



June 27, 2012 —

One of the things we love the most about this CSA is the fact that we're creating big change—for the better—in our food system. We're making it possible for new farmers to make a living (or part time living) growing food right here in our community. We're also feeding ourselves the freshest, most good-for-you food possible.

So what if corporate agribusiness is making a killing, and fast food chains seem to be taking over the nation? We love that CSA members like you, along with our farmers, are empowered to take the reigns and decide that we want a different kind of food system—one where farmers are stewards of the soil, air and water. One where our food dollars stay within our local economy. And one where kids want to help make dinner because they know the veggies came from their farmers!

So good for you for being an enthusiastic eater of locally grown fare. You are making the world a better place one bite at a time!

Crop Updates:

With all of that said, sometimes the way of the local, small scale farmer is a bumpy road. This spring has thrown us some curve balls in the form of quite a few failed crops. This accounts for the smaller share size this week. Though we diversify our harvest plan with multiple growers and crops, sometimes mother nature has her own plans.

Please rest assured that we track the value of each week's share, so the fact that there's less left in this harvest means we'll make up for it with hearty helpings of other crops as the season continues. Red, ripe tomatoes, here we come!

Please see the back of the newsletter for the saga of this spring's crops. Consider it your window into the life of a farmer!



Cabbage growin' in the field

Wash It!

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

Full Share:

- Fresh (uncured) Garlic
- Sunflower Sprouts
- Cilantro
- Kale
- Radishes
- Spring Mix
- Romaine Head Lettuce

Half Share:

- Fresh (uncured) Garlic
- Sunflower Sprouts
- Radishes
- Chives
- Spring Mix
- Swiss Chard

What Grows Where:

DAWN GARDENS

fresh garlic, chives, cilantro, kale, chard, romaine

GRASSFED GARDENS

sunflower sprouts

SIERRA VALLEY FARMS

spring mix, radishes

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Bread Share Flavor:

South of the Border

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REMINDERS:

Quincy:

Please bring your own bag or box to pick up

Greenville & Portola:

Please remember to bring back your box each week

Super Easy Kale Pesto

Makes 6 servings plus extra to use different ways throughout the week, or to freeze. Find a link on the HAH Facebook page to The Full Plate Blog for more delicious photos of this kale pesto!

INGREDIENTS

3/4 -1 lb kale (fresh, tough stem removed, or frozen)
1/2 cup raw walnuts
1-5 cloves of garlic (depending on your taste)
1 cup olive oil
zest of 1-2 lemon(s)
1/4 cup grated parmesan cheese (optional)
salt & pepper to taste



DIRECTIONS

Pulse all ingredients in a food processor until pureed. Use the pesto to top fresh cooked pasta, or as a spread on grilled cheese sandwiches.

Source: <http://fullplatecookinglessons.blogspot.com>

CROP UPDATES - *The lowdown from the fields*

Spinach — The spinach crop bit the dust at two of our farms this year. The hot—cold—hot weather threw it for a loop, thwarting germination *and* encouraging bolting (going to seed).

Snap Peas — This cold weather should do our snap pea crop some good. We're hoping they'll start next week!

Spring Onions — Wire worms—a new one to us—had their way with the spring onion crop, so the beds that were supposed to last 2 weeks got spent in the first harvest. We've got one more planting coming up in the field.

Summer Squash — Yes, that's right, we've got summer squash coming your way, via hoop houses. We were hoping for a week one harvest, but now our bets are on week three. Yeah!

Green Garlic — This crop is the immature garlic plant, and can be used much like green onions. The timing is tricky though, and they outgrew their tender stage before our distribution started.

Arugula — Flea beetles hit the arugula crop pretty hard—the farmer said it looked like Swiss cheese.

Fresh, Uncured Garlic

You may (or may not) know that garlic bulbs are usually cured, or hung up to dry, before they're sold. This process allows the leaves of the plant to dry, creating the papery skin around each clove.

Today you're getting fresh garlic that hasn't been cured yet. The cloves are crisp and juicy! To get to them you need to peel off the thick, outer skin around each clove. The first time you use it, cut one clove in half to see where the skin separates from the clove. Once you get the hang of it, peeling the rest is a cinch.

Try using fresh garlic in the kale pesto recipe above!

Cilantro Lime Dressing

"This is a delicious, tangy vinaigrette. It's so versatile, it can be used for mixed greens or taco salads. Serve immediately or keep in the fridge for 4 to 5 days."

1/4 cup lime juice	2 tablespoons white vinegar
1/2 bunch cilantro, chopped	1 tablespoon brown sugar
1 clove garlic, minced	1/4 teaspoon salt
3/4 teaspoon spicy brown mustard	3/4 cup light olive oil

Blend the lime juice, vinegar, and cilantro together in a blender until smooth. Add the brown sugar, garlic, and salt; blend again until smooth. Spoon the mustard into the mixture. Turn the blender on and slowly pour the olive oil into the dressing mixture in a thin stream; blend until thoroughly combined.

Source: drjwall at www.AllRecipes.com

See our Facebook page for a recipe for **Sweet Onions with Radish Sauce**
[Facebook.com/HighAltitudeHarvest](https://www.facebook.com/HighAltitudeHarvest)