

HIGHCROSS FARM

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

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Photos Today from HCF

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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)



Lettuce Today at HCF

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #18 - October 13, 2016

Photos Today from HCF



Red Butterhead Lettuce



Anaheim Peppers



Sage

- Farmer Steve, Kath and 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 and leafy greens 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.

Take potatoes out of the paper bag or at least open up the top of the bag and store in an airy place.

Peppers and onions can be frozen without the need to blanch.

Red Sweet Onions - Remember that you can freeze onions for use later on. Can be frozen whole, or chop and store in a freezer bag or container.

Sweet Green or Red or Yellow Peppers- Sweet peppers from the gardens.

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

Hot Pepper - Hungarian (Yellow, orange or red). We'll have at least one hot pepper in the box each week. For sale on the web store as well.

Broccoli Spears or Beans - In Small Share.

Hakurei Turnips - A Japanese salad turnip. Sweet and juicy; use sliced raw in a salad or eat raw slices or the whole turnip root, like an apple! Note that the greens can be used as well—raw or steamed or stir-fried or in soups.



Hakurei Turnips

Kohlrabi - Kohlrabi is a staple of Wisconsin's German heritage. Sweet, juicy and crisp, it has a mild cabbage flavor. Just peel the thin skin, slice and eat (with dip, if you like) or slice some onto your salad for a delightful crunch. Some folks cook it and serve it mashed like a potato.

More ideas here: <http://www.thekitchn.com/top-five-ways-to-prepare-kohlr-60321>

And here: <http://www.marthastewart.com/1033766/kohlrabi-recipes/@center/276955/seasonal-produce-recipe-guide#349317>



Kohlrabi at HighCross Farm

Winter Squash - Sunshine (a Kabocha type) - We like to cut them in half, scoop out the seeds and bake cut side down on a cookie sheet at 350 F. until fork tender (usually about 35-40 minutes). Or cook cut side up with a little butter and brown sugar or maple syrup in the cavity until slightly golden brown.

Go here for some great squash recipes and photos:

[Squash | TasteSpotting](#)

Winter Squash - Golden Wonder Vegetable Spaghetti Squash. Large Share. 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. Sweet and tender.

Pie Pumpkin - Large share. Winter Luxury variety. Great flavor. Pie pumpkin is sweeter and richer tasting than carving pumpkin types. This particular variety of pumpkin should be processed soon; short shelf life.

You can make a pie, or you can cook or bake pumpkin just like any winter squash, although note that pumpkins are juicier than winter squash.

See Kath's recipe below for HighCross Farm Pumpkin Pie.



Pie Pumpkin

Potatoes - In the small share. Red Norland variety.

Kale - Siberian Kale. Large Share

Kalette Tops - Small Share.



Large Share:

Kohlrabi
Salad Turnips with green tops
Kale - Siberian
Sweet Peppers
Hot Pepper - Hungarian (Yellow, orange or red)
Red Sweet Onions
Winter Squash - Sunshine (Kabocha type)
Winter Squash - Golden Wonder Vegetable Spaghetti
Pie Pumpkin (See newsletter)

Small Share:

Kohlrabi
Salad Turnips with green tops
Kalette Tops
Potatoes - Red Norland
Sweet Peppers
Hot Pepper - Hungarian (Yellow, orange or red)
Red Sweet Onions
Broccoli Spears or Beans
Winter Squash - Sunshine (Kabocha type)



Tentative list of some of the items in next week's share:

Sweet Pepper
Hot Pepper
Onions
Winter Squash
Sweet Potatoes
Fresh Herb
Maybe Lettuce, Rhubarb, Carrots

Coming soon: Lettuce, Rhubarb, Sage, Red Cabbage

2016 CSA Pro-rated Memberships are Still Available

Each week several more new members are signing up.
We have plenty of plants in the ground
for many more share memberships.

We offer good food that is fresh, beautiful, premium quality, raised organically, and harvested, prepped, and packed with TLC.

Feel free to forward our newsletter to interested others.

