



October 3, 2012 —

To say that the Sierra growing season flies by is an understatement. It puts the pedal to the metal and careens by at warp speed. One minute we're seeding the first starts into greenhouses, and the next it's time to haul in the last harvests and put the rows to bed for the winter.

We'd like to give a big congratulations and thanks to all of you awesome members for coming on this local eating adventure with us! Not only did we reach our goal of signing up 100 members this season, we also achieved our goal of successfully growing food for you all!

It's fun to look at the impact we've had on our local food economy at the end of each season. This summer we paid out \$37,861 to local food growers (for produce and beef), plus an additional \$1,988 worth of locally baked bread, and \$450 of homegrown, handspun yarn.

That's a total \$40,299 addition to our local food and agricultural economy! Not bad, folks!

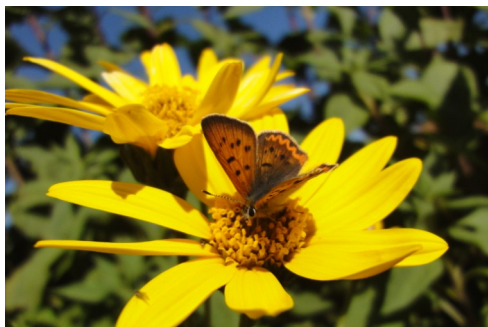
Though none of us farmers are in it just for the money, finding ways to make small scale farming profitable is totally critical to keeping agriculture alive. We believe 110% in the triple bottom line: people, planet, profit.

And while not all of our farmers are profitable yet, the High Altitude Harvest CSA is a huge step in the right direction. I think we can safely say that HAH is now the biggest and best market supporting locally grown food in Plumas County! Yee haw!

None of this could happen without you, our faithful and adventurous locavore members. Thank you for your commitment to eating fresh, healthy food grown from our mountain soils. We love all of the appreciation, feedback and recipe ideas you share with us throughout the season. Please look forward to receiving a link via e-mail to our detailed end of the season member survey later this week, where you can keep the feedback coming.

You know the summer has come to an end when we get sunchokes in the shares. They are a hallmark early autumn crop, and we have a soft spot for them because they're so weird. Sunchokes are giant, bushy plants that grow up to 9 feet tall, but the edible tubers are hidden underneath all of that vegetation, down in the soil. They're late bloomers, pushing out a smattering of flowers on purple stalks just before it's time to harvest. The tubers are knobby and ugly, but have a surprisingly nutty flavor. Most of all, we love that sunchokes are tough and grow well in the mountains. They're quirky, unconventional, and resilient, perhaps a bit like the farmers who grow them.

Happy autumn!!!



A butterfly on the sunchoke flowers at Grassfed Gardens (before we cut them all down!)

Full Share:

- Apples
- Spring Mix or Romaine
- Carrots
- Summer Squash
- Winter Squash
- Sunflower Sprouts
- Sunchokes
- Garlic
- Slicer Tomatoes
- Cherry Tomatoes
- Arugula

Half Share:

- Winter Squash
- Peppers, Bell & Jalapeno
- Spring Mix or Romaine
- Sunchokes
- Sunflower Sprouts
- Leeks

What Grows Where:

DAWN GARDENS

summer squash, tomatoes, apples, garlic

GRASSFED GARDENS

sunchokes, winter squash, sunflower sprouts

SIERRA VALLEY FARMS

spring mix/romaine, carrots, arugula

GREENVILLE HIGH SCHOOL

green bell peppers, jalapenos,

AVALANCHE RANCH

leeks

THIS IS OUR LAST REGULAR PICK UP FOR THE SEASON!

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Bread Share Flavor:

Green onion, mushroom & cheese

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Roasted Winter Squash with Wild Rice Stuffing

This recipe originally called for acorn squash—like the Thelma Sanders variety in some of your shares—but any winter squash will work. Adjust the stuffing for the number of squash you have, or save the leftover filling for lunch.

INGREDIENTS

3 medium winter squash, halved lengthwise and seeds removed	1 Tbsp minced fresh thyme leaves
3 Tbsp unsalted butter, melted	2 cups cooked wild rice mix (1 cup uncooked)
1 Tbsp packed dark brown sugar	2/3 cup pecans, toasted and finely chopped
1/2 medium yellow onion, finely chopped	1/4 cup dried cranberries, chopped
2 medium shallots, finely chopped	1 tsp salt, plus more as needed
4 celery stalks, finely chopped	1/2 tsp freshly ground black pepper, plus more as needed

DIRECTIONS

1. Heat the oven to 450°F and arrange a rack in the middle.
2. Place squash cut side up on a baking sheet, brush 1 Tbsp of the melted butter over the tops and insides of the squash halves, sprinkle with brown sugar, and season with salt and freshly ground black pepper. Roast in the oven until just fork tender, about 25 to 30 minutes.
3. Meanwhile, place 1 Tbsp of the melted butter in a large frying pan over medium heat. Add the onion, shallots, and celery, season with salt and freshly ground black pepper, and stir to coat. Cook, stirring occasionally, until just softened, about 6 minutes. Stir in the thyme and cook until fragrant, about 1 minute.
4. Remove from heat and stir in the cooked rice, pecans, cranberries, and measured salt and pepper.
5. Divide the rice filling among the roasted squash halves (about 1/2 cup for each) and drizzle the remaining tablespoon of butter over top. Continue roasting until the squash is completely fork tender, the edges have started to brown, and the filling is heated through, about 20 to 25 minutes.

Source: by www.chow.com

CROP Updates

Sunchokes — The knobby white/yellow/tan tubers in your share this week are sunchokes, aka Jerusalem Artichokes, from Grassfed Gardens. They are crisp, with a nutty flavor. They can be cooked into soups, roasted in the oven, boiled, or mixed with mashed potatoes. Some people like them raw as well. You don't need to peel sunchokes, but please do scrub them, as they have a knack for holding onto rocks. Also, please be advised that sunchokes can cause some people to get a little gassy, so try them in moderation at first to see how they like you. Sunchokes can be stored in a plastic bag in the fridge.

Winter Squash — We have 2 types of winter squash for you this week, also from Grassfed Gardens. Thelma Sanders is the cream colored one, which is a type of acorn squash. The oblong green & yellow striped ones are delicata squash. Full shares are getting one of each, and half shares will get one or the other. The no-brainer (and super tasty!) way to eat winter squash is to bake them in the oven: cut in half, scoop out seeds, oil cut sides, and bake face down in a pan until very soft. Add butter and maple syrup or brown sugar, and revel in the deliciousness. Winter squash can be kept at room temperature for a week or two, but 55 degrees is ideal for longer term storage.

EASY ROASTED SUNCHOKES

Ingredients:

2 to 3 large sunchokes, sliced 1/4-inch thick	1 sprig of fresh rosemary, leaves removed
2 tablespoons olive oil	3 cloves of garlic, peeled and left whole
1/2 teaspoon salt	

Preparation:

Preheat the oven to 425 degrees F. Scrub the sunchokes under cold running water and slice 1/4-inch thick. Add the sunchokes and garlic to a roasting pan or baking sheet and toss with the olive oil so the bottom of the pan and the sunchokes are lightly coated. Add more olive oil a tablespoon at a time if you don't feel like the vegetables are coated enough, but not too much; you don't want them swimming in olive oil. Sprinkle with the salt and rosemary. Bake for 15 to 20 minutes, until the sunchokes are tender inside, like a potato.

Source: www.thekitchn.com

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CRISP APPLE, ARUGULA
& SAUSAGE SALAD

COCK A LEEKIE SOUP
(chicken & leek soup)

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