

HIGHCROSS FARM

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



Delicata Winter Squash

HIGHCROSS FARM

HighCross Farm CSA Newsletter

Summer Share Week #16 - September 24, 2015

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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)**



Indian Summer

Day after day of sunny warm weather has made this one of the best growing seasons ever. Normally we experience a frost by now but none is in sight. The crops (and your farmers) are lovin' it.

Plan now to attend our final CSA Member Gathering here Saturday, October 17 and experience Indian Summer on the farm. See below for details.



Best wishes from your
Farmers Steve & Kath
& Crew

*I pray that in all respects you
may prosper and be in good
health, just as your soul
prosper. 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.

Lettuce - Red Fire leaf lettuce in all shares, plus Nevada Summerscrip in the large share. More lettuce next week.

Celery - Wisconsin celery is not like the California or Florida celery with wide blanched stalks, but it is loaded with flavor and nutrition!

Good in soups and pasta salad. Note that you can use all of the leaves, not just the stalks, to add great flavoring.



Celery: Tango variety

Tomatoes - Slicing Type. The field tomatoes, even with the late blight, are holding their own for now, and the hoophouse tomatoes are steady.

Watermelon - In the large share. **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.

Brussels sprouts - In the small share. Steam or stir-fry just until tender. We like them steamed and served with butter, salt, and shredded Parmesan cheese.



Brussels Sprouts at HighCross Farm

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

Broccoli - A very nice crop of fall broccoli. We have left some of the leaves on—they are good food also.

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](#)

Delicata Winter Squash - Dry, sweet yellow flesh.
[Healthy Delicata Squash Recipes - EatingWell](#)

[Better Than Butternut: Roasted Delicata Squash Recipe | Summer Tomato](#)

[Maple Glazed Roasted Delicata Squash and Brussels Sprouts Recipe | SimplyRecipes.com](#)



Delicata Winter Squash at HighCross Farm

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. Nearing the end of the crop.

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
Celery
Broccoli
Summer Squash
Tomatoes
Hot Peppers - Yellow Hungarian
Sweet Peppers
Sweet Yellow Onions
Winter Squash - Delicata
Watermelon
Fresh Herb - Large Leaf Italian Basil

Small Share:

Lettuce
Celery
Brussels Sprouts
Summer Squash
Tomatoes
Hot Pepper - Yellow Hungarian
Sweet Pepper
Sweet Yellow Onion
Winter Squash - Delicata
Fresh Herb - Lemon Basil



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

Lettuce, Summer Squash, Tomatoes, White Satin Carrots, Golden Beets, Green Savoy Cabbage, Anaheim Peppers, Sweet Onions, Sweet Pepper, Hot Pepper, Winter Squash, Fresh Herb.

Broccoli or Brussels Sprouts in some shares. Maybe potatoes.

Photos from the Farm



Sunrise in the Gardens

Photos from the Farm



Hoophouse tomato vines reaching for the sky

Invitation to CSA Member Gathering 10/17/13



CSA Member Gathering Haywagon Ride - Summer 2012

As a HighCross Farm CSA Member,
you are cordially invited to gather at the farm
on Saturday, October 17, 2013.

1 PM - Farm opens for tours of the gardens, hay wagon rides, see the farm animals.

3 PM - Sauerkraut-making (& lacto-fermented vegetables) demo

4 PM - Optional: Community Potluck. Bring a dish to pass.



Friends and extended family members are welcome.

If you are planning to attend, please drop us a line to help us with a head count. - Thanks!

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.**

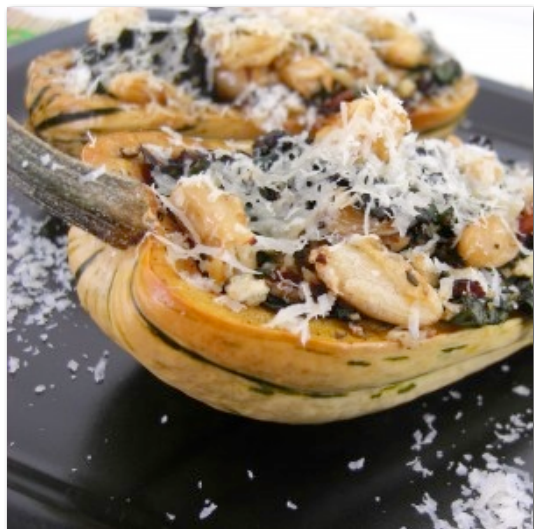
Note from Farmer Steve: You can use any kind of squash for this recipe. Use the kale in this week's box.