To sign-up, click here: [CSA 2016 | HighCross Farm](#)



Carmen Sweet Peppers at HighCross Farm

**Consider giving a 2016 Summer Share
to someone you care about
—a gift that keeps giving all season long.**

Invitation to CSA Member Gathering 10/15/16



Kath Food Demo on how to make your own Sauerkraut - October 2015

As a HighCross Farm CSA Member,
you are cordially invited to gather at the farm
on Saturday, October 15, 2016.

1 PM - Farm opens for tours of the gardens, hay wagon rides, see the farm animals.

3 PM - Food Demo - How to make Homemade Sauerkraut

4 PM - Optional: Community Potluck. Bring a dish to pass.



Friends and extended family members are welcome.

If you are planning to attend, please drop us a line to help us with a head count. - Thanks!

Recipes

Hi Steve and Kath,

Here's a recipe for a fabulous butternut squash bisque - a favorite fall soup, especially for Thanksgiving weekend.

Roasted Butternut Squash Bisque

1 larger butternut squash (or two smaller squash)- cut in half length wise
1/2 large yellow onion
1 rib of celery
1 carrot
2 bay leaves
1 tsp chopped garlic
1 tsp chipotle sauce
1 qt vegetable stock or chicken stock - (I prefer organic low-sodium chicken stock)
1 cup heavy cream
salt and pepper to taste

1. Roast the butternut squash for 45 minutes to an hour - or until it's browned, sweet and fork tender.

The more it's browned, the sweeter the flavor.

2. Let the squash cool, then remove the skin.

3. In a large stock pot sauté onion, celery and carrot in olive oil, add stock and bay leaves,

simmer until vegetables are soft (approximately 30 minutes).

3. Add squash, heavy cream and puree with handheld blender (remove bay leaves prior to blending)

4. Add salt, pepper and Chipotle sauce to taste. Start a bit light on the Chipotle sauce - you can always add a little more to your liking.

This bisque always seems to taste a little better on the second day, after it sits in the fridge overnight. :)

Enjoy,

Craig



Recipes

CSA member Debbie P. sent us this recipe for the CSA members to try:

Butternut Squash Dessert

3 lb Butternut squash

$\frac{3}{4}$ c milk

6 T butter

3 eggs-beaten

$\frac{1}{2}$ tsp vanilla

$\frac{3}{4}$ c sugar

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{4}$ tsp ground cloves

$\frac{1}{4}$ tsp ground nutmeg

Topping

20 crushed vanilla wafers

$\frac{1}{4}$ c brown sugar

2 T melted butter

Cut squash in half, scoop out seeds. Bake covered until tender with a $\frac{1}{2}$ inch water in pan-approx 1 hour at 400 degrees.

Scoop out squash and put in mixing bowl-let cool slightly, then beat.

Add milk, butter, eggs and vanilla. Separately mix sugar, cinnamon, ground cloves and ground nutmeg-add to squash mixture.

Transfer to a greased 2 qt baking dish. Cover and bake at 350 degrees for 45 minutes.

While squash is baking, prepare topping-combine crushed wafers, brown sugar and melted butter.

After baking squash 45 minutes, add topping, bake an additional 15 minutes uncovered.

Serve warm or cold.

This HighCross Farm Original Recipe tastes even better after a day or two as the flavors blend together.

HighCross Farm Pumpkin Pie

2 cups prepared pumpkin puree (see note below)

3/4 cup brown sugar

3 large eggs

1 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/2 teaspoon salt

1/4 teaspoon ground nutmeg

1/4 teaspoon ground cloves

2 teaspoons vanilla

1 can evaporated milk

Pastry for single-crust pie (this will make enough for a 10" pie)

Preheat oven to 400 degrees. Combine ingredients and blend in blender till smooth. Pour into prepared pie shell. Bake for 10 minutes then reduce heat to 350 and bake about 40-45 minutes more, till set (knife inserted into center of pie comes out clean). Let cool and enjoy!

*You can replace the pumpkin in this recipe with any other winter squash, especially Blue Hubbard, Buttercup, Sunshine, Cushaw, or a blend of any of these with pumpkin.

