



TWO SMALL FARMS

Community Supported Agriculture

October 6, 7, 8 2010

Pumpkin Patch & Harvest Festival This Saturday!!

Come to Watsonville this Saturday, October 9 for the 2nd Annual High Ground Organics Pumpkin Patch and Harvest Festival. The pumpkins are ready, Steve's rigging up his equipment trailer for hay rides, and we've got many talented people dedicated to making this event both fun and educational. Bring your family, bring friends, it's open to everyone!

Most activities will be ongoing throughout the day—you can show up anytime and pick pumpkins, visit the apple tasting, take a hay ride, and so on. But we do have certain things happening at specific times, so here's the schedule:

10:00 The fun begins!

10:30 Farm-Edge Habitat Walk with restorationist Laura Kummerer

11:00 – 1:00 Bluegrass Music with the Microtonic Harmonics

1:00 Owl Pellet Dissection with science workshop teacher Curt Gabrielson

1:30 – 3:30 Solo vocals and guitar music by Brett Fowler

4:00 Time to clean up and get ready for Sunday's Farmers' Market!

Ongoing Activities:

- *Tractor pulled hayrides around the farm*—see the apple orchard and blueberry patch on a fun ride up and down the hills around the fields with nice views of the slough and the mountains (this year we'll also ride by some farm equipment strategically placed in its natural environment for all you mechanical enthusiasts)
- *Petting zoo and Pony rides* – these adorable “borrowed” animals should satisfy the basic need children have to find animals on a farm. (Thanks to Dawn Brookman for the animal loan.) We also have some goats and cows on the farm to do weed control on our restoration area. If you take the walk with Laura K. you'll get to meet and feed the cows.
- *Farm Arts and Crafts* – kids can make corn husk dolls, paint faces on eggshells and take them home to grow green “hair,” sculpt with natural clay dug from the soil 2 feet below them, make apple prints, have their own faces painted, and of course stuff scarecrows.
- *Wreath Making* – Lorraine Stern will be here again this year selling her gorgeous wreaths.
- *Pumpkin Patch* – We have 3 types of pumpkins: Jack O'Lanterns, Sugar Pies, and Rouge Vif d'Etampes (a reddish

cinderella type). You can pick them right off the vine (best to wear closed shoes and long pants for this foray into the field as the pumpkin stems and old leaves are prickly). Pumpkins cost 25 cents/lb for Jack o'Lanterns, 40 cents/lb for the other types.

- *Strawberry Picking* – The strawberry patch is winding down for the year, but there are still enough berries out there for you to pick some while you're here. (\$1.50 per pound).
- *Apple Tasting* – We've picked about 10 different varieties of specialty and heirloom apples from our orchards at the Redman House and here at our home property. You can try them all. (We heard the complaints last year that you couldn't get the ones you liked anywhere, so we will have some limited quantities available to purchase.)
- *Mini-Farmers Market* –vegetables and fruits for sale
- *Raffle* – We'll be selling raffle tickets for the Drive for

Schools raffle, which cost \$5 each. There are more than 100 prizes; the grand prize is a new Toyota Prius, Subaru Outback or \$25,000 cash. We'll sweeten the pot with some farm raffle items—a flat of strawberries or 4 weeks of CSA veggies. If you buy a raffle ticket we'll include it in the farm raffle and then send it on for the Drive for Schools raffle. 100% of the raffle money goes to Linscott Charter School.

And, a few words about the food: This won't be your average fair food. We'll have all natural beef and turkey hot dogs on the barbecue, which you can top with Chef Andrew Cohen's shaved pickled onions (or some organic ketchup and mustard for the less adventurous). You may know Chef Andrew from cooking demonstrations at the Aptos Market, where he contributes to the Edible Paradise blog,

or from when he wrote a food column for the Sentinel, or if you've been with us for awhile, you'll know that he contributed loads of recipes to our newsletters over the years. Andrew interned at Chez Panisse and has been cooking “market driven cuisine” for 30 years. So, Andrew planned some gourmet harvest dishes from High Ground and Mariquita produce to go with your hot dogs or to stand alone as a vegetarian lunch:

- Potato salad with fennel and onions
- Cabbage salad with a Japanese style vinaigrette
- Marinated veggie kabobs on the grill with a lemon yogurt dipping sauce

All food is available for purchase, and we'll have lots more than we did last year. For dessert or snacks, don't miss the chocolate dipped strawberries. We'll also use our strawberries

This Week

Cilantro ^{HG}

Tomatoes ^{MF}

Sweet Potatoes ^{MF}

Mixed Sweet Peppers ^{MF}

Strawberries OR Apples ^{HG}

**Chantenay Carrots OR
Summer Squash** ^{HG}

Lettuce ^{HG}

Flowers: Mixed Bouquet ^{TF}

and lemons from Lorraine Stern's backyard lemon trees to make fresh strawberry lemonade.

We'll be asking for an entrance fee of \$10/adult, \$5/child, 3 and under Free. The entrance fee includes all arts, crafts, face painting, music, rides, tours, petting zoo, and apple tasting. Pumpkins, strawberries, prepared food and drinks, vegetables from the mini-market, raffle tickets, and wreaths will cost extra. All proceeds will be donated to Linscott Charter School, whose dedicated and multitalented staff, parents, and students will be here to help out!

