

HIGHCROSS FARM

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



Wood Duck at HCF 10/6/14

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #17 - October 9, 2014

Saturday CSA Gathering & Work Day

Come join us this Saturday for the CSA Gathering starting at 1 PM, with the option of helping us work in the gardens in the morning, any time after 9 AM.

The weather is forecast to be crisp and cool and sunny. Bring family and friends and camera.

Take a walk along the trails in the autumn woods and the banks of the Milwaukee River. Jump on a haywagon ride. Tour the gardens with the crew and Farmer Steve and Kath.

See the farm animals. Watch a sauerkraut-making demo, and a demo of our bandsaw sawmill. Stay for the potluck dinner starting soon after 4 PM.

See the Invitation below for more details.

- Farmer Steve for 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

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2014 Summer CSA Shares are Available

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)**



**CSA Member Gathering (& Optional Work Day)
this Saturday, October 11**



CSA Member Gathering Haywagon Ride - Summer 2012



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

Food Tasting ongoing throughout the day!
HighCross Farm Gourmet Naturals collection - free samples.
LaClare Farms premium goat cheese - free samples.

2 PM - Watch our sawyer son Darryl turn a log into lumber on our bandsaw sawmill

3 PM - Demo by Farmer Kath. Learn how to make sauerkraut at home.

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

Friends and extended family members are welcome.



Optional: Help Farmer Steve work in the gardens in the AM any time after 9 AM.



Winter Squash at HighCross Farm 2013

Lacto-Fermentation Workshop

Saturday, October 11, 2014

If you have never eaten **fresh raw sauerkraut**, you do not know what you are missing. We used to think that sauerkraut was that bland stuff that you found in a can at the grocery store. **But fresh sauerkraut tastes amazingly, refreshingly different. It's so good—and good for you!**



Sauerkraut



Kimchi

Join Kath at HighCross Farm on Saturday, October 11, 2014 for our last CSA Member Gathering of the year, as she leads a workshop on lacto-fermentation, including how to make your own sauerkraut and kimchi at home.



Red Cabbage Sauerkraut

Lacto-Fermented Cabbage

By Anna Jonker

I finally did it yesterday. I picked some cabbage, shredded it, salted it, stuffed it in a jar, and put it in the basement. Now I just have to wait a couple of weeks and the process will be complete. But what exactly is it that I am doing?

The more experienced among you may have already guessed it: the age-old process of making sauerkraut is now occurring in my basement. I've been longing to start a batch for some time, and finally sorted it out so I could. As you can see from my description above, the actual process of preparing the cabbage to become sauerkraut isn't that complicated (more on that later though). But an obvious question, however, is why one should even consider eating something that you just left in your basement or on a shelf for the past few weeks. That's a valid point. Allow me to explain.



Remember that column on the Brassica family member kale? We've now moved on to another member of the same family: cabbage. Similarly to kale, cabbage brings many nutritional benefits to the table, such as phytochemicals that act as antioxidants (isothiocyanates, to name one group), vitamin K and minerals like potassium.¹ But I'm talking about more than just eating cabbage raw (or even cooked); I'm referring to the process of lacto-fermentation that can turn a cabbage into beautiful sauerkraut with added benefits and a new crisp taste.

When I put the salted-cabbage in the glass jar, I put an old yogurt lid on top of it and then made sure it was weighted down so that the entire works was submerged in its own brine. The reasoning behind this is the creation of an anaerobic environment where *lactobacilli* bacteria are forced to go through the steps of fermentation that will change the sugars of the cabbage into lactic acid and create sauerkraut.

The result of this take-over by *lactobacilli* produces more than just one nutritional benefit. First, the fermentation process forms helpful enzymes that aid in digestive processes (just be sure you're eating unpasteurized sauerkraut to ensure the enzymes are still viable and the best flavor is still there); fermentation also increases levels of naturally occurring vitamins in cabbage; and finally the very presence of the *lactobacilli* can contribute to the healthy flora of your intestine as a natural probiotic.² Thus, although cabbage already has health benefits, making it into sauerkraut only increases the benefits.

Speaking of making sauerkraut, you too can join in on this process. See the instructions below for some pointers. If you're feeling less-adventurous than stuffing cabbage into an open jar, you can at least begin by trying some purchased sauerkraut (fresh, not canned) and you too will soon be enjoying its nutritional benefits and entering into the wonderful world of lacto-fermented vegetables.

