



June 20, 2012 —

Welcome to the High Altitude Harvest CSA of 2012! We are thrilled to launch into another season of fresh, Plumas County eating with you.

Thanks to your commitment to supporting good mountain agriculture, we were able to sell 100 produce shares this year. Yee haw! We're so proud that our community members have stepped up to support local growers - and their own health - in such a big way.

With the first harvest now under our belts, we're looking forward to a great growing season. This spring has been very warm and mild compared to last year's freezing cold May and early June.

Even so, the crops have had their share of challenges, as is the way with farming. Sierra Valley Farms had their hardest, latest frost ever this June when temperatures dipped down into

the 20's. Ouch! If it had been any later we might have been without spring mix this week.

Grassfed Gardens has been developing two additional garden sites, nearly tripling their production. Little did they know the newly broken ground was great habitat for cutworms and wireworms who like to eat produce as much as we do. Regular evening hunting expeditions took care of those pesky critters and saved some of the early summer crops.

We want to give a big thanks to all of our pick up site hosts—Lupines Natural Foods in Greenville, Sprouting Roots Community Market in Portola, and Quincy Natural Foods. All of these stores believe in creating a more robust local agricultural community. We think it's pretty cool that they're supportive of the HAH CSA, even though we're selling some of the same goods. Now that's the cooperative spirit.

Happy eating!



Newly developed rows at Grassfed Gardens (showing sunchoke & kohlrabi)

Wash It!

Our produce is fresh off the farm. Wash before using.

Fall Share:

- Garlic Scapes
- Chives
- Sunflower Sprouts
- Cilantro
- Swiss Chard
- Sage
- Pea Shoots
- Spring Onions
- Radishes
- Spring Mix

Half Share:

- Garlic Scapes
- Kale
- Sunflower Sprouts
- Spring Onions
- Spring Mix
- Radishes

What Grows Where:

DAWN GARDENS

garlic scapes, chives, cilantro, kale, chard, sage

GRASSFED GARDENS

sunflower sprouts, spring onions, pea shoots

SIERRA VALLEY FARMS

spring mix, radishes

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Bread Share Flavor:

Italian (olive, sundried tomatoes, cheese & herbs)

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Sautéed Swiss Chard with Raisins and Pine Nuts

INGREDIENTS

- 1 bunch Swiss chard, stalks cut crosswise into 1-inch pieces, leaves torn into 2-inch pieces (keep stalks and leaves separate)
- 1 tablespoon pine nuts
- 1 tablespoon olive oil
- 1/6 cup golden raisins
- 1 clove garlic, minced
- 1/2 tablespoon balsamic vinegar
- Coarse salt and ground pepper

DIRECTIONS

1. Wash chard, leaving some water clinging to stalks and leaves; set aside. In a large saucepan with a lid, toast the pine nuts over medium-high heat, shaking pan to brown evenly, 2 to 4 minutes. Remove from pan; set aside.
2. In same saucepan, heat oil over medium-high. Add stalks, and cook until beginning to soften, about 4 minutes. Add leaves, raisins, and garlic. Cover, reduce heat to medium-low, and cook until tender, 6 to 10 minutes, stirring occasionally.
3. Pull lid back slightly, and tilt pan to pour off water. Stir in vinegar and pine nuts; season with salt and pepper. Serve.



Source: www.MarthaStewart.com, Seasonal Produce Recipe Guide

Leafy Green Flavors

Once you master the basics of using cooking greens like kale and chard—sautéed, steamed, baked or otherwise—the fun part is playing with flavors that complement them.



Try Swiss Chard with these flavors & ingredients:

Lemon and garlic; salmon; mushrooms; swiss cheese & eggs (quiche!); orange juice & zest; tomato & lentil (soup!); Italian sausage; cumin seed



Try Kale with these flavors & ingredients:

Toasted sesame oil & chopped almonds; beans; salty ham; ginger; goat cheese; miso; potatoes or yams; caraway seeds; walnuts

Spring RADISH Sandwich

Try out a springtime sandwich by layering spring mix and thinly sliced radishes on a toasted bagel with this special sauce:

- Mix together:
- 1/4 cup cream cheese
 - 1/4 teaspoon fresh lime juice
 - 1/4 teaspoon balsamic vinaigrette
 - Salt and ground black pepper to taste

Source: Jenn G. at www.AllRecipes.com

Garlic Scapes

Garlic scapes are the flowering stem of the garlic plant. Scapes naturally curl themselves into flamboyant loops, each unique. Visit the HAH website to see our video about how to use garlic scapes!

www.HighAltitudeHarvest.com

Pea Shoots

Yes, you can eat baby pea plants! The little bundles of pea shoots in this week's Full Shares were an experiment at Grassfed Gardens this year. We recommend chopping up the leaves and tender stems and using them as a cooking green.