Note: To prepare pumpkin for baking in recipes, rinse the pumpkin to remove any dirt, inspect for any soft spots and trim as necessary. Cut the pumpkin in half. Remove seeds and strings and scrape the interior with a sturdy spoon to remove any remaining strings. (The seeds can be saved and roasted later, see note below.)

Spread vegetable oil on interior surface and cut edges of pumpkin, place face-down on a greased baking sheet, and bake at 350-degrees for about an hour or an hour and a half,

depending on size (or until tender when pierced with a fork and starting to collapse).

Turn the oven off and leave in the oven for awhile to let some of the moisture evaporate. Cool, then scoop the pumpkin out of the skin.

Use cup for cup in recipes as you would canned solid-pack pumpkin. Refrigerate up to a week before using or store in the freezer for several months.



Roasted Pumpkin seeds: If you wish to roast your pumpkin seeds, scoop the seeds out with your hands, pulling the seeds away from the surrounding fibers. Place in a colander. You should be able to get the bulk of the seeds out fairly clean in this manner. Using a sturdy spoon, scrape the remaining stringy fibers out of the pumpkin. Separate any good seeds out and add to those in the colander. Rinse these and remove any remaining fibers. Pat dry with a paper towel and let these air dry till dry to the touch. Place in a roasting pan, pour some vegetable oil over and stir to coat. Add salt and pepper to taste. Roast at 325 degrees for about 15 to 20 minutes, stirring once and monitoring to make sure they don't get too brown.

Recipes

Kale Spread

This tastes sort of like spinach dip. Ol' Farmer Steve can't get enough of it!

Trim the thick center stalks from the leaves; discard stalks (or feed to your goats or horses). Finely shred the remaining leaves and mix with an equal quantity (when combined) of chopped parsley and chives (or use the onion your share today). Add enough mayonnaise to bind together. (Feel free to adjust the ratio of ingredients to suit your own tastes.)

Source: Modern Ways with Traditional Scottish Recipes

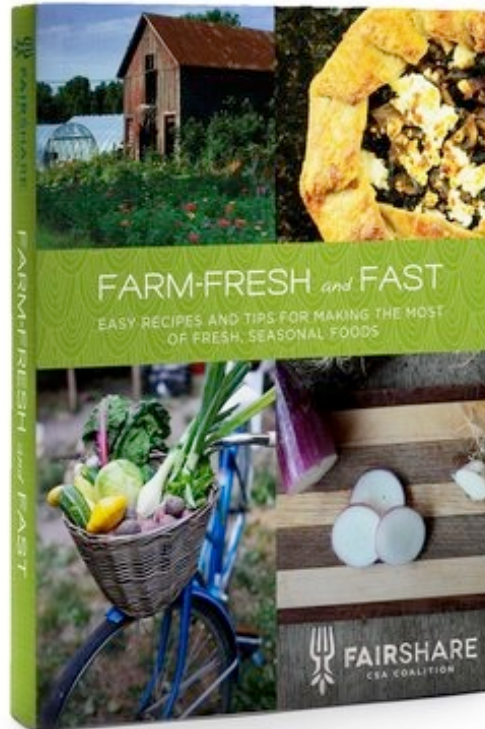


*Three types of kale at HighCross Farm
- Red Russian, Green Curly, and Lacinato*

Newest Cookbook Designed for Wisconsin CSA Members

From the publishers of *From Asparagus to Zucchini*.

Farm-Fresh and Fast



**Providing easy to create recipes using common ingredients
from CSA shares and farmers market stands.
This is a great companion book to *From A to Z!***

With Farm-Fresh and Fast, home cooks can:

- Learn how vegetables and fruits with similar characteristics can be used
- Find master recipes that make it easy to tailor a recipe to what you have on hand
- Discover ingredient substitutions that will eliminate worry about ruining the whole dish
- Find theme menu ideas, food tips and a glossary of common cooking terms
- Learn how to mix and drink seasonally with farm fresh cocktails
- Have dinner on the table and ready to serve in under 60 minutes

**For sale now, exclusively for our CSA members
on the HighCross Farm Web Store.**