

HIGHCROSS FARM

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



Fameuse - Snow Apple

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #15 - September 17, 2015

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2015 Fall Share

**2015 Summer CSA Shares
are Available**

Recipes

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)**

Fall is Apple Season

The handful of fruit trees in our small orchard this year were loaded with a bumper crop—so much so that we were able to provide apples for all shares from just one tree, a French heirloom variety called the "Snow Apple."

Although these trees have been fed no chemical fertilizers, we did spray several times in early summer with a conventional fruit spray to reduce insect and disease damage. Apples and plums from our small orchard are available on the web store:

<http://csa.farmigo.com/store/highcrossfarm/>

In addition to PayPal, web store orders will soon take payment using check or credit card.

- Best wishes from
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, leafy greens, root veggies, 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.

Tomatoes should not be refrigerated, unless they are cut into.

See storage information at Fresh Herb - Basil.

Fameuse Apples - The “Snow Apple” - A fresh eating, dessert and all-purpose apple. The Snow Apple is a French heirloom aptly named for its snow white flesh and winter hardiness. It originated in France in the 1600's and was brought to French settlements in Quebec in the 1700's.

A probable ancestor of the MacIntosh apple, Snow Apple is tender, crisp and juicy, with a spicy, aromatic, sub-acid flavor. With its distinct sweet tart flavor, it is also prized as a juice apple. See the web store for more apples.



Fameuse Apples

Lettuce - Green Leaf type. Two Star variety. Harvested this morning—on your table tonight. You can taste the freshness.

Cilantro - Widely used in Asian, Caribbean and Latin American cooking (including Salsa) and its distinctive flavor lends itself to highly spiced foods.

Those who enjoy it say it has a refreshing, lemony or lime-like flavor, while those who dislike it have a strong aversion to its taste and smell.

[Cilantro](#)
[Best Cilantro Recipes - Allrecipes.com](#)

Brussels sprouts - The first of the season, in the large share. Supplied on the stalk; break the sprouts off the stem and steam or stir-fry just until tender. We like them steamed and served with butter, salt, and shredded Parmesan cheese.



Brussels Sprouts

Summer Squash - Please send in your favorite summer squash recipes for us to share in the newsletter.

- **Green Zucchini** - The one almost everyone is familiar with. 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*

Tomatoes - Slicing Type.

Carrots - Sweet and crisp. Most of these are Sugarsnax variety, a long Emperor type.

Broccoli - The first of the fall crop. In the large shares. Will be in all shares next week.

Watermelon - In the small share this week. **Let us know if your watermelon was under-ripe or over-ripe**—we cannot know for certain until it is cut into.

See recipe below for Watermelon Salsa and for Chinese Stir-fried Watermelon Rind.

Winter Squash - We like to cut them in half, scoop out the seeds and bake cut side down on a cookie sheet at 350 F. until fork tender (usually about 35-40 minutes). Or cook cut side up with a little butter and brown sugar or maple syrup in the cavity until slightly golden brown.

Go here for some great squash recipes and photos: [Squash | TasteSpotting](#)

Winter Squash - Acorn. Dry, sweet yellow flesh.



Acorn Winter Squash

Sweet Onion - Yellow Sweet Onion. Heirloom Ailsa Craig variety. Mild—perfect for sandwiches or salad or onion rings. Not a long keeper.

Note that you can chop and freeze onions for use later. Store in a freezer container or ziplock bag.

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.

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

Hot Pepper - Yellow Hungarian type. Will keep a long time under refrigeration, or may be chopped and frozen for use later.

Sweet Pepper - Green and/or colored sweet peppers.

Fresh Herb - Large Leaf Italian in the large share; **Lemon Basil** in the small share.

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.



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

Large Share:

Lettuce
Carrots
Cilantro
Brussels Sprouts
Broccoli
Summer Squash
Tomatoes
Hot Peppers - Yellow Hungarian
Sweet Peppers
Sweet Yellow Onions
Acorn Squash
Fresh Herb - Large Leaf Italian Basil
Apples - Heirloom Fameuse - The Snow Apple

Small Share:

Lettuce
Carrots
Watermelon
Tomatoes
Hot Pepper - Yellow Hungarian
Sweet Pepper
Sweet Yellow Onion
Acorn Squash
Fresh Herb - Lemon Basil
Apples - Heirloom Fameuse - The Snow Apple



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

Lettuce, Summer Squash, Tomatoes, Celery, Broccoli, Sweet Onions, Green Pepper, Hot Pepper, Winter Squash, Fresh Herb.

Watermelon in large shares and Brussels Sprouts in small shares. Maybe Potatoes.

Coming soon: Greentop White Satin Carrots, Green Savoy Cabbage, Anaheim Peppers, Golden Beets.

Photos from the Farm



Kath was harvesting fruit from the plum tree in our orchard when she saw out of the corner of her eye that one of our cats had come to visit her.

But upon second look, this cat had a white stripe down its back!
As soon as their eyes met, this critter scurried away into the bushes.

But a little while later he cautiously returned and hunted for wind-fallen fruit,
as he and Kath worked quietly yet warily alongside each other.



Photos from the Farm



Home "Sweet" Home

2015 Fall 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 (we'll be using a 3/4 bushel size).

Includes arugula, Asian greens, beets, cabbage, carrots, celery root, cilantro, kohlrabi, kale, Kalettes, lettuce, onions, parsley, parsnips, peppers, potatoes, radish, spinach, swiss chard, turnips, winter squash, fresh herbs and more.

With plantings in our hoophouse and the use of protective rowcover in the fields, we are usually able to provide greens until quite late in the season, as these photos attest.

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

Two Thursday deliveries:
November 5 and November 19, 2015.

Small share is \$70. Large share is \$100.
These are jam-packed shares, a super value.

To sign-up, log into your CSA account and toggle the Season Selection box at the upper left to "Fall 2015" and then hit the "click to join" link.

Or simply click here:
<http://csa.farmigo.com/join/highcrossfarm/2015fallshare>

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 16, 2012



November 29, 2012

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](#)



Lacinato Kale at HighCross Farm

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

Recipes

[Watermelon Salsa Recipe - Allrecipes.com](#)

Ingredients [Edit and Save](#)

Original recipe makes 2 cups [Change Servings](#)

- | | |
|--|---|
| <input type="checkbox"/> 2 cups seeded and coarsely chopped watermelon | <input type="checkbox"/> 2 tablespoons balsamic vinegar |
| <input type="checkbox"/> 2 tablespoons chopped onion | <input type="checkbox"/> 1/4 teaspoon garlic salt |
| <input type="checkbox"/> 3 tablespoons seeded, chopped Anaheim chile | |

Check All

Add to Shopping List

Directions

1. In a serving bowl, mix together the watermelon, onion, and chile pepper. Season with balsamic vinegar and garlic salt. Cover and refrigerate for at least one hour to blend flavors.



Recipes

Watermelon Rind Stir Fry

Sent in today from Jennefer F.:

Hi Steve and Kath,

I've been wanting to share a recipe for watermelon, or rather, an idea for a recipe: watermelon rind stir fry!

Here's the video that gave me my start in making this recipe: <http://www.youtube.com/watch?v=riJKm2bvtOg>.



Other ideas came from just googling "watermelon rind recipes".

Its such a great way to use the whole fruit, save the rind!

