



July 17, 2013 —

Nutrition Revolution

We live in a country that is generally overfed but undernourished. The US spends more on healthcare per capita than any other nation. Corporations cook up food that is so processed and full of preservatives that it doesn't even *decompose*; the world's oldest Twinkie is 37 years and going strong. We even heard that high fructose corn syrup is going to be added to the bottom tier of the food pyramid, for crying out loud. (No, just joking on that last one...)

Despite all of this craziness, the beautiful thing is that we do still get to choose what we put in our mouths. Every time we sit down to eat we can choose foods that prevent long term health problems, that give us sustained energy, and that allow our bodies and minds to run at peak performance. When we empower ourselves to prioritize eating good food—like you all are doing! - we're taking back control of our food system and our health. Think of it as a revolution in your belly! (Okay, maybe that sounds a little uncomfortable, but you get the point.)

The great thing about vegetables and fruits is that you really can't go wrong with them. If it's fresh, colorful produce grown without gross

chemicals, it's pretty much 100% good for you. Could it be any easier?

But you might wonder, are farm fresh veggies any better for you than regular old organic ones? We *definitely* think so. (And yes, we're *totally* biased.)

First, some of our farmers grow heirloom varieties, which have been shown to pack more nutritional kick. A guy named Dr. Davis from the University of Texas conducted a study where he compared the nutritional value of fruits and veggies in 1950 to the same types of produce in 1999. He found that 50 years of crop breeding programs that focused on characteristics like yield and transportability created less nutritious veggies. The new varieties grow faster and produce more, but they're not as good at taking up minerals and nutrients.

We also know that there is value in eating a variety of types and colors of vegetables as the season changes. For instance, dark green produce contains indoles and lutein which build strong teeth, bones and eyesight. Yellow and orange foods help out your immune system and skin. Blue foods—like those heavenly blueberries from Green Cedar Farm—are high in anthocyanin and help you age gracefully by keeping your memory and urinary tract healthy. And practically every color of produce prevents cancer in one way or another—an added bonus!

So go eat that rainbow of seasonal produce and feel the nutrition revolution!



Farmer Manuel and volunteer James at the Dawn Gardens, building the compost piles that give the plants nutrition.

Full Share:

- Spring Mix
- Sunflower Sprouts
- Garlic
- Peaches
- Onions
- Kale
- Cabbage
- Blueberries
- Peas
- Radishes

Half Share:

- Spring Mix
- Basil
- Blueberries
- Summer Squash
- Chives or Parsley
- Radishes

What Grows Where:

DAWN GARDENS

summer squash, parsley, chives, kale, garlic, basil

GRASSFED GARDENS

sunflower sprouts, kohlrabi, snap peas, cabbage

SIERRA VALLEY FARMS

spring mix, radishes

GREEN CEDAR FARM

blueberries

HARMONY ACRES

snap peas

THE STUMP FARM

onions

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Bread Share Flavor:

Nuts and Seeds

Pasta Share Flavor:

Dill and Chive

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Roasted Cabbage Slaw with Hazelnuts and Lemon

“This salad quick-broils cabbage that has already been shredded, cutting down on the cooking time considerably. The goal is to crisp up the cabbage and add an overnote of charred smokiness... The dressing is ultra simple: a bit of lemon and honey, and just a touch of olive oil. Hazelnuts really dress this up, and if you want to make things just a bit richer, throw in some cheese. But it isn't necessary — roasted cabbage is really a feast all on its own.”

INGREDIENTS

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| 1 head cabbage | 1 teaspoon honey |
| Olive oil | Flaky salt and freshly-ground black pepper |
| 1 1/4 cup hazelnuts | 1 ounce Gruyere cheese, optional |
| 1 lemon, juiced, about 3 Tbsp | |



DIRECTIONS

1. Heat the broiler of your oven. Core and roughly shred the cabbage using a sharp knife or the shredding blade of a food processor. Place in a large bowl, toss lightly with olive oil and spread in a thick layer on a big baking sheet.
2. Broil for 5 to 7 minutes, or until the tips of the cabbage shreds begin to char. Stir thoroughly to turn the cabbage, then broil for an additional 5 minutes. You're not cooking the cabbage completely through — you're trying to add as much color and crispiness to the edges as possible.
3. Remove the cabbage from the oven and set aside to cool for a few minutes. Turn the oven to bake and down to 350°F. Roughly chop the hazelnuts and spread in a baking dish. Bake for 5 to 10 minutes or until lightly toasted (watch closely — actual roasting times vary).
4. Whisk together 1 tablespoon olive oil, the juice of 1 lemon, and the honey.
5. Toss the semi-cooled and wilted cabbage with the dressing and salt and pepper to taste. Toss with 1 cup of the toasted hazelnuts. Spread on a large platter and garnish with the remaining 1/4 cup of hazelnuts. If desired, garnish generously with shaved Gruyere cheese. Serve warm or at room temperature.

Source: www.thekitchn.com

CROP Updates

Snap Peas — This season has been just a little bit brutal on the peas. The searing hot temperatures that we saw off and on through June set back the plants' growth and they're still trying to recover. Where our vines are normally well over 5 or 6 feet tall, they're topping out at 4 feet this year. But please take heart in the fact that the hot weather has been good for just about every other crop!

Peaches — Full Shares are getting some of Green Cedar Farm's early season peaches this week. What a treat! Next week's newsletter will feature a bio of Frank and Sally, the inspiring farmers behind our fruit.

Cabbage - The first haul of cabbage heads came out of Grassfed Gardens this week. If all goes well we should have more coming later in the season from both Grassfed and Sierra Valley Farms.

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

HOW TO STORE FRESH BASIL

ROMANO'S FARMERS' MARKET SCHEDULE
(Fridays at Sierra Valley Farms!)

www.Facebook.com/HighAltitudeHarvest

FANCY SALAD TIPS

Try a few of these creative toppers on your next salad:

Dressings

- Lemon juice
- Hummus
- Salsa

Flakes

- Spirulina powder
- Nutritional yeast

Seeds and Nuts

- Hemp seeds
- Pine nuts
- Slivered almonds

Fresh Herbs

- Basil
- Parsley
- Chives

Grains and Pasta

- Quinoa
- Couscous
- Black Rice

Dried Fruit

- Cranberries
- Cherries
- Blueberries
- Mango

Vegetarian Protein

- Sautéed tofu
- Edamame

Meat & Seafood

- Grilled chicken
- Salmon
- Bacon

Pickled & Marinated

- Pickled beets
- Artichoke hearts
- Pickled radishes

Fruit

- Grapes
- Pomegranate seeds

FROM THE DAWN GARDENS INTERNS -BLAZE, DWIGHT AND SILAS—
AND OTHER RANDOM SOURCES