Why Linscott Charter School?

For the past 8 years Steve and I have been fortunate to be able to send our children to this unique and wonderful small public charter school in Watsonville. Linscott was founded in 1986 by parents who wanted to continue the model of education they had experienced in the Watsonville Cooperative Preschool (which our children also were lucky enough to attend). There are many things I love about Linscott, but one is the commitment to environmental education. Linscott has an active school gardening program, and a serious commitment to reducing and recycling, in which the kids separate waste into multiple categories, including pig food for a local farmer. Last year, Linscott swore off the district lunches, and instead has contracted with Revolution Foods to provide school lunches that use all natural ingredients. The commitment to educating kids about food extends to offering cooking classes by Chef Andrew Cohen (another Linscott parent) in the middle school. Linscott benefits greatly from having parents participate in the classroom and other support jobs, but the last few years have been rough on schools. Linscott does not serve a community that can afford to just make donations to the school when the budget is cut. Painful decisions about whittling away the "extras"--music, PE, art, field trips--have to take place every year. That's why we came up with the idea of donating proceeds from our Harvest Fair to the school. In exchange for this donation, we get the combined effort and expertise of a gaggle of Linscott teachers, parents, and students, who will all be hard at work on Saturday to make things run smoothly.

See you Saturday!—Jeanne and Steve, High Ground Organics, 521 Harkins Slough Rd., Watsonville.

Spicy Fresh Cilantro Salsa, from *More Recipes from a Kitchen Garden*, Shepherd & Raboff

2 jalapeno chiles, roasted, peeled and stems removed (or left in if you like it very hot!)	2 medium tomatoes, quartered, seeded, and drained (about 1 cup)
4 cloves garlic	1 med. red onion, coarsely chopped
1 cup lightly packed cilantro leaves	½ tsp. cumin seed, toasted and ground
½ cup coarsely chopped red bell pepper	2 TBL red wine vinegar
½ tsp. salt	1 TBL fresh lime juice

In a food processor or by hand, mince the jalapenos and garlic. Add remaining ingredients except tomatoes, and process or chop until chunky. Add tomatoes and process or chop until just combined. Set aside for about an hour to allow flavors to blend. Taste for seasoning. Chill. Drain off excess liquid before serving. Makes about 2½ cups.

Rolling Pumpkin Patch This Saturday in SF

If you're in San Francisco and can't get down here for the Harvest Festival, check out Mariquita's Ladybug Truck Farm at Piccino down in Dogpatch (on 22nd at Tennessee). Andy will bring a truck filled with edible and ornamental pumpkins from 11am to 2pm Saturday. No pre orders necessary. Jack O' lanterns, small pie pumpkins, and interesting heirloom varieties in different colors, shapes, and sizes!

Peperonata, from Chef Jonathan Miller

2 TBL olive oil	1 lb sweet peppers, julienned
2 tomatoes, peeled and diced	1 bay leaf
leaves from 4-6 branches thyme	3 garlic cloves, chopped
sherry or balsamic vinegar	

Heat the olive oil in a skillet and add the peppers, stirring regularly until they begin to soften, about 3 minutes. Add the remaining ingredients except the vinegar and continue to cook at high heat for another minute or so. Reduce the heat and cook over low heat until the peppers are very soft and the tomato juices have been reduced to nearly nothing, about another 10 minutes. Season with salt and pepper. Just before serving, splash some vinegar (1TBL or so) into the peperonata and taste again to make sure everything is really vibrant.

Quinoa and Sweet Potato Salad, from Chef Jonathan Miller

1 cup quinoa	4 TBL white wine vinegar
2 TSL sesame oil	2 tsp. honey
2 tsp. soy sauce	2 tsp. fresh ginger, peeled and grated
juice from 1 small orange	1 med. sweet potato, diced small
½ cup chives, chopped	

Cook your quinoa: Rinse it thoroughly in a strainer to remove the saponin. Drain well, then transfer to a dry saucepan and toast over high heat, stirring constantly, until dry and toasted, probably around 5 minutes. Pour in 2 cups water (careful here, the water will sputter up), bring to a boil, add a pinch of salt, and cover, lowering heat to very low, and cook for 15 minutes. Remove from heat, allow to rest for about 5 minutes, then fluff and cool.

Whisk the vinegar, sesame oil, honey, soy sauce, ginger, and orange juice in a bowl. Steam the sweet potato until crisp-tender, about 2-3 minutes. Dunk in an ice bath to cool. Drain and pat dry. Toss with the cooled quinoa and the chives, then fold in the dressing. Serve at room temperature or chilled.

Carrot Salad with Lime and Cilantro

4 medium carrots	1 TBS fresh lime juice
1/8 tsp. finely grated fresh lime zest	2 TBS finely chopped fresh cilantro leaves
1 tsp. vegetable oil	Garnish: fresh cilantro sprigs

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro.

From Mariquita Farm: tomatoes, sweet potatoes, mixed sweet peppers. From High Ground Organics: strawberries, lettuce, apples, cilantro, carrots. From Thomas Farm: flowers.