

# HIGHCROSS FARM

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



Large Share - 8/21/14

HIGHCROSS FARM

## HighCross Farm CSA Newsletter

Summer Share Week #10 - August 21, 2014

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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**



## Premium Quality

Not all CSA produce is alike. Actually, there is a wide variance in variety, quantity, and quality.

It is not hyperbole to state unequivocally that no one produces a finer CSA share than HighCross Farm. That's because we are satisfied only when our customers are totally delighted.

Our premium quality is due to:

- Strict harvesting and processing protocol to bring you that just-picked field-to-table freshness.
- Optimal temperatures controlled by state-of-the-art walk-in coolers.

- We pack boxes on delivery day, unlike most CSAs, which pack the day before delivery. Often some of your produce was growing in the gardens the morning of delivery.

- Extra time and expense is taken to grow and process produce which is both clean *and* beautiful.

- Secret ingredient added to every share—our love and blessings.

-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 Leaf lettuce in all shares today. More nice lettuce 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. Or blanch and freeze for a treat after the season ends.

**Sweet Onions** - White sweet onion in the small share and the famous Ailsa Craig sweet heirloom from the British Isles in the large share. 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. Consider making a blooming onion with these sweet beauties.

**Summer Squash** - Enjoy these while you can, as summer squash plants are very vulnerable to bugs and diseases, which will eventually destroy the plants.

See more new recipes below sent in today from our CSA members! Thank you for sending in your favorite recipes and please keep them coming!

- **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 variety 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, add butter and salt; add shredded parmesan as an option. Yum!

**Rainbow Swiss Chard** - These bunches are the last of the spring-planted chard. A fresh new planting will be going into the ground next week. Chard is a member of the beet family. Steam or use in stir-fry. Some cooks use the stems in place of celery.

**Spinach** - In the large share. Spinach thrives in the cooler weather of spring and fall. Our experimental first crop of summer-planted spinach failed due to too much heat, too much flooding, and deer predation. This second crop of summer-planted spinach thankfully has turned out okay. We'll be seeding our fall spinach starting tomorrow.

**Cucumber** - Several different types. Beit Alpha, a spineless thin-skinned variety, standard slicing types, and Asian types.

**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.

**Hot Pepper - Yellow Hungarian** - One in the large share, from our hoop house.

**Tokyo Bekana - Asian green.** Like most Asian greens, very versatile. Great in stir-fry or soups, or fresh in salad. Tastes similar to Pac Choi.



*Tokyo Bekana*

**Red Beets with green tops** - In the small share. Separate the green tops from the beet roots, and use within the next several weeks in cooking—steamed or stir-fried. The beet root will keep for many weeks. Make pickled beets.

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

**Tomatoes** - Just a small amount in the large share. We are still waiting for the garden tomatoes to start ripening in greater quantity; the cooler than average summer weather is not conducive to the ripening of tomatoes.

**Fresh Herb - Lemon 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  
Yellow or Green Romano Beans  
Ailsa Craig Sweet Onion  
Cucumber  
Summer Squash  
Tokyo Bekana - Asian Green - Stir-fry, salad, soup  
Kohlrabi with leaves  
Rainbow Swiss Chard  
Spinach  
Hot Pepper - Yellow Hungarian  
Eggplant in non-Kyle's Route Boxes  
Tomato or Cherry Tomatoes  
Fresh Herb - Lemon Basil

**Small Share:**

Lettuce  
Yellow or Green Romano Beans  
White Sweet Onion  
Cucumber  
Summer Squash  
Tokyo Bekana - Asian Green - Stir-fry, salad, soup  
Kohlrabi with leaves  
Beets with green tops  
Fresh Herb - Lemon Basil

**Best guess in the boxes next time:**

Lettuce, Summer Squash, Sweet Onion, Romano Pole Beans, Cucumber, Basil & more. Maybe Kale and Parsley.

Maybe Kohlrabi & Broccoli spears in the large share. Spinach and maybe Eggplant and Tomatoes in the small share.

Coming soon: Celery, Napa Cabbage, and Superior potatoes.



## **How We Determine What Goes into the Shares**

Each week, we assess what is ready to be harvested in the gardens. When there will not be enough of a particular harvest to fill both large and small shares, we do the math to determine for which size share there will be enough. It always varies, depending upon how fast a particular crop is coming in. Often, the other size share will receive the item the following week.

The large share always receives a greater quantity and almost always a greater variety of items than the small share; the small share will receive some of each type of produce over the course of the entire season, just not as often as the large share.

If both share sizes receive the same item that week, the amount received will usually be more in the large share. For example, if everyone gets potatoes, the small share might get 2 pounds, the large share 3 pounds.

Also, if an item comes in different sizes, it will be distributed according to share size; for example, a head of lettuce might be a smaller size for the small share, and a larger size for the large share.

Sometimes, only a portion of the large or small shares will receive the item because the crop is just starting to produce; next week the remaining shares will receive it.

What will always remain the same for both share sizes each and every week is the same high quality you have come to expect: the finest, freshest, cleanest produce available anywhere in SE Wisconsin!



*Swiss Chard at HighCross Farm*

## **2014 CSA Pro-rated Memberships are Still Available**

We thank you for your referrals. Each week several more new members are signing up. Currently we are packing 188 small boxes and 104 large boxes, for a total of 292 boxes each week, up from where we were last year at this time.

Remember that for each new CSA member listing you as the referral source, we will reward you with a \$10 Farmigo credit toward any purchase on the web store.

We offer good food that is fresh, beautiful, premium quality, raised without chemical pesticides, and harvested, prepped, and packed with TLC.



## We Are Pleased to Welcome Aleka to the HighCross Farm Team!



*“All dolled up and nowhere to go !”*

Aleka was ordered by Farmer Steve to do some weeding this week.

