

HIGHCROSS FARM

"To everything there is a season, a time to plant and a time to pluck up that which is planted."



Carmen Sweet Peppers

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #18- October 8, 2015

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Note that your pick-up site host contact info is available (for most sites) through your CSA online account under "Pick-up Directions."

HighCross Farm
Fresh Market Produce
Steve & Kath Vogelmann
W2292 Rustic Drive
Campbellsport, WI 53010-3126
920-533-FARM (3276)



Mild Fall

This has been the mildest fall we have ever seen here. Still no frost.

The garden plants—and your farmers—are lovin' it.

To your health!
Steve, Kath & Crew



I pray that in all respects you may prosper and be in good health, just as your soul prospers." 3 John 2

In the Box this Week

Storage information: Lettuce, leafy greens, root veggies, and the cabbage family should be kept in the coldest area of your refrigerator, ideally on the lower level or in the crisper drawer. Place all items in plastic bags or wrap in a damp towel, to prevent wilting due to the dehydrating effect of refrigeration.

Monitor the produce over time; it should be kept neither too wet nor too dry inside the plastic bag. Slightly open the bag if you see water droplets forming on the inside.

Tomatoes should not be refrigerated, unless they are cut into.

Here's the list of what is in today's box:

Large Share:

Lettuce
Greentop Carrots - White Satin variety
Brussels Sprouts
Red Norland Potatoes
Eggplant
Summer Squash
Yellow Beans
Tomatoes
Hot Peppers - Yellow Hungarian
Sweet Pepper - Red Carmen
Sweet Red Onions
Winter Squash - Vegetable Spaghetti Squash
Fresh Herb - Rosemary

Small Share:

Lettuce
Greentop Carrots - White Satin variety
Brussels Sprouts
Red Norland Potatoes
Eggplant in Kyle's route shares
Broccoli
Tomatoes
Hot Peppers - Yellow Hungarian
Sweet Pepper - Red Carmen
Sweet Red Onions
Winter Squash - Vegetable Spaghetti Squash
Fresh Herb - Rosemary



Lettuce - One head. Red Summercrisp or Red Leaf lettuce.

Tomatoes - Slicing or cherry type.

Summer Squash - Large share. Please send in your favorite summer squash recipes for us to share in the newsletter!

Brussels sprouts - Steam or stir-fry just until tender. We like them steamed and served with butter, salt, and shredded Parmesan cheese.



Brussels Sprouts at HighCross Farm

Eggplant - In the large shares and some of the small shares. A variety of different types and colors; they all taste virtually the same. See several recipes below. Please send us your favorite eggplant recipes.



Clockwise from the left: Italian Purple, Beatrice, Lavender Touch, Orient Express, Orient Charm, Center: Rosa Bianca (Heirloom) Miniature Eggplants (not pictured)

Greentop Carrots - White Satin variety. Huge and crisp, mild carrot flavor.



White Satin Carrots

Broccoli - In the small share. Any leaves attached are good food too - will taste like broccoli, so eat these too.



Broccoli at HighCross Farm

Sweet Onion - Red Sweet Onion. Cabernet variety.

Note that you can chop and freeze onions for use later. Store in a freezer container or ziplock bag.

Winter Squash - Vegetable Spaghetti Squash - The flesh of this smooth-skinned winter squash is unique in that when cooked, the mild flesh falls away from the rind in ribbons or strands like spaghetti. Can be baked, boiled, steamed, or microwaved, and served with or without sauce as a substitute for pasta.

Yellow or Green Pole Beans - Large share. Monte Gusto or Blue Lake variety. Hopefully in the small share next week.

Peppers - Please review the newsletter each week to find out which kind of peppers are included in your box. You can simply chop and freeze peppers (sweets and hots) for use later - they do not need to be blanched.

Most green peppers (also known as sweet peppers—versus hot peppers) start out green, but will eventually turn red or other colors, becoming sweeter as they ripen.

