



HIGH ALTITUDE HARVEST

Community Supported Agriculture

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Farmer Job Qualifications

by Elizabeth Powell, HAH Coordinator

As a beginning farmer you sometimes wonder what special qualities successful farmers have that make their farms thrive. Here's a shot at the top 6 characteristics for a farmer.

1. Ridiculously stubborn

This is definitely #1 on the list. I've heard some farmers call this quality "grit," the tendency to dig in and try harder when things get tough. There are a thousand times each season that you can feel like quitting, but a major stubborn streak helps you work through challenges to find great solutions.

2. Eternally optimistic

Every season it feels like a miracle that we coax food out of the ground. With so many variables in play there's a lot that can go wrong out in the field, but farmers *have* to believe that the weather, irrigation system, soil and crop varieties will result in a beautiful harvest each year. Amazingly, most of the time they do!

3. Wonderfully geeky

This up and coming generation of farmers is embracing the number-crunching, spreadsheet-loving side of farming like no other before them. This business focus results from an unwillingness to work for \$2 an hour like many of our predecessors... and we will keep crunching numbers until we succeed!

4. Willing to fail... repeatedly

In addition to eating a lot of delicious produce, you have to swallow a lot of pride when you're a farmer too. With dozens of decisions to make each day you're guaranteed to make mistakes. The key is learning that life—and the farm—do go on after failure!

5. Produce obsessed

I think that a farmer's extreme love for produce is tied to the desire to create beautiful things. The first harvests of the season are the best, when you just get to revel in the beauty that wouldn't be there if it weren't for your work. Time and time again you feel like a joyful 5 year old saying, "Look what I made!"

6. Inability to be happy doing anything else

Sure, there are other jobs out there that we could do, but farming provides a unique path to productive, positive work that's outdoors, physical and challenging. It's a unique combo that manages to hook you and not let go!



Japanese eggplant growing in a hoop house at Five Foot Farm, hopefully for your enjoyment later this summer!

Full Share

- Blueberries
- Fresh Garlic
- Sunflower Sprouts
- Kale or Chard
- Snap Peas
- Radishes
- Salad Turnips
- Tomatoes
- Spring Mix

Half Share

- Blueberries
- Cilantro
- Cherries
- Romaine Head Lettuce
- Snap Peas

What Grows Where

DAWN GARDENS

head lettuce, fresh garlic, kale

FIVE FOOT FARM

cilantro, sunflower sprouts, salad turnips, snap peas, chard

GREEN CEDAR FARM

blueberries, cherries

HARMONY ACRES

snap peas

SASQUATCH FARMS

spring mix, radishes

SHOOFLY FARM

tomatoes

Thank you for returning the little baskets from your shares!

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Bread Share Flavor

Chive and blue cheese

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Rice Salad with Snap Peas, Radish and Parmesan

Here is a recipe for a simple grain salad that incorporates some of the fresh crunch and flavor of the vegetables of the season. Feel free to use your favorite grain here. You can also experiment with other herbs and fresh chopped veggies; finely cubed salad turnips anyone?



INGREDIENTS

3 cups cooked short grain brown rice (cooled)	1/4 cup Parmesan pieces (or sub feta)
1 cup snap peas	3 tablespoons fresh lemon juice (juice from 1 large lemon)
4 radishes	2 tablespoons flavorful olive oil
2 scallions	1/2 teaspoon kosher salt
1/4 cup loosely packed fresh mint leaves	1/4 teaspoon freshly ground black pepper

DIRECTIONS

Rinse the snap peas and remove the stems. Cut them crosswise into 1/4-inch pieces and add to a medium bowl. Trim the stem and root ends from the radishes; wash. Slice the radishes in half, then slice crosswise into thin half moons. Add to the bowl. Trim the root ends from the scallions and slice into rounds. Add to the bowl. Tear the mint leaves and add to the bowl.

For the Parmesan, cut off a few slices then crumble into small pieces (you can use your fingers for this or use a knife to chop, if you prefer). Add to the bowl along with the cooled rice.

Squeeze the lemon, and add to the bowl along with the oil, salt, and pepper (about 12 turns on pepper mill). Stir well and serve. Serves 4.

Source: the Kusener Kitchen

Crop Updates

Kale & Chard — Finally! This week's Full Shares get kale or Swiss chard. It just doesn't seem like a CSA share without heaps of these cooking greens, huh? Don't worry, we'll have more leafy greens to come. If you're not familiar, these are a great addition to nearly any meal. Strip the leaves from the stem and chop them into large pieces. You can also chop and use the colorful stems of chard (not kale stems, though). Heat a pan with olive oil and spices. If you're using chard, add the stems first and cook for a few minutes. Then add leaves, cover with a lid and cook a few more minutes until they're wilted.

Kale



These cooked greens are great with garlic and a splash of lemon juice. Or try either over pasta with tomatoes. Kale can also be added raw to salads, and is especially yummy if you massage dressing into the leaves.

Chard



ELEVATING RADISHES

Some folks love to munch a radish whole without adornment. Others, myself included, need to get more creative before they appeal to us. My old neighbor, Joe Hagwood, told me he loves to eat his radishes with butter. The July picture on my 2015 calendar shows just that; a plate of fresh radishes, greens attached, with small bowls of salt and butter! Wine optional.



Radishes can also be roasted like you would roast any other vegetable. All the hot, spiciness disappears and you are left with a tender and mild delicacy.

- Karen

Photo of a painting by Chris Witkowski

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22 CILANTRO RECIPES (Including Cilantro Lime Shrimp & Cilantro Ginger Hummus!)

CRANBERRY ALMOND GREEN SALAD

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