¹ "Cabbage nutrition facts" *Power your diet*: www.nutrition-and-you.com Available from: <http://www.nutrition-and-you.com/cabbage.html> Accessed: 10/09/2013

² "Sold on Sauerkraut?" *Dr. Andrew Weil* Available from: <http://www.drweil.com/drw/u/id/QAA281235> Accessed: 10/09/2013



Homemade Sauerkraut



Transfer to the refrigerator or other cold storage where it should keep for at least 6 months and up to 1 year.

Adapted from: *Nourished kitchen: reviving traditional foods* (<http://nourishedkitchen.com/homemade-sauerkraut/>) Accessed: 10/09/2013



A simple recipe to make traditional, lacto-fermented, homemade sauerkraut using only cabbage, salt and time.

Ingredients:

- 2 medium cabbage heads (about 4 to 5 total pounds, cored and finely shredded)
- 2 tablespoons sea salt or kosher salt

Instructions:

1. Toss cabbage and salt together in a large mixing bowl; then let it sit for a couple of hours, until the cabbage has become limp and releases its juice.
2. Then transfer it to a sauerkraut crock or glass jar with straight sides. Pack the salted cabbage into the crock or jar as tightly as you can, eliminating air bubbles.
3. Continue packing the cabbage into the container until the cabbage is completely submerged by liquid. Place a lid/plate or other flat surface over cabbage with a weight on top of it to ensure the cabbage stays submerged. Cover loosely with a cloth to prevent air contamination.

Store fermenting cabbage between 60 – 70 degrees Fahrenheit for 3 to 6 weeks, or until it is done to your liking. If scum (from fungal growth) appears floating in the brine of your homemade sauerkraut, simply spoon it off. You won't be able to remove it all, but skim off what you can and don't worry about it.



In the Box this Week

Storage information: Lettuce, beans, the cabbage family, 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.

Note that you can blanch and freeze beans and summer squash for use months later.

Note that you can simply chop and freeze onions and peppers for use later.

Take your cherry tomatoes out of the plastic bag.

Please let us know if anything in your box is missing or bad.

Lettuce - Green Summercrisp or Red Leaf.

Pole Beans - In the large share this week. Blue Lake green snap beans or Purple Beans (sweet and juicy, they taste like green beans, and will turn green when cooked).

Steam just until tender, or add to stir-fry. Snip small pieces raw into your salad. Or blanch and freeze for a treat after the season ends.

Red Onion - Red Bull variety. Storage type onion.

Potatoes - Carola variety. In the small share. This is our favorite potato—thin white skin with golden flesh; similar to Yukon Gold, only better.

Note that many of the Carola potatoes developed some greening on the exterior skin; you should peel off any green skin because it can be toxic if you eat too much of it.

Summer Squash - In the large share only. The summer squash is just about done for the season.

Hot Pepper - Jalapeño in the small share, Yellow Hungarian in the large share. We realize not everyone is a fan of hot peppers (Farmer Steve is not, while Farmer Kath is!) If you are not a hot pepper fan, perhaps you can find a friend who loves them—they'll thank you for it.

Jalapeños are available on the web store.

Cauliflower - Cheddar variety. Green and Gold! In the last of the small shares which had not yet received one.

We find that this variety is sweeter than the white. Simply steam until tender, drain water, add butter, and maybe parmesan cheese.



Cheddar variety Cauliflower

Red Cabbage - Harvested this morning. Great shredded and stir-fried with onion. Or make cole slaw; see Kath's recipe for Creamy Coleslaw below.

Make fresh sauerkraut. See Homemade Sauerkraut page above.



Red Cabbage at HighCross Farm Today

Tomatoes - Red and Yellow slicing tomatoes. Also heirloom tomatoes, which come in many different shapes and colorations; very flavorful and tender, although they often develop cracks and scars.

The cooler than average summer weather has not been conducive to the ripening of tomatoes. The recent frosts have knocked back most of the tomato plants.

We may have canning quality tomatoes on the web store this week; please check back, especially Tuesday PM.

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.

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

Melons - In the large share only. This is about the last of the season, hit and miss, odds and ends. No guarantees as to quality—some will be great, others not-so-great.

We'll have a few more grade B melons for sale on the web store.

Several of the melons are a Galia type (greenish/yellow netted skin with light green flesh), some are an Asian melon called Sun Jewel (yellow oblong shape—white crisp flesh, tastes a bit like pear), and a few are honeydews with light green or salmon-colored flesh.



*Galia (aka Tropical), Sun Jewel,
& Honey Yellow Honeydew*

Snow Peas - In the large share. Common ingredient Oriental cooking and stir-fry. Great raw in your salad.

Winter Squash - Cut in half, scoop out the seeds, put a little oil on it, bake at 350 F. until fork tender, about 45 minutes to an hour.

Acorn Winter Squash - In the large and small share.

