



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 1, 2014 —

## Happy Fall!

by Elizabeth Powell, HAH Coordinator

The feelings you get at the end of a successful growing season on the farm are equal parts delirious and blissed out. When you're pulling in big harvests, working in the perfectly mild autumn weather and admiring your beautiful produce it seems that there couldn't be anything better in life. The hardest times of the year—spring planting, weeding and harvesting—are far enough behind you that you've forgotten the stress of May and June. Now it's just time to take in the final harvests, wait for the killing frost and tear everything down for the winter. Irrigation lines are pulled, the soil gets turned one more time, and cover crop is sown for the winter. Fall compost piles are built, tools are (hopefully) organized, and you finally get time to tackle those building projects you've been dreaming of getting to all season.

You also get time to reflect, take some notes and think about what's going to change for next year. What crops did well, what ones to scrap, how much space to plant and how much help you'll need. These are the questions that really get tackled over the winter, but you can't help but start thinking about them the moment the growing season is over,

just like you can't help thinking about what new crop varieties you want to try growing next year before this year's harvest is even finished.

Looking back on this CSA season we're happy to report that HAH paid out \$36,371 to local farmers, ranchers and our wonderful bakers in 2014. The fact that we're maintaining a market of this size for local farmers is something we're really proud of, and you should be too! This is the 3rd year in a row that we've paid out between \$35—40,000. It seems like it's working folks!

We are excited about the relationships we've built this season with up and coming farmers in Plumas County. A couple of them—Sasquatch Farms and BloomStone Farm—were first time HAH growers this year and they did a fantastic job. A few more farms (names to be revealed in 2015!) are on line to begin growing for your shares next year. One of our goals all along has been to make space in local markets for our agricultural community to grow and flourish, and seeing new farms get established is one sign that it's happening.

Thanks to all of you members for making this growing season another successful one. We are grateful for your hunger for tasty local produce. Happy fall and winter!

## Full Share

- Cherry Tomatoes
- Carrots
- Garlic
- Basil
- Parsnips
- Delicata Squash
- Pumpkin
- Swiss Chard
- Sunflower Sprouts
- Parsley
- Tomatillos

## Half Share

- Granny Smith Apples
- Turnips or Beets
- Kale
- Delicata Squash
- Carrots

## What Grows Where

### DAWN GARDENS

basil, apples, kale, garlic, parsley

### FIVE FOOT FARM

swiss chard, turnips, beets, delicata squash, carrots, parsnips, sugar pie pumpkins, sunflower sprouts

### BIKE BASKET GROWERS

tomatillos

*This is our last regular share pick up for the season. Thanks for a wonderful summer!*

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## Bread Share Flavor

herb and cheese

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### SURVEY TIME

PLEASE KEEP AN EYE OUT FOR AN E-MAIL LINK TO YOUR END OF SEASON SURVEY THIS WEEK! WE'D LOVE IT IF YOU TOOK THE SURVEY BY OCT 18TH.

## Roasted Delicata Squash Fries

HAH member Michele Fulton turned us on to these delicata squash fries last year and we can't get enough of them. They're quick and super delicious.

### INGREDIENTS

Delicata squash  
Olive oil  
Salt and pepper



### DIRECTIONS

Cut the Delicata in half lengthwise and scoop out the centers. Lay the halves flat on their cut side and slice into 1/2 inch thick crescents. Place the slices in a bowl and toss with olive oil, salt and pepper. You can also add chipotle or paprika for a little extra kick. Place in a baking dish, cover with foil and bake in a 425 degree oven for 25—40 minutes depending on how soft you like them. Eat them skins and all, served with a dipping sauce or just by themselves. (This is a surefire easy potluck dish!)

## Crop Updates

**Delicata Squash**—The yellow and green striped squash in your shares are Delicata, a personal-sized winter squash that's known for its sweet, creamy flesh. Their skin is edible and surprisingly tender. Delicata are great baked in the oven just like an acorn squash, or try out the fry recipe above. They'll keep for up to 3 months in a cool, dry place.

**Salad Turnips**—Some of this week's Half Shares are getting sweet, crisp salad turnips. Please, we beg of you, slice open one of these turnips and try it raw—they're juicy and sweet. The skins have more of a spicy turnipy flavor, so if you're not into that just peel them. Then serve them sliced over salad or cut into matchsticks for a snack. Yum.

**Tomatillos**—We have a cameo appearance of tomatillos from Bike Basket Growers in the Full Shares. Vanessa and Greg of Bike Basket Growers are in their first year of farming in Quincy and haven't previously grown for HAH, but we're hoping they will next year! When we heard they had tomatillos available we thought they'd be a fun addition this week.

**Parsnips**—The long, white roots in the Full Shares are parsnips, a fall root crop. They grow all season long and have big, leafy tops. They're great roasted in the oven at 450 with carrots, just cut out their tough core before baking.

**Crop Failures**—As is usually the case, there were crops that we planned on this season that didn't come through for a variety of reasons, but not for lack of trying! They were: bok choy, mibuna, broccoli raab, cherries, early season beets, mesclun mix, snap beans, leeks, and butternut and acorn squash. We subbed in with other crops when these ones fell through, and we'll try again next year for many of them!

### Tomatillo Salsa Verde

Fresh salsas pack in the flavor of harvest season. You can make this recipe into a fresh Pico de Gallo salsa by subbing in tomatoes for tomatillos. Add all ingredients to taste and have fun with it!

tomatillos	a dash of sugar
chopped white onion	Jalapeño pepper, seeded and chopped (if you like your salsa hotter, use 2)
cilantro leaves	Salt to taste
fresh lime juice	

Remove papery husks from tomatillos and rinse well. Cut in half and place cut-side down on a cookie sheet. Place under a broiler for about 5 minutes to blacken the skin a bit. Place all ingredients in a blender or food processor and pulse until finely chopped and mixed. Season to taste with salt. Serve with chips or as a salsa accompaniment to Mexican dishes.