See this link for recipes & an in-depth discussion of all the healthy nutrition found in peppers: [Bell peppers](#)

Hot Pepper - Yellow Hungarian type. Will keep a long time under refrigeration, or may be chopped and frozen for use later.

Sweet Pepper - Red Carmen, an Italian type.

Potatoes - Red Norland variety. See recipe below.

Fresh Herb - Fresh Herb: Rosemary - Great on pork, chicken, bean soups, stews. Or chop some into softened butter for a delicious spread.

<http://www.karisann.com/2012/09/herbed-compound-butter.html>



Tentative list of some of the items in next week's share:
Lettuce, Summer Squash, Tomatoes, Onions, Green Pepper, Hot Pepper, Winter Squash - Hearts of Gold, Fresh Herb - Lemon Balm.

Maybe Apples, Kale, Parsley, Pole Beans, Anaheim Peppers.

Soon: Napa Cabbage, Spinach, Turnips, Carrots, Cilantro, Celeriac, Parsnip.

Photo from the Farm this Week



Kath's pet duck, Sage (nickname: Quacker),
has taken up residence in our pond
and has found a new friend.

This little Green Heron returns to our pond every year
for some great fishing.

2015 Fall CSA Share

Celebrate your Thanksgiving and December holidays with the finest, freshest produce available in SE Wisconsin, direct from our family farm to your dinner table.

The Fall share will include not only good amounts of typical fall storage items (onions, potatoes, root crops, and winter squash) to last you into the new year, but also fresh greens, made sweeter by the cool weather.

This will be a hefty share, packed into our standard large share box (1 & 1/9 bushel size) or small share box (we'll be using a 3/4 bushel size).

Includes arugula, Asian greens, beets, broccoli, radish, cabbage, carrots, collards, celery root, lettuce, kohlrabi, kale, Kalettes, onions, parsley, parsnips, potatoes, peppers, spinach, swiss chard, winter squash, fresh herbs and more.

With plantings in our hoophouse and the use of protective rowcover in the fields, we are usually able to provide greens until quite late in the season, as these photos attest.

Heavier items such as winter squash, potatoes, and root crops are packed in the bottom of the boxes.

Two Thursday deliveries:
November 5 and November 19, 2015.

Small share is \$70. Large share is \$100.
These are jam-packed shares, a super value.

To sign-up, log into your CSA account and toggle the Season Selection box at the upper left to "Fall 2015" and then hit the "click to join" link.

Or simply click here:
<http://csa.farmigo.com/join/highcrossfarm/2015fallshare>

To make an electronic payment, select to pay via PayPal; you will then have the choice to pay with your PayPal account OR choose the option to pay with a credit card. Or send a check to HighCross Farm.

Your satisfaction is guaranteed.



November 16, 2012



November 29, 2012

2015 Summer CSA Shares are Available

Shares for the 2015 Summer CSA season are still available, as we have increased the size of our operation again this year. Price will be automatically prorated during the sign-up process.

To sign-up click here: [CSA 2015 | HighCross Farm](#)



Lacinato Kale at HighCross Farm

**Consider giving a 2015 Summer Share
to someone you care about
—a gift that keeps giving all season long.**

Help Wanted Ad



With many of our team members returning to school, we are very short-handed on help at this time.

Please spread the word to anyone who might be interested in joining our fabulous worker team.

For more information, please visit:

[HighCross Farm Team](#) | [HighCross Farm](#)

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Recipes

From CSA member Tasha C.:

Made this yesterday and it was a big hit with the whole family. Next time I'm going to add even more zucchini/squash and carrots.

I let the shredded zucchini sit in a colander to strain some of the liquid before adding it, and I used whole wheat lasagna noodles.

Also upped the flavor by using Trader Joe's Quattro Formaggio (Parmesan, Asiago, Fontina & Mild Provolone) instead of mozzarella.

<http://www.simplebites.net/5-secrets-of-successful-feeding-recipe-summer-vegetable-slow-cooker-lasagna/>

I also thought this one was really good. I made it last week; I didn't have eggplant, so I just used extra squash. I also doubled the basil.