She soon discovered, and modeled for the rest of the crew,  
a most attractive organic weed wig—purslaine!

Her radiant smile, and her love of people and gardening, is contagious.

Welcome aboard, Aleka!





**Farm Photos from the CSA Member Gathering Saturday, August 16, 2014**



*The haywagon ride is always a crowd-pleaser*



*Chef Bernie offering up his culinary artistry for taste-testing*



# Invitation to CSA Member Fall Gathering 10/4/14



*Chef Bernie Stir-fry Demo 8/16/14*

**As a HighCross Farm CSA Member,  
you are cordially invited to gather at the farm  
on 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.

3 PM - Workshop. Topic TBA.

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

**Friends and extended family members are welcome.**

## **2014 Summer CSA Shares are Available**

Shares for the 2014 Summer CSA season 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](#)



*Summer Squash at HighCross Farm*

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





## 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/>

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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.



## Recipes

From CSA member Greta:

Hi Steve and Kath~

Here's a delicious, easy recipe to showcase the beautiful zucchini you send us.

Thanks for your hard work and all the beautiful produce. It's a treat to open the box each week and see what you've blessed us with.

Warmly,

Greta Igl

### [Roast Zucchini Salsa](#)



#### [Roast Zucchini Salsa](#)

Not too long ago I made an absolutely fabulous swiss chard pesto that was really more of a combination of a pesto and a salsa, and I have been fascinated by the ide...

[View on  
www.closetcooking.com](#)

Preview by  
Yahoo





## Recipes

From CSA member Anne B:

Here's a really easy but delicious summer squash recipe for soup.

3 cups chicken broth  
2 large zucchini/summer squash, shredded

Cook until squash is tender and add one and a half cups of heavy cream or whole milk, whichever your preference.

Season to taste. Delicious with just salt and pepper but I have added garlic, onions, or garlic salt.

Anne



## 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 CSA member Tasha Miller:

Hello Farmer Steve!

Thank you again for a wonderful afternoon last weekend at the farm! The girls had a great time (and we did, too!)

I told you I'd send you a recipe for our favorite way to fix kale -- kale chips! Here is the "recipe" we follow; there are a million ways to make these, but this is our favorite. The amounts aren't exact; we just wing it every time, but it's pretty fail-proof. Our girls gobble this stuff up.

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Remove the stems, then wash and thoroughly dry the kale leaves. Toss the leaves with 1 -2 Tbsp olive oil, a few dashes of good quality sea salt to taste, and enough nutritional yeast to thinly coat the leaves.

Lay the leaves out on a cookie sheet covered in parchment paper or foil. Try not to let the leaves overlap; we usually have to make 2-3 rounds of chips per bunch of kale.

Place cookie sheet in an oven that's been preheated to 300. We bake the chips for about 10 minutes on one side, then turn them over and go another 10 minutes or a bit less on the other side. Whatever it takes to get them dry and crunchy.

When they're done, eat them all up at once (they aren't so good after they sit, so best to eat them right away!).

We tried this with the spinach, too, and it was very good. The cooking time was a bit longer for spinach. I bet other mild greens would be tasty, too.

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Thanks!!

Tasha (Miller), Scott, Evanya, and Ivy



# Recipes

Hi Steve!

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

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## 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



# Recipes

More recipes from our CSA Members:

“Thought we'd share two fun recipes we've used this past week with some of the items that were in our small share.

Thanks,  
Beth and Dale”

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## **Baba Ganoush** (from AllRecipes.com)

“This classic smoky, garlicky Middle Eastern roasted eggplant spread is easy to make at home.”

### **Ingredients:**

1 eggplant  
¼ C lemon juice  
¼ C tahini  
2 T sesame seeds  
2 cloves garlic, minced  
Salt and pepper, to taste  
1½ T olive oil

### **Directions:**

1. Preheat oven to 400 degrees F. Lightly grease a baking sheet.
2. Place eggplant on baking sheet, making holes in the skin with a fork. Roast it for 30 to 40 minutes, turning occasionally, or until soft. Remove from oven and place in a large bowl of cold water. Remove from water and peel skin off.
3. Place eggplant, lemon juice, tahini, sesame seeds and garlic in an electric blender and puree. Season with salt and pepper to taste. Transfer eggplant mixture to a medium size mixing bowl and slowly mix in olive oil. Refrigerate for 3 hours before serving.

*Although this is often served with pita slices, we used it as a dip with our julienned zucchini.*

## **Curried Cauliflower Stew with Chickpeas**

(from Clean Start by Terry Walters)

### **Ingredients:**

1 head cauliflower  
1 medium yellow onion, sliced into thin wedges  
2 garlic cloves, minced  
1-inch piece of fresh ginger, peeled and cut into matchsticks  
1 T grapeseed oil  
2 carrots, sliced into ¼ inch rounds  
2 T mirin (a rice wine used as a flavouring in Japanese cookery)  
1 T curry powder  
1 C vegetable stock  
1½ C chopped tomatoes with their juices  
1½ C cooked chickpeas  
2 T raisins  
Sea salt and freshly ground black pepper  
Chopped fresh cilantro

### **Directions:**

Prepare cauliflower by removing and discarding outer leaves and inner stems. Cut florets into small pieces and set aside.

In Dutch oven over medium-high heat, sauté onion, garlic and ginger in oil until soft (about 3 minutes). Add carrots and sauté 2 minutes. Add mirin, curry powder, vegetable stock, tomatoes and chickpeas and stir to combine.

Bring stew to simmer, fold in cauliflower and raisins and cook until cauliflower is soft (about 5 minutes).

Season to taste with salt and pepper and serve topped with cilantro.

