



High Ground Organics Community Supported Agriculture

July 6th and 7th, 2011

Production Update, by Steve Pedersen

The heat we have received this last week has really pushed things along. Over the next few weeks we have beautiful blocks of celery, broccoli and cauliflower that will be ready for harvest, as well as a new field of summer squashes that is now in bloom. Over the next few days we will go through and “blanch” the cauliflower plants by pulling the outer leaves together over the top of the plant and tying them together with rubber bands. This keeps sunlight from reaching the cauliflower and turning the heads yellow. In the Pajaro and Salinas Valleys where cauliflower is commonly grown in fields as large as our entire farm, there are crews that do nothing but blanch cauliflower for 10 hours a day. They pre-load their left arm with hundreds of rubber bands, and with a single motion that is incredibly fast, they hook the outer leaves together and wrap them with a rubber band that they pull off of their wrist—over and over and over again. Our crew isn’t quite as fast, but they get the job done, and then they get to go do something else.

The “new-to-me” 30 year old John Deere 71 planters that I picked up in the Central Valley for planting beans have worked really well so far. We got great stands of fillet, green, and shelling beans that have really taken off with the recent heat. We will continue to plant beans every two weeks through the summer so that we will have a steady harvest through fall.

The potatoes have all sized up as much as they are going to, meaning it is time to cut off the water and let the plants die off so that the skins will set. The potatoes in your box this week definitely are still “new” potatoes, but over the next month you’ll notice the skins become more set and they’ll be better for storage. For now, keep storing them in the fridge. The Sangre variety that you’re getting this week is a nice red-skinned white fleshed variety. We’ll continue to rotate the varieties for you.

We have a planting of leeks and one of cipollini “spring” onions to harvest this week. Cipollinis are a flattish-shaped onion with a pungent sweet flavor. The “spring” designation means that the onions are not cured for storage. They are harvested with their greens attached and sold intact. As with new potatoes, this means that they are more perishable than cured onions. The advantage is that you get a truly fresh onion with amazing flavor, and you can also use the greens as you would green onions – a two for one deal!

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.

Renew Now for the Summer Session

The next session starts July 20th and 21st, and runs through September 14th and 15th. Please send us your checks by July 12th (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.

Order Honey for July 20/21 Delivery

We’re 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). 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; Pollen 4 oz = \$5.40.

This Week

Red Beets

Strawberries OR Blueberries

Green Cabbage

Bunched Arugula

‘Sangre’ New Potatoes

Swiss Chard OR Bunched Spinach

Spring Cipollini Onions OR Leeks

Lettuce

Flowers: Mixed Bouquet

Notes/Recipes from Chef Andrew Cohen

Arugula means I’ll have to do Elephant Ears. These are breaded pork chops that are pounded thin and resemble an African elephant’s ear in shape that are baked rather than fried, until crisp and are then topped with a salad of arugula and tomatoes lightly dressed with balsamic vinaigrette. This recipe is a great one to have “left-overs” of as it makes for killer sandwiches. Arugula and roast beets are another favorite as a salad. Just add avocado and some more balsamic dressing and you are good to go. Adding orange juice to the dressing or adding slices of orange to the salad is also very nice. Mixing the arugula with beets and lettuces would be great with some blue cheese or goat cheese added to the mix. Add in some of the cipollini onion for a bigger flavor. If I get leeks, I can see a potato leek soup in my future. The Sangre potatoes should make for a nice silky soup, and if the

weather is hot, I may just go with a Vichyssoise rather than a hot preparation. If I don’t use them up in soup, I think I’d do a riff on a classic Choucroute Garni (French style sauerkraut with the “fixin’s”). Cut one small head of cabbage into shreds in the morning and lightly salt it and let it sit until dinner. Then I’d rinse it well and put it into an oven-proof dish with a top along with some sautéed onion, sliced carrot, and some of the potatoes cut into ¾ inch chunks. Top it with sausages and maybe some smoked pork chop, then add in some white wine-Alsatian Gewurztraminer or a German Riesling would work--and some herbs such as thyme and/or rosemary and bake it for an hour or just until the potatoes are tender. If you do not want

to go with wine, give apple juice a try. One head of cabbage will go to making tsukemono, another dish to soothe my inner Japanese chef. I like this dish because it keeps so well in the refrigerator and is crunchy. I frequently scare my kids when I eat it for breakfast, but I enjoy vegetables in the morning and it helps wake up my palate. If I get chard, everyone here is happy with however it gets prepared. It might go into pasta with a little pancetta, Marsala and cream, or maybe a gratin or frittata. Spinach is a slightly harder sell here unless it is the ohitashi, which would go with the tsukemono. I might sauté it with bacon and mushrooms, and then maybe add some cream. I also like it with pancetta and raisins or diced dried apricots and pine nuts. The berries will just get eaten straight, no chaser, while sitting on the deck watching the sunset after dinner. Enjoy! I know I will.

