



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 26, 2016 —

Community Ties

by HAH Coordinator and
Five Foot Farmer Elizabeth Powell

Whoop whoop! We did it! The 2016 season is over and done with, which means we made it through our 8th season of running High Altitude Harvest! Thank you so much for your killer support of our local food system and farmers, it really means the world to us.

As we all find a way to make a living in our small, rural communities it really hits home how dependent we are on each other for support—emotional, social and economic. When we see your smiling faces at the HAH pick up site, and hear how you love your produce, it fuels our desire to keep growing healthy food for our community. And when your share sign ups coming rolling in over the winter and spring, we know we'll have the customer base to harvest for all summer long. This incredible community support makes me, for one, feel great about putting down roots in this little mountain town of ours, where people care for each other and understand the true importance of community.

My husband Gabe and I have felt that caring more than ever as we've jumped into the adventure of raising a family! We're now proud parents of a little girl, born last Wednesday the 19th. Her name is Brielle (Bree for short) and we look forward to raising her on the farm, and with a strong

sense of responsibility towards our community. We hope it won't be too long before she is out there "helping" to bring in the harvests and getting to know the people who support our family's living on the farm.

The thing I've always loved about Plumas County living is the way that you can dig in and make things happen here. I feel like if you put your mind to creating something good, fellow Plumas-ites are willing to back you up. Maybe it's because we're so isolated up here in the sticks, we have that frontier mentality that good things won't get done unless we help each other make them happen.

I am happy to be able to raise our daughter in a place where she can see that individual people can really make a difference, can make our world a better place, little by little. For us, that work starts on the land, right where we live, taking care to grow food in a way that is good for people and the planet. It's hard work, and often not glamorous, but that's the nature of trying to make an honest living and doing work that matters. It's this kind of life lesson we hope farming will teach our little one.



The best thing we grew this year, Bree

Full Share

Leeks
Green Cabbage
Red Kuri Squash
Carrots
Spinach
Beets
Dry Beans

Half Share

Kabocha Squash
Lettuce
Carrots
Parsley
Dry Beans

What Grows Where

FIVE FOOT FARM

leeks, lettuce, red kuri and kabocha winter squash, carrots, green cabbage

FOLLOW YOUR HEART FARM

carrots, spinach, beets

SHOOFLY FARM

dry beans, parsley

"The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings."

— Masanobu Fukuoka,
The One-Straw Revolution

This is the last week
of our Fall Share.
Thanks for a wonderful
harvest season!

DRY BEAN SOUP MIX

We're thrilled to offer dry beans from Shoofly Farm in this week's shares. We're very impressed with Kari and Dax for tackling this crop, it's a unique one to grow on a small scale and we love the variety it adds to our final share. Way to diversify our locally-grown protein sources, Shoofly!

HOW TO MAKE DRIED BEAN SOUP WITHOUT A RECIPE from harvesttotable.com

Ratio: The basic ratio for dried bean soups is 2 part dried beans to 3 to 4 parts liquid. For example, 2 cups of dried beans (about 1 lb) added to 4 cups cold water or white stock. For flavor after the preliminary cooking of the dried beans, add 1 part sautéed aromatic vegetables—carrots, celery, and onions, 1 to 2 parts meat cut into cubes, and season with salt and herbs to taste. **Ratio cooked:** 1 lb dried beans = 2 cups dried beans = 6 cups cooked beans. Makes 10 servings.

Preliminary Soaking: Dried beans must be rehydrated to be made edible. Place the dried beans in a large pot and cover them with 3 times their volume in cold water. Make sure no beans poke above the surface. Add two or three pinches of salt to the liquid. Salt will slow the rate at which beans absorb water and become soft, but beans pre-soaked in salted water will cook faster and be more flavorful. **Long soak method:** Let the beans soak for 4 hours to overnight. **Short soak method:** Cover the beans with 2 inches of water; bring the water to a simmer for two minutes; remove the pot from direct heat and cover; let the beans steep for 1 hour. Drain after soaking and use fresh cold water for cooking.

Making the Soup: Place the soaked beans in wide, heavy nonreactive pot. Add enough stock or water to cover the beans by at least 2 inches. Make sure the liquid covers the beans throughout the cooking time. Bring the beans and liquid to a boil and then immediately reduce the heat to a simmer. Cook the beans at a simmer. Boiling beans usually results in uneven cooking—some beans will disintegrate in the turbulence of boiling water and the seed coat of others will stay tough and never become tender. Simmer the beans until they become evenly tender stirring occasionally to prevent beans from settling on the bottom and scorching. Simmering time will depend upon the amount of beans—a large pot of beans will take 2 to 3 hours. Check the level of cooking liquid and add more as necessary to keep the beans covered. Skim off any foam or impurities that rise to the top of the cooking liquid. Check the texture of the beans for doneness as you go. A bean well-cooked is soft and creamy in texture but still retains its shape; it is not hard or grainy. A well-cooked bean should be soft and easy to mash with a fork or spoon. When the beans are cooked tender, turn off the heat and allow to cool in their liquid. If you drain the liquid away from hot beans their skins will crack.

Adding Flavor: Beans develop flavor as they cook, but the flavor is subtle. You can boost the flavor of cooked beans by adding aromatic root vegetables, herbs and spices, or meat to the pot near the end of cooking—the last 10 to 30 minutes. The flavor of the vegetables, herbs, and meat is infused in the water and in turn drawn into the bean.

- ◆ Sauté separately diced aromatic vegetables—onions, celery, carrots, leeks, celery root, parsnip, garlic—in olive oil until just soft then stir them into the bean pot with about 10 minutes left to cook then let the mix sit for a few minutes to allow the flavors to meld.
- ◆ At the end of cooking, stir in salt and pepper to taste, add bouquet garni—a few thyme sprigs, parsley stems, and two bay leaves tied in kitchen twine—to soak.
- ◆ Add a ham hock or prosciutto bone to cook with the beans slowly (add these sooner rather than later in the cooking process for a deep meaty flavor; you can even add these at the outset of cooking). Diced bacon or ham steak added to the liquid will also deliver flavor to the beans as will chunks of beef, pork, or lamb.
- ◆ Near the end of cooking add tomatoes and pasta pre-boiled for 7 to 8 minutes in lightly salted water and rinsed.
- ◆ Allow at least 10 minutes of cooking beans with flavorings for the flavors to infuse.

How to Thicken: When the beans have softened throughout, the soup is ready to serve as is, but you can also thicken the soup by transferring a cup or two or more of the beans and broth to a blender and purée thoroughly. Then return the purée to the cooking pot. The soup also can be thickened by removing half of the beans to a bowl where they can be mashed by hand with a fork or potato masher then returned to the broth, or some of the beans can be mashed right in the soup pot. For a smooth soup puree all the beans in a blender after cooking; for a soup with texture, puree only half of the beans.

Serving: Sprinkle Parmesan cheese and a dash of extra virgin oil over each portion at the table or add a tablespoon of dry wine to each cup or bowl. Bean soup also can also be enriched with a dollop of cream or enlivened with a squeeze of fresh lemon juice and a parsley leaf or two.