



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 22, 2014 —

Chilling Out

by Elizabeth Powell, HAH Coordinator

This time of year talk on the farm is all about temperature. How low did it get last night? Have you had a hard frost? How is the cilantro holding up in the field?

With nightly frosts come a change in the harvests—hot crops succumb to the cool temperatures, and even when they haven't yet shriveled under a frost their production still slows way, way down. Crops that love the cold slow too, taking a few extra weeks to mature than their spring counterparts. Sometimes we cover the rows to trap in the daytime heat and ward off the nighttime frosts by a few degrees, draping the farm in layers of billowy row cover.

When the hardy greens in the field are frozen to a crisp each morning, sleeping in quickly becomes a habit. Depending on a farm's exposure to the sunrise it can be hours after daylight before the greens are thawed out and ready to pick. It's sort of amazing to watch leaves like chard and kale and lettuce transform from icy popsicles into living beings again. If they're picked while frozen the cell walls collapse and the leaves turn to mush, so you have to wait for their miraculous recovery each

morning before taking in the harvest.

Our bodies slow down on cold harvest mornings too. The chill of the crops and the air and the wash water seeps into your fingers until they can no longer carry out the directions being sent from your brain. We fumble while picking, and trying to zip up a jacket or tie a bunch of greens becomes an uncoordinated and hilarious ordeal. When fingers really stop working it calls for a warm tea break and a quick batch of jumping jacks to get the blood pumping.

The fall brings transformation, a slow contraction of life on the farm and the pace of the farmer's schedule. In a way it's one of the most exciting times of the year—having a moment to reflect on the growing season, what went well and what you're excited to do different next year, but with the promise of winter days by the fire between you and the flurry of spring. Happy frosts!



Winter squash getting covered at Five Foot Farm

Grand Finale Share

- Delicata Squash
- Head Lettuce
- Pie Pumpkins
- Baby Arugula
- Cilantro
- Garlic
- Apples
- Carrots
- Winter Squash (kabocha, red kuri or butternut)

What Grows Where

DAWN GARDENS

apples, head lettuce, garlic, winter squash

FIVE FOOT FARM

cilantro, carrots, arugula, delicata squash

GREENVILLE HIGH SCHOOL

pie pumpkins

*Autumn carries
more gold in its
pocket than all the
other seasons.*

JIM BISHOP

*Farming is
a profession
of hope.*

BRIAN BRETT

Pumpkin Stuffed with Everything Good

Thanks to HAH member Beth Yolton for sharing this favorite recipe with us. We agree with her that it's an incredible autumn dish!

INGREDIENTS

- | | |
|---|---|
| 1 pumpkin, about 3 pounds | 1 tablespoon minced fresh thyme |
| Salt and freshly ground pepper | About 1/3 cup heavy cream |
| 1/4 pound stale bread, cut into 1/2-inch cubes | Pinch of freshly grated nutmeg |
| 1/4 pound cheese, such as Gruyère, Emmenthal, cheddar, or a combination, cut into 1/2-inch chunks | 4 slices bacon, cooked until crisp, drained, and chopped (optional) |
| 2–4 garlic cloves, coarsely chopped | 1/4 cup snipped fresh chives or sliced scallions |

DIRECTIONS

Preheat the oven to 350 F. Line a baking sheet with a silicone baking mat or parchment. Cut a cap out of the top of the pumpkin (think Jack-o-Lantern), clearing away the seeds and strings. Season the inside of the pumpkin generously with salt and pepper, and put it on the baking sheet. Toss the bread, cheese, garlic, bacon, and herbs together in a bowl. Season with pepper—you probably have enough salt from the bacon and cheese, but taste to be sure—and pack the mix into the pumpkin. The pumpkin should be well filled—you might have a little too much filling, or you might need to add to it. Stir the cream with the nutmeg and some salt and pepper and pour it into the pumpkin. You don't want the ingredients to swim in cream, but you do want them nicely moistened. Put the cap in place and bake the pumpkin for about 2 hours—check after 90 min—or until everything inside the pumpkin is bubbling and the pumpkin is tender enough to be pierced easily with a knife. Remove the cap during the last 20 minutes so the liquid can bake away and the top of the stuffing can brown. When the pumpkin is ready, carefully—it's heavy, hot, and wobbly—transfer it to a serving platter. It's just right alongside the Thanksgiving turkey.

Source: Dorie Greenspan at Epicurious.com



Cilantro

We're happy with our big, beautiful cilantro bunches from Five Foot Farm this week. The plants came through the fall frosts to deliver one last blast of flavor. Try cilantro out in these dishes:

- Pad thai garnished with cilantro
- Cilantro lime herb butter (on veggies, fish or pork)
- Roasted sweet potatoes or winter squash cubes tossed with chopped cilantro
- Cilantro pesto
- Fried rice with cilantro
- Tabouli with cilantro (instead of parsley)
- Fresh tomato salsa with lime and cilantro

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

MAPLE ROASTED BUTTERNUT SQUASH PUREE

ROASTED PUMPKIN SEEDS (BOILED FIRST!)

SESAME & CILANTRO VERMICELLI PASTA SALAD

www.Facebook.com/HighAltitudeHarvest

Winter Squash ID Guide

All of these winter squash are packed with nutrients and will keep well on your kitchen counter. Try them halved and roasted, in pureed soups, or cubed into hearty winter dishes.

Kabocha

This green skinned squash is also known as a Japanese pumpkin. It has a sweet, dry orange flesh with a smooth consistency.



Delicata

These are the smallest squash in your share. Delicata are known for their super sweet, creamy flesh and edible skin.



Red Kuri Squash

Another Japanese winter squash with dry, sweet flesh. Their bright red-orange skin make these easy to identify!



Butternut

This is a dense squash with a light tan rind and a smooth, golden-orange flesh.

