



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 14, 2015 —

The Joy of Farming

by Rachel Hanna,
Senior at Quincy High School

According to the 2012 Census of Agriculture, the number of beginning farmers has decreased by 23.3% since 2007 and the average age of the American farmer is on the rise. What do these numbers indicate for the future of agriculture in the United States? Fewer and fewer individuals will take on the risks of starting up a farm. The youngest generation of Americans has collectively lost interest in agriculture, so they will be ill qualified to provide healthy food for the future population.

Why have so many young people rejected agriculture as a viable career field? The simple answer is few have felt the joy of farming. In a world dominated by cell phones and social media, digital life has become a convenient but poor substitute for the magnificent outdoors. An entire generation is growing up without knowing the health and emotional benefits of farming.

This summer, as a senior at Quincy High School, I was able to become a part of the vibrant, local farming community. Through working on Five Foot Farm, volunteering on the Covington Family Farm, and helping at HAH CSA pickups, I have learned how rewarding a field in agriculture can be. I was blessed to be able to care for blackberry bushes, harvest produce, build compost piles, and

meet some of the other passionate farmers of Plumas County.

Not only does farming yield the obvious benefits of fresh produce and a healthier diet, it has emotional benefits as well. The accomplishment of harvesting food brings immense joy to the physically-demanding work. Instead of an oppressively flavorless and silent work environment, farmers enjoy the animated, thriving outdoors as their workplace. The food is fresher and healthier – and even more so when considering the time an effort spent on caring for it. While there may be other occupations with more prestige or higher salaries, few can compete with the satisfaction and joy of farm work.

My own farm work this summer has confirmed by interest in agriculture. I hope to major in agriculture in college so that I can continue to experience the joy of farming throughout my life.



Top, Rachel with a humongous beet that she harvested at Five Foot Farm. Below, the Plumas Grown fair parade float that Rachel participated in.

Full Share

- Arugula
- Beets
- Parsnips or Bok Choy
- Red Russian Kale
- Black Krim Slicer Tomatoes
- French Breakfast Radishes
- Head Lettuce
- Strawberries
- Mixed Peppers (carmens or iko iko)
- Apples

Half Share

- Beets
- Carrots
- Butternut Squash
- Spring Mix
- Celeriac

What Grows Where

DAWN GARDENS

butternut squash, apples, red russian kale

FIVE FOOT FARM

arugula, beets, head lettuce, mixed peppers, parsnips, bok choy

SASQUATCH FARMS

spring mix, black krim tomatoes, carrots

SHOOFLY FARM

celeriac

SUNDBERG GROWERS

strawberries

*Have you visited
PlumasGrown.com yet?
It's a site created by farmers
to spread the word about
Plumas Grown products and
create transparency in the
local farming scene.
Check it out!*

Ribbon Celeriac Salad with a parsley, yogurt and caper dressing



Celeriac is edible raw or cooked, and tastes similar to the stalks of common celery cultivars. Celeriac may be roasted, stewed, blanched, or mashed. Sliced celeriac occurs as an ingredient in soups, casseroles, and other savory dishes.

Celeriac tip: Use a paring knife instead of a vegetable peeler to remove the tough skin.

INGREDIENTS

1 bulb celeriac, peeled	5 tablespoons natural yogurt
1 bunch fresh flat-leaf parsley	1 heaped tablespoon Dijon mustard
2 anchovies, finely chopped	3 tablespoons extra virgin olive oil
2 heaped tablespoons capers, finely chopped	2-3 tablespoons sherry, red, or white wine vinegar
2 tablespoons pickle relish	sea salt & freshly ground black pepper

DIRECTIONS

Once you've peeled the celeriac, chuck away the skin and then carry on peeling around it, giving you long ribbons. If they break every now and again it doesn't matter. Continue until you reach the fluffy tasteless inner core, which you should throw away. Remove and discard the chunky stalks from the parsley, then finely slice the thinner stalks and roughly chop the leaves.

Put your celeriac and parsley into a large bowl and mix together with all the other ingredients. Season to taste, adding a little more vinegar if need be, then serve straight away. It is an especially good accompaniment to smoked salmon or roasted chicken, or try it on a bed of spring mix lettuces.

Source: adapted from www.jamieoliver.com

CROP UPDATES

This fall our growers are having fun experimenting with some new and unusual crops—like salsify and celeriac—which are very well suited to late season mountain growing. We're also doing our best to chase away gophers from tasty root crops like carrots and beets, and have saved aside a stash of winter squash for the next couple weeks of your shares. If all goes well and the frosty nights don't get too extreme we should have a good supply of lettuce for you through the month, as well as other more surefire cold hardy greens like kale and chard.

Kale-Buttermilk Dressing for Roasted Veggies

I know you are all clued in to the power of roasting all kinds of vegetables to bring out their sweet goodness by now. To bump it up a notch, this recipe uses kale as the base of a creamy, savory dressing to drizzle over a platter of roasted veggies of your choice.

INGREDIENTS

1/3 bunch green kale (4 ounces), stemmed, leaves torn into large pieces	1/8 teaspoon ground cumin
1 garlic clove, crushed	1 tablespoon chopped dill, chives, or parsley
1/2 serrano or jalapeno pepper, chopped	1/2 teaspoon fresh lemon juice
1 oil-packed anchovy fillet, drained	1/2 cup extra-virgin olive oil
1/4 cup plain whole-milk Greek yogurt	Salt
2 tablespoons buttermilk (or milk with a squeeze of lemon)	Pepper
1/2 teaspoon granulated onion powder	Roasted vegetables (such as beets, sweet potatoes, butternut squash, parsnips, carrots, celeriac, or potatoes), for serving

DIRECTIONS

In a medium saucepan, bring 1/4 inch of water to a boil. Add the kale, cover and cook over moderate heat until wilted, 3 minutes. Drain the kale and cool slightly, then squeeze dry.

In a food processor, combine the kale, garlic, pepper, anchovy, yogurt, buttermilk, onion powder, cumin, herb, and lemon juice and pulse to combine. With the machine on, slowly drizzle in the olive oil until a thick dressing forms. Season with salt and pepper. Transfer the dressing to a bowl and serve with roasted root vegetables.

Source: adapted from www.foodandwine.com