



HIGH ALTITUDE HARVEST

Community Supported Agriculture

July 16, 2014 —

The Dangerous Life of a Vegetable

Vegetables are brave. Though not by choice, they endure perils every day that would make us humans tremble.

Just think, how would you feel if a gopher could come along at any moment and gnaw off your roots? How would you deal with knowing that a mob of flea beetles could descend tomorrow and chew your leaves to pieces? And what happens with the irrigation system blows and you're left without water, or when the temperature spikes above 100 degrees for the better part of July?

The truth is that their leafy little life stories read more like thrillers than pastoral fables. There are so many threats to a growing plant that sometimes it's a wonder we get a harvest at all.

Since the life of a vegetable is perilous, so is the livelihood of a farmer. To manage the risk we must diligently check the irrigation system, use row cover when a frost is coming and set gopher traps night after night. Sometimes we succeed, pulling a crop through and reveling in a good harvest. Sometimes we screw up, losing track of a crucial task amid the never-ending summer to-do list. And sometimes fate steps in and deals a blow that the farmer never saw coming.

We mentioned briefly in a past newsletter that one of Five Foot Farm's sites took a blow the other week. We went out on harvest morning, buckets and knives in hand,

only to find that neighboring steers had broken in and decimated the place just hours earlier. They stomped their huge hooves over every square foot of the place, munching and... um... *fertilizing* as they went. Months of planning, planting and weeding were wiped out in moments. Our jaws dropped and we chuckled (a little hysterically) to keep from crying. There was nothing to do but patch up the fence and walk away. (When you don't see carrots this week or leeks in the fall, shake your fist at the *%!@ steers!)

No matter the cause, crop failures are hard not to take personally. Seasoned farmers are usually able to shrug them off with less heartache, but they're still hard. You get used to the fiascos because there are so many variables on the farm, they're bound to happen. And really, the uncertain nature of farming is a daily reminder that none of us are really in control in this life. We lay detailed plans, we work hard to see them through, and then we hold on for the ride, attempting to meet the unexpected with grace. (*%!@ steers!)



Chard braving it in the field at the Dawn

Full Share

- Blueberries
- Spring Mix
- Sunflower Sprouts
- Lavender
- Radish
- Kale or Chard
- Snap Peas or Basil
- Summer Squash
- Spinach
- Chives

Half Share

- Blueberries
- Garlic
- Basil
- Cilantro
- Spring Mix
- Kohlrabi

What Grows Where

DAWN GARDENS

kale, chard, summer squash, garlic, chives, basil

FIVE FOOT FARM

sunflower sprouts, peas, kohlrabi, cilantro, basil, spinach

GREEN CEDAR FARM

blueberries

HARMONY ACRES

lavender

SIERRA VALLEY FARMS

spring mix, radishes

Baskets

We love it when you return the little baskets from your share!



Bread Share Flavor

Feta, Chive & Walnut



Locavore Fresh Spring Rolls

Homemade spring rolls are a great way to use all sorts of produce, and making them is a perfect activity to share with family and friends, especially when it's too hot to fire up the oven. Prep all of your ingredients and lay them out for a create-your-own-spring-roll buffet! (This is also a great dish when your vegetarian/dairy free/gluten free friends come over for dinner.)



INGREDIENT IDEAS—MIX AND MATCH!

Chopped herbs—fresh cilantro, chives or basil

Leafy greens—sunflower sprouts, shredded lettuce, cabbage or kale

Veggies (matchsticks, shredded, grated)—carrots, cucumbers, green onions, zucchini, red or green peppers, and more!

Protein—sautéed tofu, scallops, shrimp or grilled pork

Rice noodles—cellophane or glass noodle style. Soba noodles can also be used.

Spring roll wrappers—made of rice paper and found in most grocery stores, definitely in Asian grocery stores

Your favorite dipping sauce—sweet and sour or spicy peanut are good choices

DIRECTIONS

1. Slice and grate all of your veggie fillings.
2. Sauté or grill your meat or tofu, or “cook” rice noodles by soaking in hot water.
3. Moisten your spring roll wrapper by dipping into a bowl of warm water, being careful not to over saturate the disk. Place the softened wrapper on your work area.
4. Place your fillings in the center of the wrapper, being careful not to over stuff it.
5. Fold one side of the wrapper over the filling, then fold in the edges. Finish by rolling the spring roll up on the remaining side of the rice paper. Try to make it tight without ripping the paper.
6. Use scallions and herbs as a garnish and serve with the dipping sauce in a small bowl on the side of the plate.

Source: adapted from <http://lightheartedlocavore.thedailymeal.com/>

Crop Updates—The lowdown from the fields

Carrots — As mentioned on the front page, our first carrot crop of the season met an early demise. Second and third plantings are in the ground and will hopefully be up for harvest soon.

Lavender — This special herb in the full shares comes from Harmony Acres in Indian Valley. It makes a delicious tea, especially mixed with black or rooibos teas. Many incredible baked goods call for lavender, and an easy way to incorporate it into a dessert is by making lavender whipped cream: Bring lavender flowers and whipping cream to a simmer. Let steep, then strain out the flowers and stir in some honey. Chill in the fridge for 2 hours, then whip. Use on fresh berries or cake.

7 Ways to Love Basil

1. In pesto! Make it, eat it, freeze it
2. Slivered in salads
3. Baked on homemade pizza
4. Mixed with chevre and black pepper, served on bruschetta
5. Blended into yogurt-strawberry-honey-vanilla smoothie
6. In lemonade
7. In pad thai with chicken

Chive Inspiration by Melissa Hamilton and Christopher Hirsheimer at BonAppetit.com

“Chives belong to the lily family. Cousins of onions, leeks, and scallions, they are the smallest of the allium genus. The entire plant is edible, from bulb to flower. We love its delicate flavor: green, lightly sharp, with just the right amount of onion. A last-minute sprinkling of chives invigorates anything they touch with their fresh fragrance, not to mention what they do to jazz up the color on the plate. Late spring finds us cooking delicate dishes like creamy potatoes with handfuls of chopped chives stirred in just before serving. We layer on the flavor in spring onions braised in butter, then showered with lots of minced chives. And our vinaigrette couldn't be simpler: just really good olive oil, a splash of white wine vinegar, a tiny crescent of garlic, and (of course) a ton of chives.”