Elephant Ears Salad*, from Chef Andrew E Cohen
This recipe is for a salad that is used as a topping for breaded chops. The contrast between the hot crisp chop and the cool salad with its peppery bite and slight acid from tomatoes and vinaigrette makes for a wonderful dish. This salad is also excellent on its own, or as a topping for bruschetta.

¾ pound mixed heirloom tomatoes	1 bunch of arugula
1/4-1/3 cup Balsamic vinaigrette	Coarse salt for sprinkling

Seed the tomatoes and cut into ½ inch dice. To seed them, cut through the equator and shake the tomato over the sink. If some seeds are being recalcitrant, use the tip of the pinky to move them out. Cut the arugula from the stems while still in the bunch. Do this by cutting at the base of the majority of the leaves. Rinse and spin the leaves, and spread on a paper towel to dry. Make the vinaigrette in a large non-reactive bowl, or use a good quality store bought one.

Put the tomatoes into the bowl and allow a few minutes for the tomato juices to mix in with the dressing. Just before service, add the arugula and toss gently to mix well. Top the meat with the salad and sprinkle the salad with some of the salt for crunch and flavor contrast.

* “Elephant Ears” are pork chops or chicken breasts that have been pounded out to around 3/8” thickness and then breaded and cooked. Sometimes fried, other times baked (add olive oil to the crumbs so the crumbs turn golden and don’t just burn), either way, the pounding leaves you with a piece of meat that is shaped like the ear of an African elephant.

Potato, Green Cabbage, and Leek Soup with Lemon Crème Fraîche, from Maria Helm Sinskey

½ cup crème fraîche or sour cream	1 TBS fresh lemon juice
¼ tsp. finely grated lemon peel	2 TBS (¼ stick) butter, divided
1 TBS extra-virgin olive oil	6 cups diced green cabbage (½-inch dice; from about ½ medium head)
3 cups chopped leeks 3large garlic cloves, pressed	3 cups ½-inch cubes potatoes (about 1¼ pounds)
12x2-inch piece Parmesan cheese rind (optional)	1 bay leaf
6 cups (or more) low-salt chicken broth	2 TBS chopped fresh chives (for garnish)

Whisk crème fraîche, lemon juice, and lemon peel in small bowl to blend. Cover and chill. Can be made 4 hours ahead. Keep chilled. Melt 1 tablespoon butter with 1 tablespoon olive oil in heavy large pot over medium-high heat. Add cabbage; sprinkle lightly with salt and freshly ground black pepper and sauté until cabbage is almost tender but not brown, 6 to 8 minutes. Using slotted spoon, transfer 1 cup cabbage to small bowl and reserve for garnish. Add 1 tablespoon butter to pot with cabbage; add leeks and garlic. Sauté over medium heat until leeks soften slightly, about 3 minutes. Stir in potatoes, Parmesan rind, if desired, and bay leaf. Add 6 cups broth; bring to boil. Reduce heat to medium-low; cover and simmer until all vegetables are tender, 20 to 25 minutes. Discard Parmesan rind, if using, and bay leaf. Working in batches, puree soup in blender until smooth. Return puree to pot. Simmer until heated through, adding more broth by 1/4 cupfuls to thin soup to desired consistency. Season with salt and pepper. Ladle soup into bowls. Top each serving with some of reserved sautéed cabbage. Drizzle crème fraîche mixture over soup; sprinkle with chives and serve.

Balsamic Vinaigrette, from Chef Andrew E Cohen

Use good quality vinegar, but save your best stuff for other uses. This dressing is good on any salad, and goes well with fruit salad, too.

2 TBS good quality balsamic vinegar	6 TBS olive oil (If you use extra virgin oil, I recommend a milder oil.)
1 garlic clove, peeled	½ tsp. fresh minced thyme, or thyme and marjoram mixed
1 pinch of salt and 1 big pinch of fresh ground black pepper	

Rub the bottom of a large non-reactive bowl with the garlic clove. Rub very vigorously, to the point of breaking down the clove. You want to see the oils from the garlic on the inside of the bowl. Allow a minute for the oil to dry in the bowl. This allows the flavor of garlic to infuse the dressing without making the dressing “hot” or leaving little spicy surprises in the dressing to imbalance the flavors. Add the vinegar, herbs, salt, and pepper. Allow a few minutes for the flavors to marry.

Place the bowl in a dishtowel twisted into a ring to hold it in place, and begin to drizzle the oil in a thin stream into the edge of the vinegar pool, whisking vigorously to emulsify the oil. Do this until the oil is all incorporated. If the dressing still seems “thin”, add a little more oil to achieve a thick “creamy” consistency.

Use as needed. Store in the refrigerator, but be sure to pull it out 10-15 minutes before you want to use it.

Interested in Starting a New Pick-Up Site?

If you feel like you're driving too far to get to your pick-up site and you have a location that you think is suitable, we will consider starting a new pick-up site at your location. Generally, we need a site that is not too hard for us to incorporate into our driving route, has a shady area with good access for people to pick up their produce, and can start out with a minimum of 10 members. Contact Chrissi if you think you want to become a CSA host -- csa@highgroundorganics.com or 831-254-4918.

Full text of all recipes at highgroundorganics.com/recipes