Butternut Winter Squash - In the large share. A long keeper.

Large Share:

Lettuce
Onion - Red Bull variety
Summer Squash
Pole beans - Blue Lake or Purple
Snow Peas
Red Cabbage
Tomatoes
Cherry Tomatoes (Take out of plastic bag)
Green Sweet Pepper
Hot Pepper - Yellow Hungarian
Ripe Melon - (Various varieties - Fair quality - No guarantees)
Acorn Winter Squash
Butternut Winter Squash

Small Share:

Lettuce
Onion - Red Bull variety
Cheddar Cauliflower - In the last of the shares which have not previously received one
Potatoes - Carola
Red Cabbage
Tomatoes
Green Sweet Pepper
Hot Pepper - Jalapeno
Acorn Winter Squash

Best guess in the boxes next time:

Lettuce, Onion, Sweet & Hot Pepper, Winter Squash, Bulls Blood Heirloom Beets, and Spinach. Maybe Kale and Parsley.

Carola Potatoes and Anaheim Peppers in the large share. Maybe Beans and Tomatillos in the small share.

Fall 2014 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 (5/9 bushel size).

Includes arugula, Asian greens, beets, radish, cabbage, carrots, celery root, lettuce, kohlrabi, onions, parsley, parsnips, potatoes, rutabaga, spinach, swiss chard, tomatoes, winter squash, fresh herbs and more.

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



November 16, 2012

Two Thursday deliveries:
November 6 and November 20, 2014.

Small share is \$70. Large share is \$100.

To sign-up, log into your CSA account and toggle the Season Selection box at the upper left to "Fall 2014" and then hit the "click to join" link.

Or simply click here:

<https://www.farmigo.com/join/highcrossfarm/fall2014>

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 29, 2012

Photos from the Farm this Week



View from the 2nd story of the new garden shed



Kath's cousin Glen stayed the night on his (2000 mile) cross-country bike ride from Washington state to his hometown of Racine, Wisconsin



Row Cover



Frosty Red Russian Kale



More row cover and garden shed in the distance



Frosty Lettuce

Recipes

From our site host Linda Hanson:

From 6/24/14:

“I fully expected this dinner to get bypassed for a plate of rice. But, 2 out of 3 kiddos ate the entire dinner. Baked cod, rice, and steamed spinach (which included the turnip greens and Swiss chard leaves) topped with Parmesan cheese. Incidentally, the Swiss chard stalks were chopped and tossed in with carrots to make veggie fried rice for another meal.

We are loving the challenge of building meals around what is harvested. Thanks for the greens!”



From 10/9/14:

“Feel free to share the following story, if you'd like...or just enjoy, knowing our quirky and awesome homeschooled kids. :)

Abby (10) and William (7) played "chopped" tonight for dinner. It's based on a cooking show where chefs get a basket of 4 ingredients and have to transform them into something delicious. The least successful chef is then "chopped," while the remaining continue to cook further courses.

The kids haven't been so excited about my soups, so I let them compete to make their own soup using the following from HighCross: homemade veggie stock in our freezer, Italian flat leaf parsley, onion, Napa cabbage, and leftover roasted potatoes.

I hate that they make me pick a winner, but William is 2 for 2. He narrowly beat Abby after she added mustard to her soup and he transformed the potatoes by mashing them to thicken his soup. Lizzie (4) needed a job so she tore up lettuce for salad and after all the taste testing, they were full!

Thank you for helping all of us learn to make our menu from what is in season each week!

Blessings to you both,
Linda”



Recipes

Kath's Creamy Cole Slaw

1/2 head average size cabbage
1 sweet onion
1 carrot
1 apple
1/2 c. chopped pecans or walnuts
1/4 c. coconut (optional)
1/4 c. dried currants
1 T. lemon juice
1 T. sugar or honey
1/2 tsp. sweet hot mustard (we like Inglehoffer brand)
Dash salt
Mayonnaise

Grate fine the cabbage, onion, carrot and apple. Add the coconut, currants, lemon, sugar, mustard, salt and enough mayonnaise to bind (about 1 cup). Mix all together. Chill and let the flavors blend. The flavor only improves with age, but this cole slaw usually disappears fast around here.



Wilted Cabbage

1 sweet onion, chopped
1 small or 1/2 large cabbage head, core removed and shredded fine (cut cabbage in half and cut a V to remove core). Place cabbage flat side down on cutting board and slice fine.
2 - 3 T. Olive Oil
1/8 tsp. fresh nutmeg (opt.)
Salt and pepper to taste

Saute onion in olive oil in a large frying pan (12" is ideal) until golden (about 4 minutes). Add cabbage and stir fry till wilted and golden (about 8 min.)

