



October 2, 2013 —

That's it Folks!

A chill is in the air, our farmer hands are stained with dirt and our bellies are full from a great season of fresh eating. It must be fall again. 2013 has been a wonderful year of growing and eating and we hope you've enjoyed it as much as we have.

As usual this time of year we like to give ourselves - and YOU! - a pat on the back for the way that HAH supports our local food economy. This year we've paid \$35,026 to our local farmers, rancher, baker, pasta maker and yarn producer. That's a hefty contribution to our locavore scene!

You may remember that last year we paid out a total of \$40,299 to local producers and food artisans, \$5,272 more than this year. That's because we made the choice to drop our available produce shares from 100 to 90 this year. That small drop made it considerably easier for our small-scale producers to stay on top of production plans, but with new growers coming on line in 2014 our goal is to make it back up to 100 members again. Eventually we'd love to hold steady at 120 shares or more!

As we look back on the 2013 season a couple of themes mark the year. On the growing front, this has been a psycho weather year! The summer started off with blazing heat which gave most crops a jump start, making for the heftiest June and July shares we've ever had. Then come mid-summer the nighttime temperatures took a steady dip into the 40's, slowing some of the hot crops down a bit. The summer finished off with a blustery feeling, all thunder storms and frosty nights. Some of our harvest mornings have seemed more like being in Washington state than the high Sierras!

The other theme we have noted this season has been consistent relationships. As we complete this 4th year of HAH's existence we are really enjoying the fact that we have been working with our growers and you members for a considerable stretch of time. Our weekly harvest planning calls with growers are easy and reliable conversations about what crops are coming in, what's going on with irrigation systems and pests, and which crops escaped the recent frosts. We care for the growers we work with, and we know that they value all of you committed HAH eaters.

Similarly, it's the best feeling at our weekly pickups to look back and realize that so many of you members have been with us from the get go (but we love you newbies too!). At the Quincy pick up site (where we actually get to see our members in person) we catch up on what's happening in folks lives, what's growing in their own gardens, and how they like to cook the latest produce in their shares. It's social and friendly and not at all anonymous—we love it.

Thank you for being with us for another wonderful season, and we look forward to fruitful year of growing and eating with you in 2014!

Full Share:

- Baby Kale
- Radishes
- Parsley
- Delicata Winter Squash
- Thelma Sanders Winter Squash
- Turnips or Beets
- Sunflower Sprouts
- Leeks
- Sunchokes
- Garlic
- Cherry Tomatoes

Half Share:

- Apples
- Green Peppers
- Baby Kale
- Delicata Winter Squash
- Jalapeno Peppers
- Sunchokes
- Arugula

What Grows Where:

DAWN GARDENS

garlic, cherry tomatoes, apples, parsley

GRASSFED GARDENS

beets, turnips, leeks, sunflower sprouts, winter squash, sunchokes

SIERRA VALLEY FARMS

baby kale, radishes, arugula

GREENVILLE HIGH SCHOOL

bell peppers, jalapenos

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Bread Share Flavor

Herb and Cheese

Pasta Share Flavor

Garlic and Parsley Linguine

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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 19TH.

Lemon Chicken with Sunchokes

"This Mid-East inspired dish uses plenty of garlic, saffron, basil and pine nuts to flavor the chicken and sunchokes. The cream may be omitted to suit dietary needs."

INGREDIENTS

1 teaspoon lemon zest	1 cup chicken broth
2 fresh lemons	1/4 teaspoon ground saffron
2 Tablespoons olive oil, divided use	1/2 pound sunchokes (Jerusalem artichokes), peeled
4 chicken thighs	10 garlic cloves, peeled and halved
Kosher salt and freshly ground black pepper	1/4 cup heavy cream

DIRECTIONS

1. Finely grate 1 teaspoon of zest from the lemon and set aside. Juice both of the lemons (discarding pulp) and set aside.
2. Place a large, deep, heavy skillet over medium-high heat. When hot, add 1 tablespoon of the olive oil and swirl to coat the bottom of the pan. Sprinkle chicken thighs on both sides with salt and pepper. Place skin-side down in the hot pan and quickly brown them, turning only once. Remove to a plate and keep warm.
3. Add the lemon juice, lemon zest, remaining tablespoon of olive oil, chicken broth, and saffron to the skillet. Bring to a boil, stirring to loosen any browned bits. Add Jerusalem artichokes, and garlic cloves. Return chicken to the skillet, along with any accumulated juices.
4. Reduce heat and simmer about 45 minutes, until chicken and sunchokes are tender. Stir in cream and thyme leaves. Taste and adjust seasoning, if need be. Return to a simmer and cook an additional 10 minutes.
5. Serve over cooked rice and sprinkle with pine nuts to garnish.

Source: homecooking.about.com

ABOUT LEEKS

Leeks are a tasty member of the onion family that are harvested in the fall because they take all season to mature. These tips will help you fall in love with them in your kitchen:

Cleaning: Leeks tend to get dirt stuck between their leaf layers. Avoid getting dirt in your dish by slicing the leeks first and then washing them in a colander.

Parts to Use: Use the light green and white lower portion of the stem. The upper leaves aren't typically used, though you can use them to make vegetable stock.

Onion Sub: In many recipes you can substitute leeks for onions, which gives a dish a slightly sweeter, milder onion flavor.

Flavors: Leeks are great with almost any kind of savory dish. You can't go wrong with the classic potato leek soup theme, but also think about trying them in stuffing, risotto or a quiche. They go well with fish or other veggies. You can even get gourmet and make a leek tart!

Visit our **Facebook** page for these tasty links:

VIDEO: HOW TO USE SUNCHOKES
AND

PRASORYZO: RICE WITH LEEKS

www.Facebook.com/HighAltitudeHarvest

Crop Updates

Sunchokes

The knobby, ginger-like tubers in your shares this week are sunchokes (aka Jerusalem artichokes). They can be roasted, boiled, sautéed, sliced on salads and made into chunky or pureed soups. They have a nutty flavor and crisp texture. This crop is actually native to North America, and was cultivated extensively during World War II as a "poor man's vegetable." Now they're novel and gourmet, go figure.



Delicata Winter Squash

The cute little yellow squash with green stripes are Delicatas (also known as peanut squash!). They have a creamy, smooth flesh. Though it's considered a winter squash Delicata actually belong to the same species as summer squash. They'll keep for a few weeks on the counter.



Thelma Sanders Winter Squash

This light colored acorn squash is a one of Grass-fed Gardens' favorite varieties. We grew up eating winter squash cut in half, seeded, baked upside down until soft and then coated with butter and brown sugar. A vegetable as dessert... does it get any better than that? So tasty. They'll keep for a couple months.

