



HIGH ALTITUDE HARVEST

Community Supported Agriculture

October 7, 2015 —

Extending the Harvest Season

by HAH Coordinator Elizabeth Powell

We're so glad you've joined us for our inaugural offering of the HAH Fall Shares! In the past we've offered a one-time share of cool season produce in late October (which we dubbed the Grand Finale Share), but this year our farmers were fired up to step it up a notch, so we extended our fall harvest season through the month of October.

We have some great crops planned for you for the next four weeks. Some are still kicking from the summer season and some were planted specially for these autumn harvests. The cool weather of fall provides us with a unique mix of spring-like greens and herbs, and hearty, stalwart crops like roots and winter squash.

This extended season is a sign of the success of our growing community of farmers, who are employing techniques to get the most out of our mountain growing climate. Some fall crops grow great out in the open, while others benefit from the warmth and protection provided by floating row cover or hoop houses. These season extenders are low-tech but they take a bit of trial and error, since growing under cover affects the growth rate of crops (and weeds!).

Overall we've really been pleasantly surprised with how crops respond to being covered—they're generally tender and free from a lot of insect damage.

Truth be told, there has been a little bit of hand wringing involved in the lead up to this Fall Share. The super cold snap we got back in September had us worried that winter was going to come early and hit us hard to make up for the last couple years of non-existent winters. But—phew!—we returned to the balmy October temperatures that we have come to love. And young crops are getting established enough now that they should keep growing, even if the temperatures do take a dive.

The beauty of working with multiple farmers is that even if one of our sites starts to taper off in production, we can fill in for each other as needed. Cooperation is the best insurance policy!



Tis the season for winter squash and sunflowers at Five Foot Farm

Five Foot Farm Pumpkin Patch—Saturday, Oct 10th

Join HAH growers Five Foot Farm for a pumpkin patch this Saturday from 10am to 3pm in Quincy. Visit www.FiveFootFarm.com for details.

Fall Share

Beets
Carrots
Cilantro
Jalapenos
Green Bell Peppers
Leeks
Garlic
Cherry Tomatoes
Spring Mix
French Breakfast Radishes
Swiss Chard
Salsify Root

Half Share

Arugula
Jalapenos
Leeks
Lettuce
Strawberries
Dino Kale
French Breakfast Radishes

What Grows Where

BLOOMSTONE FARM

leeks, salsify

FIVE FOOT FARM

arugula, beets, cilantro, french breakfast radishes, swiss chard, head lettuce, dino kale

GREENVILLE HIGH SCHOOL

green bell peppers, garlic, jalapenos

SASQUATCH FARMS

spring mix, cherry tomatoes, carrots

SUNBERG GROWERS

strawberries

*Our Fall Shares run for
4 weeks, through the
month of October*

Kale, Beet, and Radish Salad with Raspberry Vinaigrette

When tossed with a flavorful dressing like the raspberry, mustard, apple cider vinaigrette in this recipe, the kale tastes crisp and healthy. Shredded beets, sliced radishes, and toasted nuts or seeds add crunch and heft to the salad. Serve a piece of crusty bread slathered with creamy goat cheese, and you've got a satisfying and light meal.

INGREDIENTS

1 finely chopped garlic clove	5 packed cups torn kale leaves
2 teaspoons raspberry jam	2 cups shredded beets
1 1/2 teaspoons grainy mustard	2 tablespoons toasted nuts or seeds
1 1/2 teaspoons apple cider vinegar	(pumpkin seeds, almond slices, sunflower seeds)
3 tablespoons extra-virgin olive oil	1 cup thinly sliced radishes



DIRECTIONS

In a large bowl, combine 1 finely chopped garlic clove, 2 teaspoons raspberry jam, 1 1/2 teaspoons grainy mustard and 1 1/2 teaspoons apple cider vinegar. Whisk in 3 tablespoons extra-virgin olive oil.

Add 5 packed cups torn kale leaves and toss to dress. Sprinkle with 2 cups shredded beets and 2 tablespoons toasted nuts or seeds; season with salt and pepper.

Toss once to distribute, then top with 1 cup thinly sliced radishes. Serves 4.

Source: www.rachelraymag.com

SALSIFY

This is the new root vegetable in this week's Full Shares, thanks to Sarah at BloomStone Farm. Trying new veggies is one of the benefits of being a CSA member, and we're guessing that most of you haven't experienced this one before!

Salsify is a delicious, versatile winter vegetable that can be boiled, mashed, or fried like a potato, and it makes a yummy addition to soups and stews. Try simply peeling the roots, steaming them for 15 to 30 minutes, and then browning them in butter. Or check out our HAH Facebook page for a link to a blog post all about the root, and a recipe for Pan Roasted Salsify. [www.Facebook.com/HighAltitudeHarvest](https://www.facebook.com/HighAltitudeHarvest)

Layered Frittata with Swiss Chard, Leeks, and Tomatoes

INGREDIENTS

4 cups Swiss chard, cut into bite size pieces	1/4 teaspoon freshly ground black pepper
2 cups of leeks, thinly sliced	2 teaspoons fresh thyme, chopped
1 cup cherry tomatoes, halved	1/8 teaspoon freshly ground nutmeg
6 eggs	2 tablespoons olive oil
2 tablespoons plain Greek yogurt	3 tablespoons almond flour (optional)
1/4 teaspoon sea salt	2 tablespoons grated parmesan cheese



DIRECTIONS

Preheat oven to 375 degrees. Prepare vegetables as directed and set aside. Whisk the eggs, yogurt, 1/4 teaspoon sea salt, pepper and nutmeg together until the eggs are frothy and only very small lumps of yogurt remain. In a ten-inch ovenproof skillet, heat the olive oil over medium heat. Add the leeks with a pinch of salt and sauté until just golden. Place the chard on top of the leeks and add a pinch of salt. Cover, and allow the chard to steam for 2 minutes, just until the greens begin to wilt. Remove the cover and arrange the tomatoes on top of the greens. Pour the egg mixture on top of the tomatoes and make sure it seeps through the greens. Sprinkle the top with Parmesan cheese and almond flour. Bake the frittata for 10 to 15 minutes or until the eggs have set. Remove it from the oven, and heat the broiler. Place the frittata under the broiler and cook for 1 minute or until the cheese and almonds are golden brown. Serve immediately, or at room temperature. You could also try substituting kale in this recipe for the chard.

Source: adapted from www.stefaniesacks.com