrette rather than being smothered in a mayo dressing. The recipe given here is actually the recipe that was used for the High

Ground Harvest Festival of 2010. It has fennel in it, and is a little more French than German, but delicious nonetheless. Fennel might accompany a braise of pork loin this week, along with some carrots. I could also do a carrot mint salad if I find myself craving middle-east flavors. Along with this salad and fattoush, I'd use one of the Mystery items that appear. Roasting cauliflower or romanesco with cumin and turmeric and garlic is a great way to go. If I get squash, I am sure to do it up with lemon on the grill with loads of oregano. Green onions have been appearing in many meals, from breakfast eggs to dinner salads. They would be excellent in a potato salad as well. As to the berries? Perfect after a morning workout! I might even share with the family...

## This Week

Fennel

Bunched Carrots

Romanze New Potatoes

Strawberries OR Blueberries

Romaine Lettuce

Scotch or Lacinato Kale

Green Onions

Cauliflower, Romanesco,  
Broccoli, OR Summer Squash

Flowers: Mixed Bouquet

*Everything in your box and the flowers are certified organic. All veggies and fruits were grown by High Ground Organics. Organic flowers are from the Thomas Farm.*

### Renewal Time - Be the Early Bird!

The 3rd 9-week session starts July 20th and 21st, and runs through September 14th and 15th. Please renew early to help us avoid a rush of renewals at the last minute. The summer session will bring several kinds of beans (including fresh shelling beans), padron and bell peppers, heirloom tomatoes, eggplants, and more good stuff. Please send us your checks by July 12<sup>th</sup> (Prices: 9 weeks veggies/fruits = \$198; 9 weeks veggies/fruits plus flowers = \$270) Make checks out to High Ground Organics and send to the address along the bottom of this sheet.

### Pre-Order Kimes Apiary Raw Honey

The honey was a big hit, so we will be offering another delivery of honey and bee pollen with the CSA pick-ups for July 20th and 21st (the first week of the next CSA session). Keith Kimes is a local beekeeper who is keeping many of his chemical-free hives on our Lewis Road land this year and the rest in the surrounding area. He will have another batch of honey harvested and bottled soon. To order, send your check made out to High Ground Organics to us by July 12th. (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.

### High Ground Harvest Fair Potato Salad (No Mayo Potato Fennel Salad), from Chef Andrew Cohen

2 lb potatoes-8 to 10 medium, peeled (optional) and sliced ¼ inch	1 fennel bulb, stalks removed and reserved, diced ¼ inch (at least 1 cup by volume diced)
½ cup fennel fronds, chopped	¼ cup salt
1½ cups cider vinaigrette (recipe follows)	1 cup thinly sliced scallions or diced onion (Optional)
Salt and pepper to taste	

Place potatoes into a pot at least 4 inches higher than the volume of potatoes. Fill with cold water and rinse potatoes a couple times. Fill the pot with cold water, covering the potatoes by 2½ inches and add the salt. Bring the potatoes to a boil, and then lower heat so potatoes are simmering gently. Boiling will break the potatoes and can lead to gummy tasting potatoes. Make the vinaigrette now if you have not already.

Have ready a non-reactive bowl large enough to accommodate all the ingredients. Pour just enough dressing into the bowl to coat the bottom. As soon as the potatoes are no longer raw--when the tip of a knife slips into a potato slice easily--tip the pan contents into a large colander and drain well. While still hot, tip the potatoes into the bowl with the dressing. Swirl the bowl to spread the dressing around. Drizzle more dressing over the potatoes, and gently toss to coat all the slices with the dressing. As the potatoes cool, they will absorb the dressing. Add enough dressing so the potatoes have a light shine.

Sprinkle the diced fennel over the top of the potatoes and toss to mix in evenly with the potato. If using the onion, add it now with the fennel. Season with salt and pepper to taste. If needed, add more dressing. Sprinkle with the chopped fennel fronds and gently mix in. Go lightly; too much of the fronds tend to make the salad taste too herbaceous. Serve as is or chill before serving.

### Harvest Fair Potato Salad Dressing (Cider Fennel Vinaigrette), from Chef Andrew E Cohen

½ -1 TBS fennel seed, toasted in a dry skillet until fragrant and powdered, or toast only half the amount	2 tsp. sugar or to taste (Agave syrup works here also, and you could use honey, but use a light flavored one or you will overwhelm the dressing.)
salt and pepper to taste	¾ cup apple cider vinegar
1-1½ TBS minced shallot	1-2 TBS Dijon style mustard
2¼ cups light flavored olive oil	

Put the vinegar in a large non-reactive bowl, and add the fennel powder. Allow to rest for 5-10 minutes so the fennel flavor permeates the vinegar. Add some salt and pepper, the sugar, and the shallot to the bowl. Whisk in and then add the mustard and whisk that in as well. Begin adding the oil in a thin steady stream, whisking all the time. Continue whisking in the oil until an emulsion forms and the dressing is "tight"--the oil and vinegar are mixed so they are one and there is no obvious separation of the two. You might not need all the oil. Store in the refrigerator until needed.

### Double Cooked Potatoes, from Chef Andrew E Cohen

No, not "twice baked potatoes"! These potatoes are steamed or boiled just enough to cook them through, then they are smashed and roasted. The result tastes like a cross between mashed potatoes and French-fries, and is really good. Use a coarse grained salt here. Something like Maldon or Murray River is best, but Diamond Crystal Kosher salt works well. You want bits of salt on the potatoes, not salty potatoes.

8-12 potatoes (or more)	Salt and pepper to taste
2 TBS fresh herbs, chopped (e.g. rosemary, oregano, marjoram, thyme, ...)	Olive oil as needed.

Heat the oven to 450°F. Place the potatoes in a pot of cold water and salt the water liberally. Bring the water to a boil and then turn down the heat to a vigorous simmer. (Boiling potatoes often leads to them falling apart in the water or the skin cracking leading to water-logged spuds.) Cook until the potatoes are just done. The tip of a knife should easily pierce the flesh. While the potatoes are simmering, prep a sturdy sheet pan. Line it with foil, shiny side up. Drizzle liberally with oil and spread to coat the entire bottom of the roasting pan well with oil.

Once the potatoes are tender, carefully drain them and transfer to the roasting pan. Flatten the potatoes--crush them fairly flat, at least to half their previous height or even flatter. Use an old fashioned potato masher, offset spatula, bottom of a small pan, or even a saucer. Do it slowly so the potato does not explode all over the sheet pan. Oil the surface of the crushed potatoes. Ideally, use an atomizer or a basting brush for this. Oil well, getting all the potato surface. Season well with salt and pepper, and chopped herbs of your choice.

Transfer to the middle rack of the pre-heated oven and bake 15-25 minutes, until the surfaces of the potatoes are golden and the edges are getting crisp.

*Chef's Notes and Tips:* You could sprinkle the potatoes with cheese and sliced green onions in the last 10 minutes or so of roasting.

Full text of all recipes at [highgroundorganics.com/recipes](http://highgroundorganics.com/recipes)