



October 30, 2013 —

Under Cover Growing

Hello friends, and thanks for joining us for the Grand Finale Share! This extra fall harvest is a fun one for us, our last chance to share the season's bounty with y'all. We're warning you now, we're feeling a little squash-tastic with this abundance of winter squash. They are a special kind of fruit, perfectly suited for piping hot meals this time of year. Enjoy!

The timing of these fall crops can be tricky—they're a matter of getting early season crops like radishes or lettuce cleared out and the soil re-tilled in time to seed fall crops in mid-August. The biggest accomplishment here is making the time to think about planting when harvest season is in full swing!

Farmers plan on the crops taking longer than usual to mature this time of year. The dropping temperatures and day length of fall slow growth rates down until eventually they stop altogether. Some years we get a balmy October and growth continues late in the season, but it's luck of the draw.

Many farmers in cold climates like ours like to extend their growing season through the use of hoop houses (aka high tunnels). These plastic-covered structures are low-tech and relatively inexpensive, though they still

cost \$1,000 to \$10K plus depending on size and strength. They can be built from kits or from scratch, and are made up of hoops, bracing, endwalls, vents and a plastic film.

The strategy behind using hoop houses is to add a month or two onto each end of the growing season. They're definitely not made for harvesting tomatoes in January (fun as that would be). They don't use supplemental heating or light. Instead, hoop houses capture solar heat when the sun is shining, increasing the number of hours in the day that the plants inside can actually grow. In this way they are used to grow crops that already do well in the cold. Hoop houses also provide a few degrees of frost protection for sensitive plants—for instance, they can ward off spring frosts during the blooming period of perennial plants like berries.

The use of hoop houses is slowly gaining momentum in Plumas County. Gary at Sierra Valley Farms forged the way over a decade ago, and now a few of us are following suit by getting more crop space under cover. Grassfed Gardens is in the middle of constructing a 20x45' hoop house at their new Five Foot Farm site, and the other Sierra Intensive Farmer Training (SIFT) program trainees are busy building too. We hope that in a few years hoop houses will be a common sight across the county, and that we'll be able to invite many more HAH members to take part in our Grand Finale Share each fall!



Five Foot Farm's new hoop house, under construction. Note the view of Spanish Peak!

Grand Finale Share:

- Thelma Sanders Winter Squash
- Delicata Winter Squash
- Green Kabocha Winter Squash
- Pie Pumpkins
- Lettuce
- Turnips
- Garlic
- Baby Carrots
- Apples
- Jalapenos
- Green Bell Peppers
- Baby Arugula

What Grows Where:

DAWN GARDENS

garlic, lettuce, apples, kabocha winter squash

GRASSFED GARDENS

turnips, baby arugula, carrots, delicata winter squash, thelma sanders winter squash

GREENVILLE HIGH SCHOOL

pumpkins, jalapenos, green bell peppers

"The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."

*-Michael Pollan,
The Omnivore's Dilemma*

Balsamic Roasted Kabocha Squash

The author of this recipe says, "Sweeter than butternut, it actually has a texture unique from any other squash I have had. The flesh has a thick starchiness not unlike a yam or a potato. The skin is thin and edible, and absolutely delicious roasted or deep fried. The kabocha squash recipe below is an ultra simple preparation, but I urge you to try it out for yourself, it is my family's new favorite."

INGREDIENTS

1 Tbsp brown sugar, packed
2 Tbsp balsamic vinegar
1 Tbsp olive oil
a pinch of salt
1 kabocha squash



DIRECTIONS

Preheat oven to 350F. Cut squash into quarters and remove seeds. Use a fork to break up brown sugar and combine with balsamic and salt. Mix in oil. But squash flesh side up into a baking tray and pour over the flesh. Rub the sugar in to get it to evenly coat. Cover with aluminum foil and bake for an hour.

Source: dailyadventuresincooking.com

BAKED DELICATA FRIES

A HAH member clued us into this way of eating Delicata squash and we're totally hooked. Please, we beg you, try this recipe. You'll never go back to potatoes again.

INGREDIENTS

2 Delicata winter squash
Olive oil
Salt and pepper
Chipotle pepper powder

DIRECTIONS

Halve the squash lengthwise and seed them. Lay the cut side down and slice into 1/4 inch thick crescents. Place cut squash in a bowl and drizzle with olive oil. Sprinkle salt, pepper and chipotle powder over the top and toss to coat. Lay on a baking sheet and cook at 400 until tender, about 30 min. Serve hot, with dressing or sauce to dip. You can eat the skins!

Source: Michelle Fulton!

TURNIP TIP

We'd like to suggest that you try crunching on your turnips raw. We have been pleasantly surprised by their tasty sweetness this season, and have enjoyed them on salads or sliced with a little salt on top. The skins have the spice, so if you're not into that flavor just peel them off.

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

GRILLED PUMPKIN WITH ROSEMARY AND SEA SALT

www.Facebook.com/HighAltitudeHarvest

Winter Squash ID Guide

Kabocha

This is the green skinned squash in your share, also known as a Japanese pumpkin. It has a sweet flesh with a smooth consistency.



Delicata

These are the smallest squash in your share, and they're yellow with green stripes. Try out the recipe for Baked Delicata Fries to the left—you won't be sorry!



Thelma Sanders Acorn

This creamy/yellow colored squash is very similar to the green-skinned acorns that are more common. Halve 'em, bake 'em at 425F and top with butter, brown sugar and a little cayenne pepper.



Pie Pumpkins

Of course you'll recognize this one. Pie pumpkins are great for pie, but you can also bake them into muffins, stew them in an awesome curry or grill them (see the recipe on our Facebook page).

