



HIGH ALTITUDE HARVEST

Community Supported Agriculture

June 18, 2014 —

Here's to 5 Years!

Welcome to the first week of the 2014 harvest season. We are pleased to report that this is High Altitude Harvest's 5th year of providing farm fresh local produce shares. What a satisfying milestone! Way to go, to both our farmers and members!

In honor of this anniversary it seems appropriate to reflect on the history and growth of our CSA. On a fall evening back in 2009 Plumas County farmers sat down together and hatched a plan. We figured that by working together, each providing the crops that we grow best, we could reach more people through Community Supported Agriculture than we could individually.

For farmers, being a determined and ruggedly independent lot by nature, this partnership was a leap of faith. Would the crops come through as planned? Would enough members sign up for shares? Could it be that we're stronger when we work together?

We mustered our courage and launched the High Altitude Harvest CSA in 2010, selling out of the 30 shares that were offered. It was a hit, and the partnership between farmers and locavore eaters like you has been growing and thriving ever since. This year we're holding strong at 92 members (and would love to add a few more, see below).

When we step back and ponder why the success of this CSA is so important to us, we think it comes down to the way that it has made real change in our community. We've seen farmers sustain and expand their businesses because of the reliable market that the CSA provides. We hear from members who have discovered a new love for fresh, radically-healthy food and seasonal flavors. We know that by sustaining small-scale agriculture we're voting for food production that improves the health and diversity of the land on which it's grown.

And at the heart of it all, relationships are built. Eaters get to know their farmers, farmers get to know their land, and we all get closer to the food that sustains us.

Enjoy!



Farmer Manuel at the Dawn Gardens shows a visiting class how sage plants provide habitat for native pollinators

Full Share:

- Sunflower Sprouts
- Green Garlic
- Sage
- Head Lettuce
- Cilantro
- Arugula
- Kale
- Spinach
- European Spring Mix
- Radishes

Half Share:

- Sunflower Sprouts
- Green Garlic
- Sage
- Head Lettuce
- Cilantro
- Arugula
- Spinach

What Grows Where:

- DAWN GARDENS**
head lettuce, kale, green garlic, sage
- FIVE FOOT FARM**
sunflower sprouts, cilantro, arugula, spinach
- SIERRA VALLEY FARMS**
euro spring mix, radishes, spinach

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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HELP US GET TO 95 MEMBERS! IF YOU KNOW OF ANYONE WHO WOULD LIKE TO JOIN WE STILL HAVE 3 FULL SHARES THAT WE'D LOVE TO FILL. HAVE 'EM CALL US!

Green Soup with Yams and Sage

Here's a tasty way to enjoy our abundance of spring greens. This recipe's author says, "This kale-and-spinach soup has a beautiful complexity. It's slightly sweet, with a bright note of lemon and the subtle aromatics of thyme, sage and garlic." Yum!

INGREDIENTS

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| 1 1/2 Tbsp extra-virgin olive oil, divided | 7 cups gently packed spinach |
| 1 large onion, chopped | 4 fresh sage leaves |
| 1/2 teaspoon salt, divided | 2 cups vegetable broth |
| 2 cups water, divided | Pinch of cayenne pepper |
| 2 cloves garlic, sliced (or use your green garlic!) | Freshly ground pepper to taste |
| 1/2 tsp chopped fresh thyme leaves or 1/2 tsp dried | 1/2 Tbsp fresh lemon juice, or more to taste |
| 1/2 bunch kale, stem removed and coarsely chopped | 1/2 Tbsp agave nectar (optional) |
| 1 medium yam or sweet potato, peeled and diced | 8 fried sage leaves for garnish |



DIRECTIONS

Heat 1 Tbsp oil in a skillet over high heat. Add onions and 1/4 tsp salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce heat to low, stir in 2 Tbsp water, garlic and thyme and cover. Cover and cook, stirring occasionally, until the onions are reduced and have a deep caramel color, 25 to 35 minutes. Combine the remaining water and salt in a soup pot; add the kale, yam and sage. Bring to a boil. Reduce heat to maintain a simmer, cover and cook for 15 minutes. Stir a little of the simmering liquid into the onions and add them to the soup along with the broth and spinach. Return to a simmer, cover and cook for 10 minutes more. Puree the soup in the pot with an immersion blender until perfectly smooth or in a regular blender in batches (return it to the pot). Stir in cayenne, a few grinds of pepper and 1 Tbsp lemon juice. If the soup is sweet to your taste, add more lemon juice; if it's too tart, add agave nectar. Garnish each bowl of soup with a drizzle of oil and 2 fried sage leaves.

Source: www.eatingwell.com/recipes

Spring Crops

We are kicking off this season with a hearty helping of spring greens! Here's a quick guide to a few crops in this week's shares that may be new to some of you.



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!



Green Garlic — These are immature garlic plants that look a bit like spring onions. To use them trim off root ends and any tough part of the green leaves. Chop or slice the mini-bulbs and the first inch or two of the stem. Try it sautéed with greens and a dash of lemon!

Sage — This aromatic herb is great in savory dishes. It can be preserved by hanging small bunches to dry. Also try adding minced sage to simmering butter; use the sage butter over pasta and save extra in the fridge or freezer. It makes divine fried eggs!

ARUGULA PESTO

Did you know you can make pesto out of almost any leafy green? This arugula pesto recipe uses roasted garlic to prevent the pesto from being too spicy.

INGREDIENTS

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| 2 cups of packed arugula leaves, stems removed | 1/2 cup fresh Parmesan cheese | 6 garlic cloves, unpeeled |
| 1/2 cup of shelled walnuts | 1/2 cup extra virgin olive oil | 1/2 teaspoon salt |

Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins. Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. Combine the arugula, salt, walnuts and roasted garlic in a food processor. Pulse while drizzling the olive oil into the processor. Stir in the Parmesan cheese. Serve with pasta, over freshly roasted potatoes, or as a sauce for pizza.

Source: www.simplyrecipes.com