



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

June 22, 2016 —

## We're Growing Something New...

by Elizabeth Powell,

HAH Coordinator and Five Foot Farmer

2016 marks our third full growing season at Five Foot Farm and so far it's been a productive and an adventurous year. We're happy to be maxing out our current 2+ acres of growing space, and we're continuing to develop new local markets and serve the community through education and tasty food.

Our biggest news on the farm this year is that my husband Gabe and I are having a baby! That's right, a prego farmer is growing the Five Foot Farm produce in your share this summer, and we'll have a new baby girl farm hand joining us in October.

Gabe and I have debated about having kids for years—we wanted to have a family, but I desperately didn't want to give up everything we'd worked so hard to create at the farm. I envisioned the crops drowning in a mess of weeds, with me dragging myself around in a useless state of pregnant tearfulness and nausea. As someone who is pretty attached to being physically active, the idea of not being able to work like I usually do was a terrifying thought.

However, Gabe and I finally decided that life is for living, not being afraid of, and so we gave it a shot. After all of that deliberation, I am thrilled to report that our kiddo is growing strong, and I'm still pretty useful on the farm during my 6th month of pregnancy. Though I'm

doing my best to pass off the heavy lifting jobs to the crew, I can still transplant, weed, harvest, and pack just about as fast as my non-pregnant self. Of course, I expect this to change a bit (or a lot) as I enter into my final trimester, but still being fully functional at this point feels like a win. I have hoped to carry on the tradition of strong women working the land, as so many of our foremothers have. So far so good!

This is all doable because of the awesome support network that we have at the farm. I couldn't have hoped for a better crew of workers this year—I know that Zach, Brian and Lauren will pick up the slack for me when I need it, and we have backup help waiting in the wings for September and October. Gabe has graciously taken over most of the heavy equipment work at this point on his evenings and weekends, and farmer Cody jumps in when she can to tackle weeding amidst her grad school work.

With every fluttery kick this baby gives me a reminder of why we do this work of farming—to make the world a little healthier, saner and more beautiful, one bunch of kale at a time. I've always thought farming and parenting must have a lot in common—they're not meant to be easy, but the payoff in satisfaction and love is pretty awesome.

Come visit us during our new Farm Stand this summer at our site in Quincy, every Saturday morning from 9am to 12:30pm. Get directions and learn more at [FiveFootFarm.com](http://FiveFootFarm.com).

## Full Share

- Radishes
- Cilantro
- Snap Peas
- Kale
- Head Lettuce
- Mesclun Mix
- Purple Carrots
- Cherries
- Garlic Scapes

## Half Share

- Salad Turnips or Bok Choy
- Beets
- Strawberries
- Spring Mix
- Cherries

## What Grows Where

### DAWN GARDENS

head lettuce, garlic scapes

### FIVE FOOT FARM

bok choy, cilantro, kale, radishes, salad turnips, snap peas

### FOLLOW YOUR HEART FARM

carrots, beets

### GREEN CEDAR FARM

cherries

### SASQUATCH FARMS

salad mix, mesclun mix

### SUNDBERG GROWERS

strawberries

## Beef Time

This is a beef share week for folks who have that share. Enjoy your meat!

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## Bread Share Flavor

curry spice, potato and chives

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## Salt Roasted Beet Salad

Roasting beets is one of the easiest ways to enjoy their sweet, earthy flavor. The author of this recipe swears by this method of salt roasting, saying that it preserves their flavor and prevents leaching of their color. Sounds fun!

### Salad:

1 bunch beets, washed, greens removed  
Kosher salt  
a few sprigs of thyme and rosemary, optional  
goat cheese  
walnuts, toasted  
salad greens

### Dressing:

3/4 cup orange juice  
1 T. rice vinegar or balsamic  
zest of an orange  
1 small shallot, minced  
chives, minced  
kosher salt  
1/3 cup extra virgin olive oil



**Roast the beets.** Preheat the oven to 425°F. Pour kosher salt into a shallow roasting vessel to make a thin layer. Place beets on salt bed. If using herbs, nestle a few sprigs among the beets. Cover pan tightly with foil and place in oven for about one hour, depending on how many and how big your beets are. To test for doneness, remove foil and slip a pairing knife into one of the beets. If the knife meets little resistance, they are done. When beets are done, remove foil covering and let them cool. When cool enough to handle, rub off the skins and discard. Cut beets into nice chunks. **Meanwhile, make the dressing.** Place the orange juice in a small saucepan over medium heat and reduce to 1/3 cup. Let cool. Add vinegar, zest, shallots, chives and a pinch of salt. Let sit for 15 minutes. Slowly whisk in the olive oil. **To assemble salad,** arrange greens on a platter. Top with goat cheese, walnuts and cut beets. Season with a pinch of salt and freshly cracked pepper. Spoon dressing over salad. As you plate the salad, the ingredients will all toss nicely together.

Source: alexandracooks.com

## CROP UPDATES

**Salad Turnips**—Everyone who tastes a salad turnip for the first time responds with surprised delight, like they can't believe that the reviled turnip can actually taste great. Five Foot Farm's first turnip crop had poor germination this spring so our supply is limited, but for the few folks who get these turnips, just peel them and add to salad. Or crunch 'em like an apple, they're that good.

**Cherries**—Frank and Sally at Green Cedar Farm never fail to make us all ecstatic with their fruit. This week they are blessing us with a hearty crop of cherries, which we feel extra lucky to get on account of the raccoons and birds who have tried to hoard the crop for themselves.

**Bok Choy**—This crunchy vase-like green goes great with any Asian inspired dish, stems and all.

## EASY KALE QUICHE

We are excited about quiche this season—it's delicious, easy to make and can serve as a veggie catch all. This recipe just calls for kale, but don't be shy about adding garlic scapes, green onions, cherry tomatoes, or other cooking greens. Pretty much anything goes. And if you want to make it even easier, go crustless!

1 cup chopped kale, stems removed  
1 small onion, chopped  
4 eggs  
1 cup milk (or half and half for a richer blend)  
4 ounces shredded Italian cheese blend  
1 sprig fresh rosemary, finely chopped  
pinch sea salt  
1/8 teaspoon ground black pepper  
1 tablespoon grated Parmesan cheese  
1 8-inch pie crust, homemade or store bought

Preheat oven to 375 degrees F. Place a steamer insert into a saucepan and bring water to a boil. Add kale, cover, and steam until tender, 3 to 5 minutes. Sauté onions until translucent. Mix kale and onions and add to prepared pie crust. Beat eggs in a bowl; stir in milk and shredded Italian cheese, followed by rosemary, sea salt, and ground black pepper. Pour the egg mixture into the pie dish. Stir gently until egg mixture and veggies are evenly combined. Bake quiche in preheated oven until the center has set, about 30 minutes. Remove from oven and top with grated Parmesan. Continue baking until quiche is lightly browned on top, about 20 more minutes. Remove from oven and enjoy!

Source: adapted from allrecipes.com by katherine