

# HIGHCROSS FARM

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



Kath's Moonflowers - 8/28/14

HIGHCROSS FARM

## HighCross Farm CSA Newsletter

Summer Share Week #11 - August 28, 2014

### Transplanting More Lettuce Today



## In This Issue



**Transplanting more lettuce today**

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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)**



## 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 the large share and a red Summer crisp in the small share. Green Summer crisp in all shares next week.

**Green Romano Italian heirloom Pole Beans** - In the large share this week. This is about the last of the Romano beans; the next variety ripening starting in a week or two will be Blue Lake green snap beans.

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 large share and the famous Ailsa Craig sweet heirloom from the British Isles in the small 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.

**Broccoli Spears** - In the large share. These are the side shoots from the last of the early broccoli planting. The fall broccoli is just now starting to head up and will be ready in another 3 weeks or so.

**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** - In the small share.

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

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!

**Spinach** - In the small 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. Alfa Beit Alpha, a spineless thin-skinned variety, standard slicing types, and Asian types.

**Red Russian Kale** - Just a few leaves in the large share. Kale will be in all shares again soon.

**Eggplant** - In the small shares. A variety of different types and colors; they all taste virtually the same. See several recipes below. Please send us your favorite eggplant recipes, as there will be eggplants in your share regularly.



*Clockwise from the left: Italian Purple, Beatrice, Lavender Touch, Orient Express, Orient Charm, Center: Rosa Bianca (Heirloom)*

**Tomatoes** - Slicing tomato in the small share. Just a few cherry tomatoes in the large share. The cooler than average summer weather has not been conducive to the ripening of tomatoes.

**Bonus Item - Amish Ice Box Watermelon** - In the large share. We were able to purchase these at a reasonable price from our Amish farmer friend Norman Miller.

**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.

**Garlic Chive Blossoms** - These are the flowering seed heads from the garlic chive patch here. They are not only pretty to look at, they make a tasty edible garnish for your salad bowl, or use your imagination. The stem is tough but the flowers are edible and taste like...garlic chives!

#### **Large Share:**

Lettuce  
White Sweet Onion  
Green Romano Beans  
Cucumber  
Summer Squash  
Kohlrabi  
Broccoli Spears  
Red Russian Kale  
A few Cherry Tomatoes  
Bonus item - Amish Icebox Watermelon  
Fresh Herb - Lemon Basil  
Garlic Chive Blossoms - Edible Garnish

#### **Small Share:**

Lettuce  
Ailsa Craig Sweet Onion  
Cucumber  
Summer Squash  
Spinach  
Eggplant - Various varieties (see newsletter)  
Green Pepper  
Tomato  
Fresh Herb - Lemon Basil  
Garlic Chive Blossoms - Edible Garnish

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

Lettuce, Summer Squash, Sweet Onion, Nappa Cabbage, Superior Potatoes; probably tomatoes, cucumbers, peppers.

# Invitation to CSA Member Gathering 10/4/14



*Hay Wagon Ride 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

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.*







## 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

