

HIGHCROSS FARM

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



10 pound Summer Squash

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #8 - July 30, 2015

Lots of Sunshine

We hope you are enjoying the natural goodness of this delicious premium quality produce.

Please see the next page for how you can help HighCross Farm keep this beautiful food coming your way.

Happy eating from your Farmers Steve, Kath & Crew



Hoophouse tomatoes at HighCross Farm

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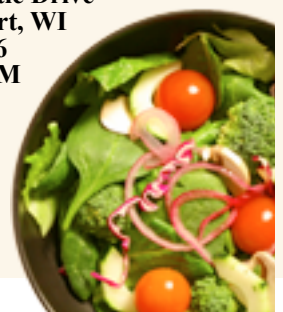
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Note that your pick-up site host contact info is available (for most sites) through your CSA online account under "Pick-up Directions."

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





Eggplant at HighCross Farm

How You Can Help HighCross Farm

We anticipate a continued season of fabulous produce in 2015, with many crops doing as nice or better than we've ever seen.

That's the good news. But the bad news for HighCross Farm is that our sign-ups for this year are significantly down. Therefore if we cannot increase our enrollments, we expect to experience a serious financial crunch. Therefore, **we invite you to help us push for an enrollment surge. You can help us by spreading the word about the high quality beautiful produce from HighCross Farm.**

These premium shares are a great value for a share of this quality. **No one provides a cleaner, higher quality share than HighCross Farm.**

Again, **we have plenty of plants in the ground to provide much more produce than will fit in the boxes**, especially as we reach the middle of the season and beyond.

Farmigo Credits for referrals: For each new CSA member who mentions your name as their referral source, we are happy to reward you with a \$10 credit to your CSA online account which can be used toward purchase of any items on the web store. Our new Administrative Assistant Sara will be contacting you soon to let you know if and when your account has been so credited.

We are endeavoring to keep the web store stocked with products, such as farm fresh free range eggs in large, extra large and jumbo sizes; LaClare Farms premium goat cheese; our own farm-produced HighCross Farm Gourmet Naturals Collection; extra produce.

HighCross Farm 2015 CSA Program Brochure: We have included a brochure in this week's share box. Please use it as you think best. Perhaps you could post one at work, or announce it at your next social, civic, or school meeting. Let us know if you would like more brochures. Brochures are also available on the website as a .pdf file to download and print. [HighCross Farm CSA 2015](#)



Swiss Chard at HighCross Farm



Invitation to CSA Member Gathering

We hope to have a record number of participants here on Saturday, August 22, for the first of our two 2015 CSA Member Gatherings.

It will be a time to connect with other Foodies, sample products offered on the web store, and see where your beautiful veggies are born and raised. Workshop TBA. Tours. Haywagon rides. Optional potluck dinner.

This is a family friendly event, so do bring family and friends for a fun time on a beautiful farm. It's an easy drive on divided highway, less than an hour away for most of you. *** (Newborn lambs are due in August!)

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](#)



Red Romaine Lettuce today at HighCross Farm

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

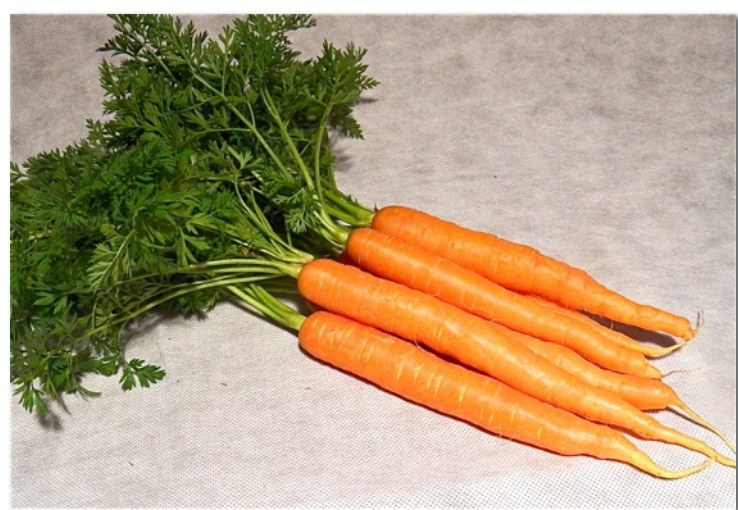
(The 2015 Fall/Winter Share will be open for enrollments soon.)

In the Box this Week

Storage information: Lettuce, leafy greens, carrots, green onions, 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.

Lettuce - Two heads, a Green Summer Crisp named Nevada (it holds up in the heat!), and a beautiful Red Oak Leaf type named Rouxai. More lettuce next week.

Green-top Carrots - Nelson variety in the small share. SugarSnax, a long Imperator type, in the large share.



