



HIGH ALTITUDE HARVEST

Community Supported Agriculture

June 24, 2015 —

Tomatoes in June?!

by Dax Albrecht & Kari O'Reilly,
Shoofly Farm

Another year and another CSA are upon us and my oh my are we excited! We not only have tons of beautiful local produce to eat every week, but this year we get to share the pleasure of growing some of that produce. That's because we (Dax, Kari, and Acer) are starting our first year of production at Shoofly Farm in Indian Falls!

As first year farmers, we are excited to learn the ropes of growing food for our community in our mountain climate. When starting a new farm, there are many possibilities for the direction it can be taken. One area we want to learn to specialize in is early season tomato production. A ripe garden tomato before the end of July is a rare commodity here in Plumas County, and this year we wanted to push our seasonal climatic boundaries.

In order to work towards this, our year has been marked by trial and experimentation. The first step was to research suitable heirloom varieties that produce early and are tolerant of our cold spring nights. We settled on two to try: Glacier and Moskvich. The next step was to determine seed starting and transplanting dates. Our goal was to get our first tomato starts in the ground by the End of March. That meant starting our seeds on January

27th (Dax's birthday) and growing them indoors under lights for eight weeks before transplanting them into our hoop house.

Once there, they still required an additional blanket of row cover at night to keep them cozy during the below freezing spring nights. The weeks went by, and sure enough our plants set fruit in the chilly spring conditions. By Memorial Day we harvested the first vine ripened tomato of the season. This week we are proud to be offering our first full tomato harvest to our fellow High Altitude Harvest CSA members.

As Plumas county's local food movement continues to grow, we will see more and more varieties of vegetables available, not only in the heart of the summer, but further and further into the spring and autumn as well. Our growing pool of talented local farmers are well equipped with the knowledge and technology to extend our growing season. The sky is the limit folks. Stay tuned.



Kari and Acer hangin' with the tomato plants and row cover earlier this spring

Full Share

- Bok Choy
- Blueberries
- Cherries
- Cilantro
- Head Lettuce
- Salad Turnips
- Sunflower Sprouts
- Fresh Garlic
- Sage

Half Share

- Bok Choy
- Blueberries
- Salad Turnips
- Spring Mix
- Sunflower Sprouts
- Tomatoes

What Grows Where

DAWN GARDENS

leaf lettuce, fresh garlic, sage

FIVE FOOT FARM

bok choy, cilantro, sunflower sprouts, salad turnips

GREEN CEDAR FARM

blueberries, cherries

SASQUATCH FARMS

spring mix

SHOOFLY FARM

tomatoes

Beef Time

This is a beef share week for those of you who opted for that share. Enjoy that meat!

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Bread Share Flavor

Green olive, gouda & walnut

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Creamy Polenta with Bacon and Sage

Sage pairs well with poultry, winter squash, pasta, eggs, onions, and white beans. In this recipe it flavors a savory polenta that is also garnished with crispy whole sage leaves. Try fried sage leaves as a garnish for any creamy pasta dish or on goat cheese and jam-topped baguette slices.

INGREDIENTS

2 oz thickly sliced bacon, cut into 1/2-inch pieces	1 cup quick-cooking polenta
1 tsp chopped fresh sage leaves, plus more whole leaves for garnish	3 tablespoons unsalted butter
4 cups milk, chicken broth, veggie broth, or water (or any combo of these)	1/2 tsp coarse salt, or more to taste
	1/4 tsp freshly ground pepper, or more to taste
	2 Tbsp olive oil (optional)



DIRECTIONS

1. Place a medium saucepan over low heat. Add the bacon, and cook until crisp and golden, about 8 minutes. Remove bacon from saucepan; transfer to a paper-towel-lined plate. Set aside.
2. Add chopped sage to saucepan and cook in the bacon fat until fragrant, about 30 seconds. Add milk and bring to a boil.
3. Add the polenta in a steady stream, whisking constantly until it is smooth and creamy, about 6 minutes. Whisk in the butter, and season with the salt and pepper. Transfer to a serving bowl, and crumble the reserved bacon on top.
4. Heat the olive oil, in a small sauté pan over medium heat. Add the whole sage leaves, and fry until crisp, about 30 seconds. Remove from the skillet, and scatter over the polenta. Serves 4.

Source: adapted from www.marthastewart.com

Crop Updates

Fresh Garlic — Normally garlic bulbs go through a drying period that prepares them for storage. The bulbs in this week's Full Shares have not been dried, they're fresh out of the ground. You'll find a thick skin on the outside of each clove that can be peeled. Fresh garlic cloves are crisper and milder than cured garlic.

Sage — It's in this week's Full Shares. You can use it fresh as in the recipe above, dry it for later use, or (our favorite!) simmer it in butter or olive oil, then strain out the leaves and freeze for later use in all sorts of dishes.

Blueberries — Green Cedar Farm has done it again... made our lives happier and more delicious with their heavenly blueberries. Let the joy begin!

FUN LOGISTICAL REMINDERS

*You'll find a link on our homepage to our **share schedule**, with the dates and times of all share pick ups.

*If you forget to grab your **newsletter** you can download a copy from the Newsletters page of our website, too.

*For **Portola** members, please remember to return your wooden boxes each week. **Graeagle** folks, please feel free to return any paper bags that are in good condition. (You can keep the plastic bag liners though, we can't reuse those.)

*For Quincy members, please remember to **bring your own bag or box** to pack your share. We have extras in case you forget, but our supplies are limited.

*We always love it when you return little **berry baskets!**

PICKLED SALAD TURNIPS

The salad turnips in your share this week are crisp and fresh, and they don't have the pungent turnipy flavor that most people associate with this crop. Try them fresh on a salad, in a stir fry with your bok choy, or in this pickle recipe. Enjoy!



INGREDIENTS

- 1 lb. salad turnips
- 1 c. rice wine vinegar
- 1 Tbs. sugar
- 1/4 tsp. salt
- 1/2 tsp toasted sesame oil
- 1 tsp. hot chili paste (or garlic chili sauce)
- 1/2 tsp. freshly grated ginger

DIRECTIONS

1. Cut the turnips in half length-wise and then slice into 1/8" half-circle slices. Set aside.
2. Combine all the other ingredients in a quart jar with a tight-fitting lid.
3. Screw on the lid and shake vigorously until the sugar is dissolved.
4. Add the sliced turnips, cover and refrigerate overnight. They'll be ready to eat the next day and will get stronger with time.

Source: adapted from: cookingintheory.blogspot.com