



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 28, 2015 —

Rock Choy and Plastic Angels

by Elizabeth Powell of Five Foot Farm

In all honesty, sometimes we get pretty punchy out there in the fields. The cold, the heat, or tiredness from the end of a good work shift... any of these things is liable to send someone into a fit of silliness.

This morning I was trying to talk one of our farm employees, Brady, into using bok choy in the name of his new band. It only took him a few seconds to come up with the perfect one—Rock Choy. Oh yeah. He listened to classic rock on his phone for the rest of the bok choy harvest.

There's a lot of dancing, bouncing around and sometimes jumping jacks that happen in the early mornings, when it's cold out. Keeping your blood flowing is a must. And when it's *really* cold, like last Tuesday, conversation turns to what body part you can no longer feel—mostly toes and fingers. You know that when you see someone focusing furiously on securing a twist tie with no luck, it's time to get them off the washing station and let them warm up. And you can forget about working the zipper on your coat with fingers that cold, you might as well have bear paws for hands at that point.

The great thing about having a variety of people on the farm is the ways they find to make things fun. The other morning we had just taken down the plastic from one of our hoop houses, and I looked over to see our helpers, Emily and Denali, rolling

on the folded plastic to flatten it out. I think they might have even made "plastic angels," arms and legs flailing. That totally cracked me up.

Of course, there's plenty of stress and no-fun times too. Between the unpredictable nature of farming and the strain of being in a business with tiny profit margins, there's ample opportunity to focus on the hard stuff. And sometimes we all drive each other nuts too, it's bound to happen. I'm sure my eagle-eye tendencies have sent the crew to the brink more than once.

But we're all doing this work because we believe in how good it is to grow healthy food for people, and to take care of the land. That lofty goal gives us a shared purpose, beyond just the bunches of carrots that must be harvested and washed. It helps us see that we're all in it together, frozen fingers and all, and we're making the world a better place one bunch of salad turnips at a time.

We farmers are grateful that you, our dedicated locavore eaters, are on this crazy journey with us. Together we are rebuilding our local food system, and are managing to have some fun while we're at it. Have a cozy winter, and we'll see you next summer!



Emily (also from Sasquatch Farms) loves her some kale!

Full Share

Arugula
Napa Cabbage
Winter Squash (Kabocha or Kuri)
Dry Bean Soup Mix
Pie Pumpkin
Carrots
Head Lettuce
Red Russian Kale
Salad Turnips

Half Share

Bok Choy
Napa Cabbage
Winter Squash (Kabocha or Kuri)
Carrots
Salad Turnips
Head Lettuce
Garlic

What Grows Where

DAWN GARDENS

garlic, red russian kale

FIVE FOOT FARM

arugula, napa cabbage, winter squash, pumpkins, carrots, head lettuce, salad turnips

SASQUATCH FARMS

carrots

SHOOFLY FARM

dry bean soup mix

This is the last week
of our Fall Share!

Thanks for spending
another bountiful growing
season with us. We so
appreciate your appetite
for fresh, local food!

- Your Plumas Farmers

Grilled Sweet Potato & Napa Cabbage Salad with Lime Vinaigrette

Napa cabbage is sweet and crisp, and is traditionally used to make kimchi. It is super tasty when used finely sliced in salads, spring rolls and stir fries. This salad would also be tasty with an addition of arugula for a little kick.

INGREDIENTS

3 medium sweet potatoes (2 pounds)	Dash of hot sauce (optional)
5 tablespoons olive oil, divided	1 jalapeño pepper, seeded and minced
3/4 teaspoon kosher salt, divided	3 cups shredded Napa cabbage
1/2 teaspoon black pepper, divided	1 cup sliced red onion
1/4 cup fresh lime juice	1/3 cup pumpkin seeds, toasted
2 tablespoons warm water	1/4 cup chopped green onions
2 teaspoons honey	1/4 cup chopped fresh cilantro



DIRECTIONS

1. Prepare grill for indirect grilling, heating one side to medium-high and leaving one side with no heat.
2. Peel potatoes, and cut lengthwise into 1/2-inch-thick slices. Combine potatoes, 1 tablespoon oil, 1/4 teaspoon salt, and 1/4 teaspoon black pepper; toss.
3. Place potatoes on grill rack over unheated side; close lid. Cook 12 minutes on each side or until tender. Move potatoes to heated side; grill 2 minutes on each side or until charred.
4. Combine 1/4 cup oil, 1/2 teaspoon salt, 1/4 teaspoon black pepper, lime juice, and next 4 ingredients (through jalapeño) in a large bowl. Slice potato slices into strips. Add potatoes, cabbage, and remaining ingredients to bowl; toss.

Source: www.myrecipes.com

Crop Updates

Salad Turnips: Remember these beauties from early summer? They are the sweet, fresh-eating turnips that surprise everyone with their tastiness. Use them raw in salads, or cook them up in a stir fry with your napa cabbage and bok choy. They're tasty with or without peels.

Arugula: This spicy green loves the cool temperatures and is a great fall producer. Remember, its peppery kick mellows considerably when cooked, so if you're not accustomed to the flavor try it in a cooked dish. It's awesome on homemade pizza with caramelized onions, feta and sausage!

Winter Squash: You're getting one of two different types of winter squash—the red/orange ones are Red Kuri squash, and the green/gray and dark green ones are Kabocha squash. Both are great baked in the oven, either halved or sliced into crescents. You can find recipes for Roasted Red Kuri & Coconut Soup and Sweet & Spicy Roasted Kabocha Squash on our facebook page—www.facebook.com/highaltitudeharvest.

Bok Choy: This must be the year of Bok Choy, because we've had more of it than ever before! If you're looking for some new ideas for this tender Asian green, get a little creative with your Google search for recipes—look up Bok Choy Fried Rice or Egg Drop Soup with Bok Choy.

DRY BEAN SOUP MIX We're thrilled to offer dry beans from Shoofly Farm in this week's Full Shares. Here's a rundown from Kari and Dax about how to use your beans, "Our soup mix is best when prepared with a homemade veggie stock or bone broth. The mixture is designed so that some beans melt into the broth while others keep their shape and color. Combine with onions, carrots, celery and any vegetables on hand like squash, tomatoes or chard. Serve vegetarian-style or add smoked ham. Enjoy!" Varieties include:

Anasazi - Cultivated in the four corners region of the southwest, this bean has a meaty texture that is excellent baked or in casseroles, and in soups and stews.

Flageolet - The attractive pale green color and delicate flavor make it a versatile addition to soups, salads and vegetarian dishes.

True Red Cranberry- Huge quantities of these beans were cooked and served to Maine woodsmen! Use like any dry kidney bean, excellent flavor.

Orca (or Yin-Yang) – From the Caribbean, this bean has a nutty flavor and a texture that is more crumbly than creamy.

Tiger Eye- One of the most beautiful of all the dry beans. Wonderful rich flavor and smooth texture. Very tender skins almost disappear when cooked. Will melt into and thicken your soup stock—also makes excellent refried beans.

Marfax Soup- This yellow dry bean is a favorite heirloom, eaten in New England for over a century. The prolific bushes produce early in the season making them great for cool climates. We've been making delicious baked beans with these.

Canalini— Originally from Argentina and beloved in Italy, this versatile bean has a mild nutty flavor.