Green Top Carrots at HighCross Farm

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 and 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.

The green leaves can be juiced or used in cooking.

Summer Squash - Here they come! You'll be receiving the following types over the next weeks:

- **Green Zucchini** - The one almost everyone is familiar with. We're always trialing different varieties, so the green color may vary somewhat. Some of these hide and get way too big; they are offered cheap on the web store, when available, for zucchini bread, etc.

- **Golden Zucchini** - Just like the green, except golden in color.

- **Zephyr** - A straightneck squash with a light green tip and very good flavor and texture. This is one of our favorites.

- **Romanesco** - A ribbed Italian heirloom with delicious rich flavor. Not as juicy as zucchini. Another one of our favorites.

- **Patty Pans** - Our very favorite summer squash. We call these "UFO Squash" around here. They have a rich, nutty taste.



Green Zucchini, Golden Zucchini, Straightneck, Zephyr, Romanesco, Patty Pan

We most often eat these simply steamed or microwaved until tender. Trim the stem and blossom ends; cut into little cubes. Place in a microwave dish and heat for 5 minutes. Stir, and check for doneness. Microwave for up to 3 more minutes. Drain, and add butter and salt; add shredded parmesan as an option. Yum!

Please send in your favorite summer squash recipes!

Cucumber - We grow three different types: Regular slicing type, Beit Alfa type (sweet thin-skinned, Mid-eastern type); Asian type (slender, long, spiny)

Green Cabbage - We try to leave some of the wrapper leaves on if they are in good condition—they are good for food, although will not be as tender as the inner leaves of the cabbage head. All of the members of the cabbage family are scientifically proven to be some of the best cancer fighters of the vegetable kingdom. Please use any opportunity to incorporate more from this healthy family of vegetables in your diet. Try Kath's delicious recipe below for Creamy Coleslaw.

Or make your own sauerkraut—it is fairly easy to do so, and fresh sauerkraut tastes wonderful! See the page below on how to make Homemade Sauerkraut. And also see the article by Anna Yonker, *Lacto-Fermented Cabbage*, reprinted from last year's newsletter.



Green Cabbage kissed with dew at HighCross Farm

Green Onions - Great sliced into your salad or use in egg dishes or kale spread. Use 100% of these onions from stem to stern.

Note that you can chop and freeze these onions for use later. Store in a freezer container or ziplock bag; if you first freeze the pieces on a cookie sheet, you can shake out as needed.

Korean Daikon Radish - Similar to the traditional long Japanese Daikon, although this one is shorter. Fairly mild; will keep a long time in your refrigerator.

Fresh Herb - Sage - Chop and sprinkle a little in your salad; good with chicken or pork. If grilling, put some in your marinade. Hang up to dry, or put in a ziplock bag to store in your refrigerator or freezer.



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

Large Share:

Lettuce - Two heads
Green Cabbage
Green-top Carrots
Kohlrabi
Summer Squash
Korean Daikon Radish
Green Onions
Cucumber
Fresh Herb - Sage

Small Share:

Lettuce - Two heads
Green Cabbage
Green-top Carrots
Kohlrabi
Summer Squash
Korean Daikon Radish
Green Onions
Cucumber
Fresh Herb - Sage



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

Lettuce, Green Onions, Summer Squash, Fennel, New Red Potatoes, Sweet Onion, Swiss Chard

Soon: Collard Greens, Nappa Cabbage, Peppers, Kale, Flat Leaf Parsley

Photos from the Farm This Week



Photo from the Farm This Week



Ella is a great help at HighCross Farm...



...and Noah & Autumn as well

Photo from the Farm This Week

From: Jenny

Subject: Thanks!

Date: July 25, 2014 9:55:25 PM CDT

To: highcrossfarm@kmoraine.com

I advertised for you via Facebook tonight and posted this photo. This cabbage was nearly the size of my four year old! Just huge. He could only hold it long enough to snap a quick photo. From our box, we had spring roles with fresh mizuna, cabbage, basil and onions. Our baby had puréed summer squash for the first time. Thanks so much! - Jenny





*Red sweet onions sizing up
at HighCross Farm*

10 Reasons Why to Join A CSA

Better flavor: Organic vegetables have a rich and full flavor. Since organic farming nourishes the soil, the food nourishes our palates. Better tasting means you'll eat more veggies and eat some that you may not have liked before.

More Nutritious: Freshly picked organic produce grown without pesticides and sprays are more nutritious than conventionally grown vegetables.

Safer Food: Your produce comes directly from your farmer. No risk of your food getting damaged or spoiled due to long-distance shipping. Most CSA's grow using organic methods. Organic produce is grown without pesticides or sprays. Pesticides are poisons and can be harmful to humans.

