



# High Ground Organics Community Supported Agriculture

September 28<sup>th</sup> and 29<sup>th</sup> 2011

## Harvest Fair and Pumpkin Patch

**Saturday, October 8, 10 am - 4 pm**

Fall is upon us, and with it comes our 3rd annual Harvest Fair and Pumpkin Patch. This is the one day a year that we go all out to make a fun and educational farm experience for kids and adults alike. It's open to everybody so tell your friends to come out too! Entrance fee is \$10/adult, \$5/child, 3 and under free, and all proceeds go to Linscott Charter School in Watsonville. In return, dozens of Linscott staff, parents, and students volunteer their time to make the event a success.

Here's what we have lined up so far:

- Tractor-pulled hayrides around the farm – Farmer Steve will take you on a fun ride up and down the hills around the fields and past the apple orchard and blueberry patch, with nice views of the slough and the mountains.

- Petting zoo and Pony rides – these adorable “borrowed” animals should satisfy the basic need children have to find animals on a farm. (Thanks to Dawn Brookman of Special Memories for the animal loan!) We will have 2 horses for the larger children and little Oreo the pony for the small children.

- Farm Arts and Crafts – kids can make corn husk dolls, paint faces on eggshells and take them home to grow green “hair,” sculpt with natural clay dug from the soil 2 feet below them, make apple prints, have their own faces painted, and of course stuff scarecrows.

- 3-legged and sack races – prepare to race across the farm field for prizes.

- Live Music – Bluegrass music with the Microtonic Harmonics in the morning and solo guitar and vocals from Brett Fowler in the afternoon.

- Pumpkin Patch – gourds and pumpkins from High Ground and Mariquita Farm for your fall holiday needs, plus various types of winter squashes available for purchase.

- Strawberry Picking – We will open what's left of our strawberry patch for picking. Since the plants aren't producing much fruit right now, we'll limit the u-pick to one basket each—that way everybody who wants to should be able to have the berry-picking experience.

- Apple Tasting – We'll have about 10 different varieties of specialty and heirloom apples from our orchards at the Redman House, here at our home property, and from the orchard of our friend Freddy Menge. Try some unique apples that you may never have seen before.

- Mini-Farmers Market – High Ground Organics vegetables and fruits for sale

- Raffle – Linscott volunteers will be selling raffle tickets for the Drive for Schools raffle, which cost \$5 each. There are over 100 prizes, with the grand prize being a new Toyota Prius, Subaru Outback, or \$25,000 cash. 100% of the raffle money goes to Linscott Charter School.

- Harvest Festival Food: This won't be your average fair food. We'll have all natural hot dogs, which you can top with Chef Andrew Cohen's shaved pickled onions (or some organic ketchup and mustard for the less adventurous). Plus, Andrew

has planned some gourmet harvest dishes from High Ground produce to go with your hot dogs or to stand alone as a vegetarian lunch. The menu includes potato salad with fennel and onions, cabbage salad with a Japanese style vinaigrette, carrot salad with apples, and marinated veggie kabobs on the grill with a lemon yogurt dipping sauce. All food is available for purchase. For dessert or snacks, don't miss the chocolate dipped strawberries. We'll also use our strawberries and lemons from Lorraine Stern's amazingly productive backyard lemon tree to make fresh strawberry lemonade.

- Cooking Demonstrations – “Cooking Outside the Box” chef Joni Sare will bring down her hot plate and vitamix to demonstrate a couple of different dishes made from farm fresh ingredients.

Most activities are ongoing throughout the day, but we will

have certain things happening at specific times. We'll print a harvest fair schedule next week when we've got it all nailed down. All activities (crafts, rides, music, petting zoo, cooking demonstrations, face painting, apple tasting, etc.) are covered by the entrance fee. Pumpkins, strawberries, produce, prepared food, drinks, and raffle tickets will be available for purchase. Please plan to come out and celebrate the harvest with us!

## Veggie Notes

These lovely **Corno di Toro** and **Hungarian Wax peppers** are both sweet peppers, not spicy at all. They are wonderful used in any way you would use a bell pepper. **Padron peppers** can be used with the other peppers or you can cook

## This Week

Spinach

Red Cabbage

Italian parsley

Rapini OR Red Chard

Green and yellow filet beans OR “Tongue of Fire” shelling beans

Romanze or Desiree Potatoes (Wed)

Cousa squash (Th)

Green Onions (Wed)

Red or green butter lettuce (Th)

Mixed Corno di Toro\*, Hungarian Wax\*, and Padron Peppers (Wed)

Mixed Heirloom Tomatoes\* (Th)

**Flowers: Mixed Bouquet**

them separately as an appetizer if you like to eat them whole. (Brown whole in oil, sprinkle with salt, grab by the stem, and eat!) The **heirloom tomatoes** should be stored out of the refrigerator.

If you get the **shelling beans**, keep them in the pod until you want to use them. You can shuck them the day prior without any degradation, but be sure to store them in a tightly sealed container after that. When storing the pods, keep them fairly loose and dry in a plastic bag in the fridge. If they are piled up on each other you run the risk of them getting moldy.