White Bean and Kale Stuffed Delicata Squash

White Bean and Kale Stuffed Delicata Squash

by PATRICIA EDDY on OCTOBER 20, 2009

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White Bean and Kale Stuffed Delicata Squash

Ah, autumn. How I love you with your fires in the fireplace, your scarves, your hot tea in the afternoons, and your assortment of squashes. Yes, squashes. I love squash. Well, I love winter squash. I'm still not too keen on the summer squash variety, but I'm working on it.

Today though, we're talking about winter squash. Specifically, the delicata variety. Delicata squashes are instantly recognizable by their pale yellow skin and green striations. The taste is somewhere is mild, and like most winter squash, it is a bit sweet. Delicata squash is full of potassium, iron, Vitamins A and C.

Our go-to method of cooking delicata squash is just to slice it, remove the seeds, and brush with melted butter and a bit of brown sugar before roasting. This autumn though, we want to branch out. There were several mentions of stuffing delicata squash on Twitter last week so we went in search of a stuffed squash recipe. As luck would have it, we found one that called for all of the [ingredients](#) we had on hand! How could we refuse?

The original recipe is vegetarian and with a slight bit of adaptation, you could even make this dish vegan. You can get fresh white beans from [Alm Hill Gardens](#) or [Alvarez Farms](#). [Alm Hill's](#) beans are fresh, which means they don't need soaking before cooking. It also means they only last about a week in the fridge. Alvarez's beans are dried, so soak them overnight before cooking. To cook your beans, just place them in a pot of water and boil for 15-20 minutes or until tender.

[White Bean and Kale Stuffed Delicata Squash](#), adapted from [Eggs on Sunday](#)

- 2 medium Delicata squash



Stuffed Delicata in Profile

- Salt and pepper
- Lightly flavored oil of your choice
- 2-3 cloves of garlic, minced
- 10 oz white beans, cooked
- 1 bunch of kale, destemmed and torn into chunks
- 1 Tbsp sage leaves, minced
- 4 Tbsp breadcrumbs
- 1/4 cup Parmesan cheese
-

Prepare the Squash

1. Preheat the oven to 350.
2. Cut the squash in half lengthwise and scoop out the seeds.
3. Brush your oil over the insides of the squash and season with salt and pepper.
4. Bake in the oven until just tender (make sure they aren't so soft they are falling apart).

During the last 15 minutes of cooking, assemble the filling.

1. In a large saute pan, heat the oil over medium heat.
2. Add the garlic and cook for 1 minute.
3. Turn the heat up to medium-high and add the kale.
4. Cook for 3 minutes, stirring constantly.
5. Turn the heat back down to medium and add the white beans and sage.
6. Season with salt and pepper and set aside until the squash is done.

Stuff the squash

1. Remove the squash from the oven.
2. Fill with the kale and white bean mixture.
3. Mix the Parmesan and bread crumbs together and top the stuffed squash with the mixture.
4. Bake for another 10 minutes, or until the Parmesan is melted and the stuffing is heated through.
5. Serve and enjoy.

Recipes

Hi Farmer Steve and Kath,

Here is a very simple (and yummy) recipe for sriracha roasted brussels sprouts that our daughter introduced us to:

Roasted Brussels Sprouts

About a dozen brussels sprouts
Olive oil, salt & pepper
1 to 2 tsp honey
1/2 to 1 tsp sriracha (Thai hot sauce)

Preheat oven to 375 degrees.

Wash sprouts, remove any loose leaves, trim ends, and slice in half lengthwise.

Toss sprouts with a good drizzle of olive oil. Salt and pepper lightly.

Spread the sprouts out on a rimmed baking sheet lined with parchment paper, cut side down.

Roast for 25-30 minutes until they are caramelized. Watch the last 10 minutes - the small sprouts cook faster than the large ones.

When done, toss the sprouts with the honey and sriracha.

Enjoy,
Janine



Recipes

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

Ingredients [Edit and Save](#)

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

- 2 cups seeded and coarsely chopped watermelon
- 2 tablespoons balsamic vinegar
- 2 tablespoons chopped onion
- 1/4 teaspoon garlic salt
- 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!

