

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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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**



Packing Crew - 8/14/14

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #9 - August 14, 2014

The Family Farm

200 years ago 90% of the US population lived on working farms. Today it is less than 2%. Most Americans are distanced by several generations from a connection to "the family farm."

CSA offers that pastoral farming experience which, deep in our very souls, each of us longs for.

Farmer Steve and Kath consider each and every one of their CSA members to be "extended family." Furthermore, the crew here feels the same way. We put our heart and soul into producing the finest

quality produce for you and members of your (our) family.

Come share in the experience of "your" family farm this Saturday at the HighCross Farm CSA Member Gathering. Doors open at 1 PM. Rain or shine. Food tasting. Tours. Chef Bernie Stir-Fry Demo. Meet the crew. And...

-Farmers 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, beans 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.

See storage notes at Basil and Potatoes.

Lettuce - Green Romaine lettuce; note that by the time we were ready to harvest this lettuce, the quality had deteriorated. Red Butterhead was the lettuce in a few of the small shares. Nice-looking crop of green oak leaf lettuce in all shares next week.

Yellow Romano Italian heirloom Pole Beans - Sweet and crisp and juicy. Prepare Romano beans like any snap bean. Steam just until tender, or add to stir-fry. Snip small pieces raw into your salad.

Superior Potatoes - In the large share. This is a Wisconsin-bred variety. Thin skinned white potato; can eat these skin and all. Can be made into potato salad; or simply cube, and boil just until tender; serve with butter and maybe an herb, such as parsley or basil pesto.

Open the paper bag or take the potatoes out and store in an airy place, as these were just dug about 24 hours ago. See Craig John's Potato Salad recipe below.

Sweet Onions - White sweet onions in the large share and the famous Ailsa Craig sweet heirloom from the British Isles. Sweet onions are more mild than regular storage onions primarily because they have more water in them. They may be stored for a short time on your counter or refrigerate until ready to use.

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 will be offered cheap on the web store, when available, for zucchini bread, etc.

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

- **Straightneck Squash** - Delicate flavor. Thin skin. More perishable than the other types of summer squash.

- **Zephyr** - A version of 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!

Summer squash plants are very vulnerable to bugs and diseases, which will eventually destroy the plants. Thanks for sending in your favorite recipes and keep them coming!

See the new recipe below from Pick-up Site host Steve Meer.

Easter Egg Radishes - So-named because of the various colors—red, pink, purple, white.



Easter Egg Radishes

Cucumber - Slicing type.

Kohlrabi with leaves - Supplied with some of the leaves, which some folks find a culinary use for. The bulb portion is peeled and eaten fresh, or can be cooked and mashed, like a potato.

Green Pepper - One in the large share.

Hot Pepper - Yellow Hungarian - One in the small share, from our hoop house. In the large share in a week or two.

Baby Pac Choi - In the large share. Perfect to use in stir-fry. Note that Chef Bernie will be demo-ing how he uses Pac Choi in stir-fry here on Saturday.

Baby Beets with green tops - In the large share. Use the green tops in cooking—steamed or stir-fried.

Eggplant - The first of the season in a portion of the large shares (next week in the other large shares). A variety of different types and colors. See several recipes below. More recipes next week, an please send us your favorite eggplant recipes, as there will be eggplants in your share regularly.

Amish Muskmelon - Bonus item from our Amish farmer friend Norman Miller. Not real sweet but great muskmelon flavor. Can be left on your kitchen counter to ripen a little more.

Amish Cherry Tomatoes - Bonus item from our Amish farmer friend Norman Miller.

Fresh Herb - Basil. To store, do not refrigerate. Place the basil stem(s) in a glass of water on your counter and change the water as necessary, just like a cut flower - it will last a week to 10 days under normal conditions. It likes neither temperatures below 50 F. nor water on the leaves.

Large Share:

Lettuce - Romaine
New Potatoes - Superior variety
Yellow or Green Romano Beans
White Sweet Onion
Cucumber
Radishes - Easter Egg variety
Summer Squash
Kohlrabi with leaves
Green Pepper
Baby Pac Choi - use in stir-fry
Baby Red Beets with green tops
Eggplant in Kyle's Route Boxes
Fresh Herb - Purple & Lemon Basil

Small Share:

Lettuce - Romaine or Red Butterhead
Yellow or Green Romano Beans
Ailsa Craig Sweet Onion
Cucumber
Radishes - Easter Egg variety
Summer Squash
Kohlrabi with leaves
Hot Pepper - Yellow Hungarian
Amish Muskmelon - Bonus item
Amish Cherry Tomatoes - Bonus item
Fresh Herb - Lemon Basil

Best guess in the boxes next time:

Lettuce, Summer Squash, Sweet Onions, Kohlrabi, Tokyo Bekana (Asian Green), Romano Pole Beans, Basil & more. Maybe beets in the small share.

