



June 26, 2013 —

The Journey of Green Onions

We would like to tell you the story of a little crop of green onions that was harvested for this week's HAH Full Shares. Their trip from Grassfed Gardens' field to your table is a short one, but their journey has had many stages.

This crop of started out as a packet of organic seed – 2,000 seeds, in fact – bought from a seed company in Vermont. These seeds were born from mature onion plants, which were carefully isolated from other varieties in order to avoid cross pollination.

Over wintertime meetings our local farmers strategized. Which variety was best? What yield was needed? Which beds would be planted, and how much seed should be ordered? The plans were finalized, and shortly thereafter our onion seed made the journey to Plumas County.

Come springtime, soil preparation in the beds slated for green onion plants was lagging due to a tiller malfunction. The machine was eventually resuscitated (thanks to a You Tube lesson on carburetors), but the first planting had to take place in flats in borrowed greenhouse space. The second sowing took place directly outdoors, as planned.

Our farmers quickly realized that their greenhouse planted onions far

outshone the direct sown ones. Though increased labor was required for transplanting, their germination and growth rate was far better. Extra greenhouse starts were used to fill in the gaps where planting #2 didn't take, but about 1/3 of the planned crop was lost to poor germination.

No sooner did the onions reach 4 inches in height than the cutworms unleashed their fury, falling dozens of plants from just below the soil's surface. The farmers retaliated, hunting the cutworms by hand and spreading diatomaceous earth, an organic control method. The damage was thwarted, but not before another big chunk of the crop was taken down.

Soon thereafter spring rains brought on a flush of weeds, which were tamed by a work party of neighboring farmers. The crew hoed and hand weeded, freeing up the onions for their final stage of growth.

Just weeks from the scheduled harvest date the crop narrowly dodged its final perils – a 100+ degree early-June heat wave and an abundant gaggle of hungry gopher yearlings. Incredibly, most of the onions lived on unscathed.

On harvest morning the fattest onions were pulled from the ground. Roots got snipped, outer leaves were pulled and bundles were neatly tied. A trip through the washing station put the finishing touches on 45 bunches, which were packed in boxes and delivered to High Altitude Harvest. With some luck the farmers will have another batch ready in a week or two.

Every piece of food has a story that involves careful planning, observation, nurturing and some nail biting drama (for the farmer, at least!). Eaters often don't get the chance to hear about the saga of their food's production, and yet it's so important—it's the story of our nourishment.

We love being able to share the story of our HAH produce with you!

Full Share:

- Blueberries
- Spring Mix
- Carrots
- Radishes
- Chives
- Sunflower Sprouts
- Green Onions
- Summer Squash
- Bok Choy
- Mibuna
- Fresh Garlic

Half Share:

- Blueberries
- Spring Mix
- Radishes
- Sunflower Sprouts
- Mibuna
- Fresh Garlic

What Grows Where:

DAWN GARDENS

summer squash, fresh garlic, chives

GRASSFED GARDENS

sunflower sprouts, mibuna, bok choy, green onions

SIERRA VALLEY FARMS

spring mix, radishes, carrots

GREEN CEDAR FARM

blueberries

Beef Share Members:

You're receiving your Beefy or Extra Beefy Share in a cooler bag this week. Please return the bag next week, & enjoy that beef!

Bread Share Flavor:

Mushroom

Pasta Share Flavor:

Roasted Sweet Potato & Sage

Quinoa and Mibuna Salad

with Lemon Pistachio Dressing

We've got more mibuna in this week's share, which can be put to good use in this tasty recipe. If you're not familiar with quinoa, it's a tasty grain that's very high in protein and can be found at most natural food stores.

INGREDIENTS

1/2 C quinoa	1/2 C brown rice	1/2 onion, sliced
2 - 3 Tbsp olive oil	zest and juice of 1 lemon	1 garlic clove, crushed
2 spring onions, thinly sliced	1/4 C dried apricots, roughly chopped	1/4 C pistachio nuts, roasted & chopped
1 bunch mibuna or other green	salt and pepper to taste	

DIRECTIONS

Cook the quinoa and rice in two separate saucepans, set aside. While the grains are cooking, heat olive oil in a heavy pan, add the onion and cook until golden brown. Stir in about 3/4 of the mibuna bunch, cook until it just begins to wilt, about 2-3 minutes. Remove pan from heat, add the rest of the greens. Set aside and allow to cool. In a large bowl mix together the lemon juice and zest, garlic, spring onions, apricots, and pistachios. Stir in the quinoa, brown rice, and onion and greens. Season with salt and pepper to taste. Serve at room temperature.

Source: sogoodandtasty.blogspot.com



CROP Updates

Cilantro — This is perhaps the wussiest of all produce when it

comes to summer heat. Any high temperatures at all sends the cilantro into procreation mode - the plants stop producing leaves and send up flower stalks, which will produce seed (coriander!) if they're left to their own devices. So that's it for cilantro season, better luck next year.



Fresh Garlic — In an effort to throw as many forms of garlic at you as we possibly can, we are including Fresh Garlic in this week's shares (not to

be confused with garlic greens or scapes from last week). Fresh garlic is the uncured garlic bulb. You'll find that the skins around each clove have not been dried out through the curing process, so you'll peel a thick layer off of each clove instead of the papery skin you're probably used to. Use it as you would cured garlic cloves.

Blueberries — Yes, it's true, the heavenly season of fresh blueberries is upon us. The warm spring has brought on the blueberry crop at Green Cedar Farm 2 to 3 weeks earlier than normal. Don't eat them all in one sitting!

Summer Squash — And another early season surprise, the Dawn Gardens already has their first harvest of summer squash ready for our Full Shares this week. Is this a dream? It's almost too good to be true!

FUN LOGISTICAL REMINDERS

- * **Upcoming harvest** lists will be posted on the HAH website homepage each Monday by 3pm.
- * You'll also find a link on our homepage to our **share schedule**, which includes the dates and times of produce and optional share pick ups.
- * If you ever forget to grab your **newsletter** you can download a copy from the Newsletters page of our website, too.
- * For Portola, Westwood and Greenville members, please remember to return your **wooden boxes** each week. We need them all in rotation to keep the shares flowing! (You can keep the plastic liners though, we can't reuse those.)
- * For Quincy members, please remember this pick up location is **BYOB** (no, not bring your own bok choy... bring your own **BAG!**). We have extras in case you forget, but our supplies are limited.

www.HighAltitudeHarvest.com

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

13 TASTY RADISH RECIPES

TECHNICOLOR CHIVE OLIVE OIL

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