<http://www.washingtonsgreengrocer.com/blog/summer-vegetable-casserole-chickpeas-and-feta/detail.htm>

Tasha C.



Recipe from Chef Bernie

Oven Roasted Root Vegetables

Here's a quick recipe from the Chef's Corner:

Peel and dice roots into small even-sized cubes (so that they will cook evenly).

Soak in cool water with ice cubes if possible, for 20 minutes.

Place on a cookie sheet with edges (or a metal or glass baking dish or cake pan), and drizzle with olive or other oil.

Sprinkle with sea salt and thyme (included in this week's share), or seasoning of your choice.

For the sweet tooth, sprinkle with brown sugar, honey or maple syrup. Or just let the natural sugars concentrate and caramelize.

Bake at 350 F. for 30 to 45 minutes, or until golden brown on the outside and fork tender on the inside. (This chef likes them crisp.)

Hint: Monitor them for doneness and turn with a spatula a couple of times as they start to brown.

Enjoy!!!

Let us know what your experiences are with your HighCross Farm recipes.

Chef Bernie

Recipes

Oven Roasted Root Vegetables

Oven roasting brings out and intensifies the natural sweetness of root vegetables. Here is an easy and very delicious way of preparing them. You can vary this dish according to what you have on hand or like.

2 lb. Mixed vegetables such as potatoes, carrots, beets, sweet potatoes, squash, celeriac, sweet onion
Vegetable or olive oil
Fresh herbs such as chives, rosemary, thyme, oregano, or sage
2 T. Balsamic vinegar
Salt and pepper to taste

Preheat oven to 400 degrees. Top and tail the carrots and chop into roughly 2" or 3" lengths. Peel the squash, beets, and celery root. Cut the squash, beets, and potatoes into chunks, and the celeriac and onions into wedges, keeping the vegetable chunks approximately the same size.

Pour 1/4 to 1/2 inch of oil into a roasting pan. Add the prepared vegetables to the pan and turn them in the oil until well coated.

Cut the herbs into sprigs about 4 inches long and lay them on top of the vegetables and stir them in. Roast for about an hour, stirring the vegetables two or three times during cooking. Test the vegetables to see that they are fork tender. Remove herb sprigs, season with salt and pepper and a little balsamic vinegar, if you like. Enjoy!

Source: Adapted from **The Book of Herbs** by Dawn Titmus



Recipes

Hi Farmer Steve and Kath,

Here is a very simple (and yummy) recipe for sriracha roasted brussels sprouts that our daughter introduced us to:

Roasted Brussels Sprouts

About a dozen brussels sprouts
Olive oil, salt & pepper
1 to 2 tsp honey
1/2 to 1 tsp sriracha (Thai hot sauce)

Preheat oven to 375 degrees.

Wash sprouts, remove any loose leaves, trim ends, and slice in half lengthwise.

Toss sprouts with a good drizzle of olive oil. Salt and pepper lightly.

Spread the sprouts out on a rimmed baking sheet lined with parchment paper, cut side down.

Roast for 25-30 minutes until they are caramelized. Watch the last 10 minutes - the small sprouts cook faster than the large ones.

When done, toss the sprouts with the honey and sriracha.

Enjoy,
Janine



Recipe - Potato Salad

Sent from our friend and HighCross Farm CSA member Craig John:

My Wisconsin CSA/Farmer's Market potato salad - - inspired and adopted by Williams-Sonoma New England style potato salad in the Savoring America cookbook:

Ingredients:

- 2 pounds of red organic Norland potatoes - cut into 1" chunks before boiling
- 2 to 3 organic green onions (greens tops included), sliced thin
- 1/4 C organic Lovage - minced, leaves and stalks and all.
- 1/2 stalk of Wisconsin grown organic celery - finely chopped. Wisconsin celery is thinner and more pungent than California celery.
- 1/2 organic red bell pepper
- 1/2 C chopped fresh organic dill
- 2/3 C Lemonaise (has a little kick of cayenne pepper)
- 1/2 C Organic Dijon Mustard - I bought Koop's from Sendik's
- 1-1/2 T organic cider vinegar
- Fresh ground black and kosher salt pepper to taste

Method:

In a large pot, add the potatoes and cover with water. Salt lightly and bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are tender within pierced with a fork. Drain potatoes.