Add fresh nutmeg, remove from heat and cover pan a few minutes to let cabbage braise.

This is a basic recipe, you can try variations, such as adding a sweet sour sauce at the end. Other additions might include toasted pecans and dried currants or golden raisins, etc.

Recipes

Resort Bells with onions, potatoes and mustard seeds

Delicious and great with bread to dip into it.

1 medium potato cut into 1/2 in cubes
2 tbs oil
1 tsp mustard seeds
1 Tbs skinned split black lentils (urad dal)
1 large green or red bell pepper cut into 1/2 in cubes
2 tsp Sambhar masala (curry powder)
1 tsp coarse salt
1/4 tsp turmeric
1 tomato cut into 1/2 in cubes
12-15 fresh curry leaves

Heat oil on med-high heat. Add mustard seeds, cover the pan, and cook until the seeds have stopped popping (not unlike popcorn), about 30 sec. Add the lentils and stir-fry till golden-brown, 15-20 sec. Immediately add bell pepper, potato, onion, masala, salt and turmeric. Stir to coat the veggies with spices and cook for 1-2 min.

Pour in 1 cup water and add tomato and curry leaves. Reduce heat to med-low, cover the pan and simmer, stirring occasionally until the veggies are fork-tender, 15-20 min. Then serve. If the sauce is not thick enough, mash some of the potatoes with the back of a spoon and the starch will give it more body.



Here's another including the veggies this week and it also has the protein filled lentils as a main ingredient.

1 cup skinned split brown lentils (masoor dal)
2 Tbs oil
1 large green bell pepper finely chopped
1 Tbs finely chopped hot pepper, seeds removed
1 tomato cut into 1/2 in pieces
1 1/2 tsp coarse salt
1/2 tsp ground turmeric

rinse the lentils 3 or 4 times and drain. Add 3 cups water and bring to a boil uncovered over medium heat. Skim off and discard any foam that forms on surface. Reduce heat to med-low, cover the pan and simmer, stirring occasionally, until lentils are tender, 10-25 min.

while lentils are cooking, heat oil over med heat. add bell pepper and hot pepper and cook, uncovered, stirring occasionally until bell pepper releases its water and starts to brown and the hot pepper is pungent (adequate ventilation will help) 10-12 min.

stir in the tomato, salt and turmeric and scrape the bottom of the skillet to deglaze it. pour in 2 cups water and cook, uncovered until tomato has softened and turned slightly pulpy, 5-8 min.

Once the lentils are tender, pour the bell pepper sauce into the pan, raise the heat to med and simmer uncovered until flavors mingle and sauce thickens slightly, 5-8 min.

These are both absolutely delicious and done in less than an hour. From my 660 Curries book by Raghavan Iyer.



Recipes

Roasted Balsamic Cauliflower and Potatoes

½ a head of cauliflower, chopped into small florets
3 red potatoes, chopped
⅛ cup balsamic vinegar
¼ cup olive oil
3 cloves (1 ½ tsps) chopped fresh garlic
salt and pepper
Grated Parmesan
Optional: Rosemary or Thyme

Preheat oven to 350 degrees. Chop the fresh cauliflower into small pieces that are roughly the same size. Toss the veggies into a big mixing bowl and add oil, vinegar, and garlic. Add some large dashes of salt and pepper. Transfer mixture to a well-greased roasting pan. Roast for 45-50 minutes, checking regularly to shake and stir the veggies until cooked. Serve with sprinkled grated Parmesan. Add in either rosemary or thyme for additional flavor.

From: <http://hellogiggles.com/roasted-balsamic-cauliflower-and-potatoes>



Cool Cucumber and Black Bean Summer Salad

1 cucumber, diced
15 ounces black beans
2 cups corn (cooked)
½ red onion, chopped
1 garlic clove
1 ½ tablespoons lime juice
1 tablespoon cilantro
½ teaspoon cumin
¼ teaspoon cayenne pepper
salt and pepper

Mix together and serve!

From: <http://low-cholesterol.food.com/recipe/cool-cucumber-and-black-bean-summer-salad-281876>



2014 Summer CSA Shares are Available

Shares for the 2014 Summer CSA season are still available.
Price will be automatically prorated
during the sign-up process.

There are 3 more Summer Share deliveries
for the 2014 season. Please forward this information
to anyone who you think may be interested.

To sign-up click here: [CSA 2014 | HighCross Farm](#)



Lacinato Kale at HighCross Farm

**Consider giving a 2014 Summer Share
to someone you care about
—a gift that keeps giving all season long.**