



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

June 17, 2015 —

### Bring on the Harvests!

by Elizabeth Powell,  
HAH Coordinator & Five Foot Farmer

Welcome to your 2015 High Altitude Harvest CSA experience! We are so glad to join you on this adventure in local eating, and we're fired up to bring you beautiful, delicious, mountain grown produce all summer long.

When I say "we" I'm referring to all of the people who bring this good food to your table—including 12 local farms and ranches, one beloved bakery, and our crew of 6 committed helpers who sort, pack and distribute your shares each week.

This year we're excited to announce a few changes from our normal routine. First, long-time HAH helper and foodie-extraordinaire Karen Kusener will be selecting and developing the recipes for this year's newsletters. We think her enthusiasm for fresh food is contagious!

Second, this season each of our farmers will be taking a turn writing a newsletter article. This will help you get to know each of our growers better, and will allow them to share the nuances of their farm operation with you. Each farm has a unique story to tell, and we think this is a great opportunity to help you get to know them even better.

We can hardly believe that this is the 6th year that High Altitude Harvest has been running! We're happy to be distributing 95 produce shares this year, in addition to optional

shares of grass-fed beef, bread, hand-spun yarn, eggs and flower bouquets. (Contact us if you'd like to add one of these, it's not too late for most of them!)

Over these years we've gleaned a few tips for a happy CSA experience:

**Get a sneak peek.** We post our expected harvest on the HAH website each Monday by 3pm. Check it out if you want to do some recipe searching or meal planning in advance. [www.HighAltitudeHarvest.com](http://www.HighAltitudeHarvest.com)

**Use what scares you first!** There may be crops in your share sometimes that you're not familiar with, and we encourage you to tackle them head on. Our produce is at peak freshness the moment you bring it home, so the sooner you use it the better your first impression will be. Don't be afraid to get experimental!

**Grab this newsletter weekly.** We love keeping you up to date about CSA logistics and what's happening on the farms. If you forget to grab your newsletter, you can always download a copy on our website.

We look forward to another delicious season of eating with you all. Let the harvests begin!



Valerye and Cody bringing in the turnip harvest at Five Foot Farm

### Full Share

- Arugula
- Bok Choy
- Cilantro
- Garlic Scapes
- Chives
- Spinach
- Spring Mix
- Sunflower Sprouts
- Salad Turnips

### Half Share

- Arugula
- Bok Choy
- Cilantro
- Garlic Scapes
- Sunflower Sprouts
- Romaine Head Lettuce

### What Grows Where

#### BLOOMSTONE FARM

spinach

#### DAWN GARDENS

romaine lettuce, garlic scapes, chives

#### FIVE FOOT FARM

arugula, bok choy, cilantro, sunflower sprouts, salad turnips

#### SASQUATCH FARMS

spring mix

**Wash It!**  
Our produce is farm fresh. Please wash before enjoying.

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### Bread Share Flavor

Mushroom & asiago cheese

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## Cilantro Salad Dressing

It's salad time! There is nothing like warm weather to increase our appetite for cooling foods like salad. This week HAH is here to help with lots of fresh organic mountain grown greens and a recipe for a tasty dressing using cilantro. Try it on a chicken or taco salad as well as tossed greens and fresh veggies.

### INGREDIENTS

2 garlic cloves, chopped	1/4 cup red wine or apple cider vinegar
1 teaspoon salt	3/4 cup olive oil
1 cup cilantro, packed	1/2 teaspoon hot pepper sauce
1 cup parsley, packed	1 pinch sugar



### DIRECTIONS

In the food processor: Add garlic and salt; process a few seconds. Add cilantro and parsley; process to a fine mince. Add vinegar; process for 10 seconds. Add oil in a slow steady stream with the processor on. Add hot pepper sauce (to match your taste) and a pinch of sugar. Or in the blender: Add garlic, salt, cilantro, parsley, and vinegar to the blender jar and blend until smooth. Add oil in a slow steady stream with the blender on. Add hot pepper sauce (to match your taste) and a pinch of sugar. Chill the dressing for several hours in a glass jar; shake to combine before using.

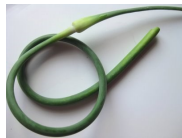
## Spring Crops

As is typical for this time of season, we're kicking off the early summer with a hearty helping of greens! Here's a quick guide to a few crops in this week's shares.



**Arugula** — This bunched green is most often described as peppery. Add small amounts to a salad for some spicy kick, or make an arugula-only salad with fruit and goat cheese. It also goes great on pizza. Cooking spicy greens like arugula mellows out their flavor.

**Garlic Scapes** — These are the flowering stems of the garlic plant. They're plucked off in the spring to help the plant send more energy to bulb, but they also happen to be artfully curled and tasty to eat. Remove the pointy flower bud and cook with the remaining curly section of stem. They can be chopped up or sautéed whole, and they have a mild garlicky flavor.



**Sunflower Sprouts** — These are a favorite of ours, maybe just because it's fun to eat baby flowers. These nutty micro-greens are grown in flats of soil and harvested just one week after planting. They go great on salads, in sandwiches, or just by themselves for a little snack.

**Salad Turnips** — These are crisp and sweet and pretty much *nothing* like storage turnips. We recommend devouring them raw on your favorite salad. You can eat the skins or peel them off, and the tops can be used as a cooking green too.

## BOK CHOY WITH GARLIC AND CUMIN

Bok choy is an Asian green that lends itself to stir fries. This is a simple side dish that could also be served over rice or udon noodles. Serves 3.



### INGREDIENTS

Approximately 3/4 pound (one medium head) bok choy  
1 tablespoon coconut oil  
1/2 teaspoon cumin seeds  
2 cloves garlic, roughly chopped (or garlic scapes!)  
salt to taste

### DIRECTIONS

Pull apart bok choy leaves and wash well. Stack leaves and stems of bok choy and chop into 1/2 inch pieces/strips. In a 12" skillet over medium heat, heat the coconut oil. Add the cumin seeds and chopped garlic and let sizzle until fragrant (approximately 2 minutes). Add the chopped bok choy and cook stirring occasionally until wilted and softened but still bright green (approximately 4 minutes). While it is cooking you can sprinkle with some salt. Serve immediately.

Source: the Kusener Kitchen