In a large bowl, stir together the mayonnaise, dijon mustard and cider vinegar until smooth. When cool enough to handle, add the slightly warm potatoes, bell pepper, celery, green onions, lovage, and dill and toss gently to combine ingredients. Season with salt and pepper.

Spoon the salad into a serving bowl and serve immediately. The salad will keep, covered in the refrigerator, for up to 2 days.

*****If you like your potato salad more creamy, add more Lemonaise/Dijon Mustard mixture.

****You can substitute regular mayonnaise for the Lemonaise.

****Other additions to think about: minced garlicscapes, garlic chives, chives, fresh thyme, or any other savory herb.

****Substitute fresh Italian Parsley and Celery leaves for the Lovage if necessary.

Enjoy,

Craig John

*...A local sustainable
farm fresh food blog...*

Juicy Garlic

www.juicygarlic.com

(414) 213-6206

Recipes

Hi Steve!

Here is an Eggplant Parmesan recipe that my family loves! - Michele

Eggplant Parmesan

Ingredients:

2-3 eggplant, peeled and thinly sliced (1/4" is good)
2 eggs, beaten
4 Cups Italian Seasoned Bread Crumbs
6 Cups Spaghetti Sauce, divided
1 (16 ounce) package mozzarella cheese, shredded and divided
3/4 Cup grated parmesan Cheese, divided
1/2 teaspoon dried basil

Directions:

Preheat oven to 350 degrees. Slice eggplant. Sweat the slices by sprinkling with salt, lay on a parchment lined cookie sheet for 30 minutes. Rinse and pat dry with paper towels. Dip eggplant into egg, then in bread crumbs combined with 1/4 Cup parmesan cheese. Place in a single layer on a baking sheet. Bake in preheated oven for 5-10 minutes on each side. Check for crispness. In a 9x13 inch baking dish, spread spaghetti sauce to cover the bottom. Place a layer of eggplant slices in the sauce. Sprinkle with mozzarella and Parmesan cheeses. Repeat with remaining ingredients, ending with the cheeses. Sprinkle basil on top. Bake in preheated oven for 35 minutes, or until golden brown. Serve over your favorite pasta. (I like to use angel hair.)

Note: The eggplant slices make a great side dish just by themselves. Just serve after you have baked them on both sides.



Recipes

Ratatouille

1 large or two small eggplant (about 1 lb)
1 large or two medium zucchini
1 or two medium onions, sliced or diced
2 medium tomatoes
1/4 medium green or red pepper
8-10 T extra virgin olive oil
1 T minced garlic
Salt and pepper to taste

Cut the eggplant into 1/2-inch cubes, toss with salt, and set in a colander to drain for about 30 minutes. Do the same with the zucchini. Meanwhile, clean the peppers and cut into 1/2" cubes. Slice or chop the onions, and quarter the tomatoes. After the zucchini and eggplant have finished draining, pat them dry and heat about 4 T oil in a large sauté pan. Add one batch of eggplant and sauté on all sides until just starting to brown and lightly caramelize. Do the same with the remaining eggplant, zucchini, peppers, sautéing in batches and removing to a separate pan.

Sauté the onions and garlic in a separate pan large enough to contain all the veggies. When the onions are lightly browned, add in eggplant, zucchini, peppers, and quartered tomatoes. Raise the heat a little and cook with the lid off until some of the juices have evaporated, about 10 or 15 minutes. Lower the heat, cover the pan and simmer for an additional 10 or 20 minutes. Remove from heat and let sit with the cover on for a little while until the flavors blend, then remove the lid letting the steam escape. Salt and pepper to taste. Serve warm or cold, with a crusty bread or pasta.

Source: Adapted from Victory Garden Cookbook