## Recipes from Chef Andrew

### Braised “Tongues of Fire” Shelling Beans (or Cranberry Beans), from Chef Andrew Cohen

This is your basic method for cooking shelling beans (or “shellys” as some people call them) such as cranberry, borlotti, or these Tongues of Fire. You can eat these beans “as-is”, and if you have leftovers they go great with grains or into a soup such as a minestrone.

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| 2-3 cups shelled beans*                                     | 1 brown onion, peeled and cut into ¼ inch dice                               |
| 2 cloves garlic, peeled, de-germed, and sliced thinly       | 2-3 fresh sage leaves, or 1-2 TBS fresh marjoram, or 2 inches rosemary stalk |
| 1 bay leaf  | salt and pepper to taste   |
| vegetable stock or water to cover by 1 inch                 | olive oil as needed for cooking  |
| 1-2 TBS very flavorful extra virgin olive oil for finishing |  |

Heat a chef’s pan or heavy pot just large enough to hold the beans and liquid over medium heat. When the pan is hot, add enough oil to coat the pan bottom generously. When the oil heats up, add the onions and cook until they are softened and fragrant, but not browning. Add the garlic and cook until fragrant. While the garlic cooks, bruise the sage (or rosemary if that is your herb of choice) with the flat of the knife. Hold the stem in one hand, and lay the knife almost flat on the herb and slide the knife the length of the stem/leaf.

When the garlic is softened but not colored-about 1 minute, add the herbs and stir around. When you can smell the herbs, add the beans, and then add the liquid to cover the beans by an inch or a little more. Season with a pinch of salt and a generous amount of pepper and bring to a boil.

As soon as the water boils, bring the temperature down to a gentle simmer, and gently cook the beans until done. If you cook the beans too vigorously they will break down and turn to mush and the flavor will be watery. This should take around 30 minutes. The skins should be tender and the insides should have a creamy consistency. Taste for seasoning, and add salt and pepper as needed. The beans are ready for use now, or you can cool them in their liquid for use later. In my opinion, I think the beans have deeper flavor when allowed to sit in their cooking liquid for a few hours.

*Everything in your box and the flowers are certified organic. Corno di Toro and Hungarian Wax peppers are from Borba Farm. Tomatoes are from Coke Farm. All other veggies and fruits were grown by High Ground Organics. Organic flowers are from the Thomas Farm.*

### Red Wine Braised Red Cabbage with Apples,

from Chef Andrew Cohen

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| 1 medium brown onion, cut into ¼ inch dice   | 2 medium carrots, peeled and cut into 3/8 inch thick rounds   |
| ½ medium head red cabbage, cut into 2 inch squares   | 1 cup red wine, something hearty and not too dry, or Port if you have some open would be great                      |
| Water or light stock as needed   | 1-2 apples suitable for cooking, such as Jonagold, RubINETTE, Mutsu, etc, cut into wedges around ½ inch at the base |
| 1 sprig fresh thyme  | A 3 inch sprig of rosemary OR 2-3 leaves sage   |
| Salt and fresh ground pepper   | Sugar as needed   |
| Neutral oil such as grapeseed as needed  | Small pieces of potato such as Romanze or Desiree (opt)   |
| Sausages such as Bavarian, Bratwurst, or Polish, either sliced in rounds or in half (opt.) |   |

Heat oven to 400°F. In a 3 qt. sauté or chef’s pan, or casserole, cook the onions and the carrots to lightly caramelize them. If using celery for the one-pot meal option, go ahead and add them just before you finish the carrots and onions. Add the cabbage, season with salt and pepper, then turn using tongs to coat with the oil in the pan and mix the ingredients. Cook to add color to the cabbage and begin the wilting process. Once the cabbage has taken on some color and is wilting, add the wine and bring to a boil. If the wine does not come halfway up the ingredients, add some water or stock to raise the level. Scatter the apples over that, then tear up the herbs and sprinkle those on. Put a tight fitting lid on the pan and transfer to the oven.

After ten minutes or so, taste the cooking liquid and a little cabbage. If you think the dish needs it, add some sugar to the cooking liquid to balance out the flavor. Bake until the cabbage is done, around 20 minutes more, or 30 minutes total. Check periodically to ensure the pan doesn’t dry out. If it seems dry, add liquid.

When the cabbage is tender, the dish is done. If there is a lot of liquid left over, you could pour it off (a shame, really) or remove the lid from the pan and cook to evaporate the liquid, which will concentrate the flavors. You could also hold the lid on the pan and drain the liquid into a smaller pan and cook it down to almost a syrup and then drizzle it back into the pan for a more intense flavor.

-OPTIONAL- To make a complete meal in one pan, you could put the potatoes in the pan with the apples and then proceed. Around 10-15 minutes prior to the dish being finished, add the sausages, trying to gently get them into the cabbage. This bastes the sausages and imparts the smokiness of the sausage to the braise. Serve with mustard, shallot quickles, and the rest of the wine.

*Chef’s Notes and Tips:* This dish can also be completed on the stovetop. Rather than inserting into a hot oven, just continue to cook on the stove at a very low temperature, checking the liquid level more frequently. The dish might take a little longer to cook, and if you add the potatoes, turn up the heat a little when you do, and be sure the potatoes are covered at least half way with liquid.