



June 19, 2013 —

Happy fresh eating season everyone! We are thrilled to be launching High Altitude Harvest's 4th season of operation, and are grateful to have all of you lovely locavores along for this adventure of seasonal, mountain-grown fare.

Our growers have been busy with spring farm tasks—amending the soil, tilling, planting and weeding... lots of weeding already!

This year we have a seasoned crew of Plumas County farmers producing for HAH, almost all of whom have been growing for us since our inception in 2010:

Sierra Valley Farms is cranking out cut greens and root crops at 5,000 ft elevation in alpine Beckwourth;

The Dawn Gardens is steadfastly producing a variety of veggies—greens, zucchini, herbs, tomatoes and much more - at their 2+ acre farm in Indian Falls;

Grassfed Gardens is a multi-site farm growing on 4 different plots this year for a total 1/3 acre of vegetable production. They have plans for expanding (and consolidating!) onto a 3.5 acre site in Quincy by next year;

Harmony Acres is nestled between woodland and meadow ecosystems in

Indian Valley and focuses on the crops of oregano, snap peas, potatoes and lavender;

Greenville High School is working towards doubling their garden space so they can produce even more peppers, cucumbers and pumpkins for HAH;

The Stump Farm is returning for their second season as our star onion producer;

And the sweetest for last, Green Cedar Farm is gracing us once again with a variety of mountain grown fruit from their specialty orchard and berry farm in Berry Creek.

You can find profiles and photos of each of these growers on the HAH website under the Our Growers tab.

These, my CSA friends, are your very own farmers. They go to work every day with the goal of coaxing nutritious food out of the ground so we can eat it and lead healthy, happy lives.

Our farmers are driven by a passion for growing and working hard. They are striving to succeed in a nation where it's challenging for even the most savvy and experienced small farms to survive. Our growers are determined to keep farming alive in our communities, and they are grateful that you—their eaters—have committed to this Community Supported Agriculture partnership. Yeah CSA!



Farmer Cody Reed of Grassfed Gardens weeding the mibuna beds in preparation for harvest

WE LOVE IT WHEN YOU RETURN YOUR LITTLE PLASTIC BASKETS!

Full Share:

- Cherries
- Sunflower Sprouts
- Chives
- Sage
- Spring Mix
- Cilantro
- Garlic Scapes
- Oregano
- Radishes
- Mibuna
- Bok Choy
- Swiss Chard
- Green Garlic

Half Share:

- Cherries
- Chives
- Spring Mix
- Garlic Scapes
- Radishes
- Bok Choy
- Green Garlic

What Grows Where:

DAWN GARDENS

chives, sage, cilantro, garlic scapes, swiss chard, green garlic

GRASSFED GARDENS

sunflower sprouts, mibuna, bok choy

SIERRA VALLEY FARMS

spring mix, radishes

GREEN CEDAR FARM

cherries

HARMONY ACRES

oregano

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Bread Share Flavor:

Local Herb & Cheese

Pasta Share Flavor:

Spinach Fettuccine

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Versatile Stir Fry

Here's a formula for stir fry that will accommodate many types of veggies, especially the greens like the bok choy in this week's shares. Use oil as needed to cook the vegetables and make sure the harder, longer-cooking vegetables go in the pan before the softer, quicker cooking vegetables are added.

INGREDIENTS

3/4 pound protein (beef, pork, chicken, seafood, tofu), cut into small even pieces
1 ½ lbs vegetables, cut into small pieces and divided into batches by cooking times
2 tsp soy sauce
2 tsp dry sherry or white wine
1 T minced fresh garlic
1 T minced fresh ginger
2 T minced scallion (or onion)
2-3 T peanut or vegetable oil
½ C Spicy Peanut Sauce (see below)

DIRECTIONS

Toss the protein with the soy sauce and sherry (white wine) in a medium bowl. Combine the garlic, ginger, scallion, and 1 ½ tsp oil in a small bowl. Heat 2 tsp oil in a nonstick skillet (or wok) over high heat until smoking. Add the protein and cook, stirring occasionally, until well browned, 1 to 3 ½ minutes. Transfer the protein to a clean bowl. Add 1 ½ tsp to 1 T oil to the skillet and heat until shimmering. Add the first batch of longer cooking vegetables and cook, stirring occasionally, until crisp-tender, 1-5 minutes. Leaving the vegetables in the pan, heat another 1 ½ tsp to 1 T oil and add the faster cooking-vegetables. Cook until crisp-tender, 1-2 minutes. Clear the center of the pan and add the garlic mixture. Cook until fragrant, about 45 seconds. Stir the garlic into the vegetables. Add the protein and toss to combine. Whisk the sauce to combine and add it to the skillet. Remove the pan from the heat and toss until all ingredients are well coated with sauce and sizzling hot. Serve immediately.

Source: laurasrecipes.blogspot.com

CROP Updates

Our spring heat wave had an overall positive impact on our harvest schedule.



Mibuna — Full Shares are getting this small-leaf bunched green this week. (Both shares should get it next week.) Mibuna has been used in Japan for centuries, and is great in stir fries, chopped in salads or in miso soup. It is traditionally preserved by pickling with salt. Fascinating!

Though the 100+ degree temperatures singed the tips of our pea plants and sent more sensitive crops like bok choy and cilantro into bolting mode, most of our other crops are on track, some up to a few weeks early!

Here's a quick guide to a few crops in this week's shares that may be new to some of you.



Garlic Scapes — These are the flowering stem of the garlic plant. They're plucked off in the spring to help the plant send more energy to bulb development, but they also happen to be artfully curled and tasty to eat.

What a treat. Chop them up and use much like you would garlic cloves.



Green Garlic— These are immature garlic plants that can easily be mistaken for spring onions. To use them trim off root ends and any tough part of the green leaves. Chop or slice white, light green, and the first few inches of the dark green leaves. Try it sautéed with greens (kale, chard, spinach, etc) and lemon!

Bok Choy—You're getting one of two types of bok choy (aka pac choy) in your share today. The short, fat ones are Shanghai Green and the long, slender ones are White Stemmed. Try them in the stir fry above!

SPICY PEANUT SAUCE

Use this sauce on the veggie medley stir fry above.

½ cup natural peanut butter
½ c hot water
2 T soy sauce
2 tsp sugar
3 medium cloves garlic, minced
1-2 T fresh minced cilantro
1 tsp cider vinegar
cayenne to taste

Whisk all ingredients together in a small bowl until uniformly mixed. Cover tightly and refrigerate. Let come to room temp before serving.

Source: The Moosewood Cookbook

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

PICKLED MUSTARD GREENS

7 THINGS TO DO WITH
GARLIC SCAPES

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