



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

June 15, 2016 —

## Seven Years of Miracles

by Elizabeth Powell,  
HAH Coordinator and Five Foot Farmer

Seven years ago I sat down at a table with all of the Plumas County farmers I could wrangle, and we hatched a plan for working together to start a multi-grower Community Supported Agriculture operation, High Altitude Harvest. That first year we sold 30 shares, hoping that we could deliver on the promise to provide them with a variety of tasty produce all summer long. At the end of that first growing season we breathed a sigh of relief, grateful for the many crops that came to fruition and the wonderful batch of members who took a leap with us on our inaugural year of operation.

A similar sigh of relief happens during the first harvests on the farm each year. We spend five months planning crops, calculating plantings and expected harvests, and putting that plan into action. Beds are prepared and crops are sown—some so early that there’s no sign of summer in sight. Unforeseen challenges are tackled—aphids one year, gophers the next. Weather fluctuates from hot to cold, and wet to dry, favoring some crops and not others depending on the conditions. And the next bed that desperately needs weeding is the first thing you think of when you wake up in the morning, just hoping to tame enough of the farm’s wildness in order to bring in a crop.

It seems that no matter how many years we farm through these cycles, it still feels like a minor miracle to make it to the first week of the harvest season with crops ready to share. The satisfaction that comes from a well timed spinach planting, a beautiful batch of cilantro or a sweet, early bumper crop of strawberries—that feeling is the payoff. After giving yourself to the farm all spring long, the sudden heat of the summer and the will of these plants to thrive kicks everything into action, and the bounty begins. We farmers are the conductors, playing our part, but having faith in the countless other moving pieces of the farm to do their parts as well. I think this miraculous feeling is a big piece of what keeps us hooked on farming. It’s an honor and adventure to work in partnership with the soil and bugs and plants and sun to coax a harvest from the ground.

And now, embarking on our 7th year of running High Altitude Harvest, we have an equal amount of faith in the partnerships of our local farmers to keep the system running smooth. None of us individually could provide the diversity or quantity of food to feed the 100 members that we have grown to serve, so by working together we are able to put more good food in more people’s bellies, and sustain our farms in the process. We are so happy to be on this adventure of growing and eating with you all!

## Full Share

- Bok Choy or Swiss Chard
- Cilantro
- Sunflower Sprouts
- Spinach
- Spring Mix
- Strawberries
- Garlic Scapes
- Parsley

## Half Share

- Cilantro
- Sunflower Sprouts
- Kale, Curly or Dino
- Garlic Scapes
- Head Lettuce
- Mesclun Mix

## What Grows Where

### DAWN GARDENS

head lettuce, garlic scapes

### FIVE FOOT FARM

bok choy, cilantro, swiss chard, kale, sunflower sprouts

### FOLLOW YOUR HEART FARM

spinach

### SASQUATCH FARMS

salad mix, mesclun mix

### SHOOFLY FARM

parsley

### SUNBERG GROWERS

strawberries

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## Bread Share Flavor

local green onion, black olive  
& asiago cheese

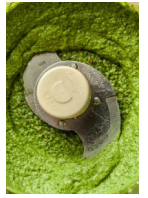
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## Cilantro Pesto

Please, we beg of you, try this cilantro pesto with your pasta, sandwiches, crackers and anything else you can get your hands on. It has rocked our world and it might just rock yours too.

1 bunch cilantro, including stems  
5 tablespoons lemon juice  
1 tablespoon lime juice  
1/2 cup olive oil

1/2 cup toasted unsalted almonds  
4 medium garlic cloves, peeled  
1 teaspoon sea salt



Combine everything in the bowl of a food processor and process for 30 seconds on high. Use a spatula to scrape down the sides of the bowl, then process for 30 more seconds. Done.

Source: chowhound.com

## KALE

Kale has become a staple—and sometimes a mascot—of the local food movement. It is easy to prepare by de-ribbing, chopping and sautéing in a pan with olive oil and seasonings. It can also be added into a plethora of dishes, like pasta sauce, pizza, omelets, green smoothies, gourmet mac and cheese, homemade veggie burgers, chicken noodle soup... so many options! This week's Half Shares have either Dino Kale (dark green with dinosaur-like bumps) or green curly kale (lighter green).

## SWISS CHARD

Swiss chard is another cooking green that grows well here in the mountains. Separate its rainbow stems from the leaves and chop them up separately for use in your dish. Chard can be used in almost all the same ways as kale can (though many people prefer it cooked over raw). For starters, try the stems and leaves sautéed with garlic scapes, balsamic vinegar, golden raisins and pine nuts.

## FUN LOGISTICAL REMINDERS

- \* **Upcoming harvest** lists will be posted on the HAH website homepage each Monday by 3pm.
- \* You'll also find a link on our homepage to our **share schedule**, which includes the dates and times of produce and optional share pick ups.
- \* If you ever forget to grab your **newsletter** you can download a copy from the Newsletters page of our website, too.

- \* For **Portola** members, please remember to return your wooden boxes each week. For **Graeagle and Westwood** folks, please feel free to return any paper bags that are in good condition. (You can keep the plastic bag liners though, we can't reuse those.)
- \* For Quincy members, please remember to **bring your own bag or box** to pack your share. We have extras in case you forget, but our supplies are limited.

[www.HighAltitudeHarvest.com](http://www.HighAltitudeHarvest.com)

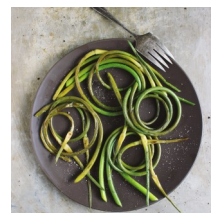
[www.facebook.com/HighAltitudeHarvest](http://www.facebook.com/HighAltitudeHarvest)

## ABOUT GARLIC SCAPES

Garlic scapes—the flowering stem of the garlic plant—are a special early summer delicacy. They are snapped from the plant in order to direct energy to the bulb instead of a flower, and after a morning of picking scapes from the field your hands are guaranteed to have the fragrance of garlic for the rest of the day. The scapes curly form is so elegant, yet they're wonderfully low maintenance to use. The tough part of the stem and the pointy flower bud are removed, and the middle is yours to chop into any dish that would regularly call for garlic. See our HAH facebook page for links to recipes for garlic scape pesto, green goddess dressing, scapes in frittata, and much more.

## GRILLED GARLIC SCAPES

Heat your grill to a medium to low flame. Wash and dry your scapes. Break off the harder ends (as you would like asparagus) and leave whole. Massage the scape with oil and sprinkle it with salt and pepper. Toss them onto the grill and brown both sides, remove them when they're soft on the inside, crispy on the outside, a lighter shade of green and golden brown in parts. Serve the scapes hot with more fresh pepper.



Source: withfoodandlove.com