Save Money: CSA's offer high quality produce at below retail cost. The money goes directly to the farmer instead of paying distributors and trucking companies, and it stays your local economy.

Save Time: You pick up a box or bag of fresh vegetables already packed for you. No shopping hassles. Easy pick up at another member's home or on the farm. Select a convenient drop off site near work or home.

Selection: Farmers grow more vegetable varieties than found at the grocery store. You'll enjoy and discover more vegetable varieties than you might otherwise buy.

Farmer to Family Connection: A CSA is a relationship between a rural farmer and an urban family. The farm helps bring families to the land. It serves as a rural gathering place for urban families to share together events on the farm.

Fun: Experience fun on the farm with harvest festivals, dinners, celebrations, field days, family events and more.



*Red Russian Kale
at HighCross Farm*



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.



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](http://www.nutrition-and-you.com/cabbage.html) 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



Recipes

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>



Recipes

From HighCross Farm Team Member Aleka:

Fritters

3 or 4 Red Norland Potatoes
1 Kohlrabi
2 Carrots
1 Green onion
A few sprigs of Summer savory - de stemmed
Salt/pepper
4 Eggs

I shredded the potatoes, kohlrabi and carrots. I sliced the green onion. I mixed all the ingredients together. I melted butter in a pan and dropped spoonfuls of the mixture into the pan. I flattened out the spoonfuls to look like a pancake and cooked them on medium low heat until brown on both sides.

I topped with shredded cheese for the last minute. I garnished with sliced tomatoes. Yummy :-) It would also be good with a bit of sour cream!

It is important to have enough egg. If there isn't enough egg the fritters will fall apart. If they are falling apart - add more egg directly to the fritter on the pan and everything should work out.



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.

7/31/14

Hi Farmer Steve!

I hope you can include the recipe for Creamy Rice and Squash Casserole that you printed from Steve and Lindy Meer. It is awesome! It says it serves 8-10, but I always cut the recipe in half because it really makes a lot.

Michele S. Kahler



Recipes

From Steve and Lindy Meer, our Bayview pick-up site hosts:

“Here is a summer squash recipe that we make regularly during the peak squash time.”

Creamy Rice & Squash Casserole (serves 8-10)

1/4 c. plus 1 tbsp. butter, divided
2 to 3 c. chopped summer squash
1 c. chopped onion
2 x 14.5 oz. cans diced tomatoes, drained (or fresh equivalent)
1/4 c. flour
1 to 1.5 c. chicken, beef, or vegetable broth - use less broth if you don't drain tomatoes extensively
4 c. cooked rice
1/2 c. heavy/whipping cream
1 tbsp. dried basil (or fresh equivalent)
1 tbsp. dried parsley (or fresh equivalent)
1/4 tsp. pepper
1/4 c. grated parmesan

Melt 1 tbsp. butter in large skillet over med.-high heat; add squash, onion and tomatoes and cook until squash is tender, stirring often. Set aside.

Melt 1/4 c. butter in a med. saucepan over low heat, add flour, stirring until smooth. Cook 1 minute, stirring constantly.

Gradually add broth; cook over med. heat, stirring constantly, until mixture is thickened. Stir in vegetables, rice and next 4 ingredients.

Pour into lightly greased 11 x 7 x 1.5 inch baking dish. Sprinkle w/cheese.

Bake at 350 for 30 min or until thoroughly heated.



Recipes

From our neighbor Jill who supplies us with some of the eggs, from her backyard flock:

Hi Kath,
Here is the Zucchini dessert squares recipe I was telling you about:

Zucchini Dessert Squares

2 large Zucchini
2/3 cup lemon juice
3 cups sugar divided
1/4 tsp nutmeg
1 1/2 tsp cinnamon
4 cups sifted flour
1/2 tsp salt
1 cup butter
1/2 cup copped nuts

Peel, quarter, seed, and slice zucchini. Slice enough to make about 4 quarts.

In a large covered kettle, cook zucchini in lemon juice on low heat until tender.

Add 1 cup of the sugar, nutmeg, and 1/2 tsp of the cinnamon. Cook a few minutes more, then let stand to cool.

To make the crust:

**** Optional, you can add 1 tsp carmel extract to this filling.****

Combine flour, remaining 2 cups of the sugar and salt. Cut into butter to make crumbly mixture. Reserve about 1/2 cup.

Press half of the remaining mixture into a 10 by 15 (or 9 by 18) baking pan.

Bake at 375 for 10 minutes.

Mix 1/2 cup of reserved crumbs with slightly cooled zucchini mixture and spread on baked crust. Add remaining 1 tsp of cinnamon and nuts to remaining crumb mixture and spread on top.

Bake at 375 for 30 minutes or until golden brown on top.