Coming soon: Celery, Eggplant, Napa Cabbage, Spinach, Rainbow Chard.

Invitation to CSA Member Gatherings 8/16/14 & 10/4/14



**As a HighCross Farm CSA Member,
you are cordially invited to gather at the farm
on Saturday, August 16 and Saturday, October 4.**

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.
Bernie's Bees - Sample fresh honey extracted from the hives this week
Presentations by Michaelleen Hince from JoshEWEa's Gardens
on *Why Soaked and Sprouted Grains and Nuts?* - free samples.

Lots of free Grade B produce available—bring a cooler to ferry some back home.

3 PM - Chef Bernie demo: Stir-fry using Asian Greens
(Two versions: Vegetarian & with Pork)

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

Friends and extended family members are welcome.

The Swallows return to San Juan Capistrano and...



...in what has now become an eagerly awaited summer ritual,
the summer squash swans have once again
gracefully returned to HighCross Farm.

Shy by nature, they tend to hide out in the Summer Squash patch.
They had to be coaxed by our dedicated picking crew
to come up to the front yard for a family portrait.

And what a lovely family they are.



We have asked M/M S. S. Swan if they would consider posing
with their family this Saturday for a brief photo shoot
by several of our avid photographer CSA family members.
We shall see.

Farm Photos from this Evening



Muskmelon sizing up



Next week's lettuce sizing up



Celery sizing up



Hoophouse tomatoes taking their time ripening



Brussels Sprouts sizing up



Second crop sugar snap pea blossoms

2014 Summer CSA Shares are Available

Shares for the 2014 Summer CSA seasons are still available, as we are increasing the size of our operation again this year. Price will be automatically prorated during the sign-up process.

(The 2014 Fall/Winter Share will again be offered and open for enrollments in late summer.)

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



Italian Large Leaf Basil at HighCross Farm

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



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.



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

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

Hi Farmer Steve,

Wanted to share another summer squash recipe we like:

Summer Squash Gratin

Ingredients (serves 4)

- 1/2 lb. to 3/4 lb. (1 medium to large) summer squash, sliced thinly on a mandoline or in a food processor with slicing disk
- 1/4 teaspoon salt
- 1/4 cup fresh parsley, loosely packed
- 8 fresh basil leaves
- 1 garlic clove, quartered
- 1/4 teaspoon salt
- 1/4 cup olive oil
- 2 tablespoons butter, melted
- 3/4 cup panko
- 1/4 lb. red potatoes, sliced thinly on mandoline or in a food processor with slicing disk
- 1/3 cup grated Gruyere (or Swiss cheese)

Instructions

- heat oven to 400 degrees
- place summer squash slices in a colander in the sink and sprinkle with 1/4 teaspoon salt, let drain for 10 minutes
- meanwhile in a food processor or blender, puree the fresh herbs, garlic, 1/4 teaspoon salt and olive oil, set aside
- in a small bowl, combine the melted butter and panko
- in a large bowl combine all ingredients, reserving some of the butter-coated panko. Pour mixture into a shallow baking dish and top with remaining panko. Bake for 30 minutes

Note - you can vary the amount of squash/potatoes in this dish - it works with more squash and less potatoes.

Regards,

Steve Meer



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.



Recipes

From CSA member Courtney:

I'd like to share a classic recipe for Zuccanoes from the original Moosewood cookbook--I have my mother's 1977 copy from when she was a student at Cornell.

Zuccanoes, from the 1977 Moosewood Cookbook by Mollie Katzen

(AKA stuffed zucchini)

Prep time: 1 1/4 hours, including baking

To serve 6:

- Slice 3 medium zucchini (or summer squash) in half lengthwise. Scoop out insides, leaving 1/4" rim so canoe stays intact.
- Sauté in butter: chopped zucchini innards, 1/2 lb. chopped mushrooms, a large chopped onion, 1 clove crushed garlic, 2 T. sunflower seeds; season with rosemary, basil & thyme.
- Beat 3 eggs. Mix with 1 1/2 cups cottage cheese, 1/4 wheat germ, 3 T. Tamari sauce, dash Worcestershire sauce, a couple shakes Tabasco sauce, 1 cup grated cheddar, 1 cup cook soybeans and/or brown rice. Add the sautéed vegetables.
- Stuff the canoes generously. Sprinkle with paprika.
- Bake 40 minutes at 350 degrees F.
- Serve topped with extra grated cheddar cheese or sour cream.

Goes without saying that the variations and possibilities are quite endless!

