



July 18, 2012 —

Sometimes we think about the local food movement and wonder if there isn't a part of us that just likes being trendy (for once). For instance, when dinner guests are seated at the table, and we announce the long list of locally grown ingredients and what farm each came from (feeling oh so good about ourselves).

Yes, it is a good feeling to be in on a hot trend. But we maintain that it's not a shallow one—there is plenty of depth to the locavore.

You've likely heard many of the reasons to buy local food—seasonal freshness, keeping money in our local economy, having a fun local eating experience.

One of our favorite reasons is that it preserves (or recreates) agricultural knowledge right here in our communities. Eating is a fundamental need that we all have, and it seems like common sense that we should at least have a little bit of food growing where we live. (You know, just in case that zombie apocalypse ever hits.)

Over the past couple hundred years or so, we have gotten very, very smart as a society. We know how to build sky scrapers, engineer rockets, and split protons. It is incredible how many abilities we have because of our collective smartness.

However, individually we've become more specialized in order to make these collective strides. As a result, most of us actually know very little about how to do the day to day stuff that people used to depend on. Like grow food.

And it's gotten to the point now where not only do we not know how to grow our own food, but relatively few people *in our community* know how to be farmers. So if the zombie apocalypse (or peak oil, or natural disasters, or pick your catastrophe) does come and the trucks stop running, we're going to be stuck figuring out how we can still get our apples shipped in from New Zealand.

Of course, we're not arguing for a complete switch over to local eating, because frankly, we like bananas too. That, and we're a L-O-N-G way off from producing all of Plumas County's food here at home. But having a handful of solid local farms gives us a warm fuzzy feeling, and fills our bellies with the adventure of seasonal eating.

We're bringing our collective smartness a little closer to home, one bunch of kale at a time.

Full Share:

- Blueberries (2 baskets!)
- Carrots
- Garlic (cured)
- Sunflower Sprouts
- Kale
- Spring Mix
- Peas (Snap or Snow)
- Head Lettuce
- Summer Squash
- Onions
- Basil

Half Share:

- Bok Choy or Cabbage
- Sunflower Sprouts
- Spring Mix
- Oregano
- Blueberries
- Onions
- Peas

What Grows Where:

DAWN GARDENS

garlic, carrots, kale, squash, head lettuce, oregano, basil

GRASSFED GARDENS

sunflower sprouts, peas, bok choy, cabbage

SIERRA VALLEY FARMS

spring mix, carrots

HARMONY ACRES

peas

GREEN CEDAR FARM

blueberries

THE STUMP FARM

onions

.....

Bread Share Flavor:

Walnut, almond,
raisin & cranberry

.....

Algerian Carrots

INGREDIENTS

2 3/4 lb carrots, sliced diagonally	1 lemon, juice only
1/2 tsp hot sauce	2 tsp cumin seeds, toasted and crushed
2 Tbsp olive oil	1/2 tsp salt
3 garlic cloves, thinly sliced	1/2 tsp sugar
2 Tbsp fresh mint leaves, chopped	

DIRECTIONS

Put the carrots in a steamer basket set over boiling water. Steam for about 5 minutes, until barely tender. Reserve the cooking water and mix 5 tablespoons of it with the hot sauce.

Heat the oil in a large skillet over medium heat. Add the garlic, diluted hot sauce, lemon juice, cumin, salt and sugar. Mix well. Add the carrots, then partially cover and cook over medium-low heat for about 10 minutes, until the liquid is reduced. Stir in the mint and serve at once.

Source: www.justvegetablerecipes.com

Farm, Crop & Other UPDATES -

Dawn Garden Saturdays—Farmer Manuel Boehmer—along with interns Amy, James and Jess—invite you out to the Dawn each Saturday morning from 8am—noon. They'll have a lovely little farm stand set up, and guests are welcome to walk around the garden. It's a gorgeous, inspiring site, definitely worth the drive out to Indian Falls. Located off of Highway 89 between the Y and Crescent Mills, turn on Indian Falls Road and look for the big garden. And tell them you're a HAH member!

Onions — This week's *beautiful* onions were grown by 15 year old Abby Edwards of The Stump Farm. Look for a bio of Abby and her farm coming soon!

HAH Newsletters— Should you ever forget to grab your weekly newsletter, you can always download it on our website. Go to www.HighAltitudeHarvest.com and click on the Newsletter tab. Scroll down for 2012 newsletter archives.

Facebook:

If you are into the Facebook scene, you really should visit [facebook.com/HighAltitudeHarvest](https://www.facebook.com/HighAltitudeHarvest)

Give us a like to stay up to date on fun recipe ideas and photos of produce and our farmers.

Better yet, post your own descriptions and pictures of what's cooking in your kitchen!

Sun-Dried Tomato & Fresh Basil Spread

"With just three ingredients, this cream cheese spread is easy to assemble, and is great for impromptu entertaining." Optional addition: add fresh garlic to the mix too.

INGREDIENTS

1/2 cup oil-packed sun-dried tomatoes
1/4 cup basil leaves
8 ounces cream cheese

DIRECTIONS

Place sun-dried tomatoes in the work bowl of a food processor; pulse until coarsely ground. Add basil; pulse until finely ground. Add cream cheese; process until well-mixed. Use as a dip with crackers and veggies, or serve on baguettes topped with fresh basil leaves.

Source: USA Weekend columnist Pam Anderson at www.allrecipes.com

Sunflower Sprouts:

We don't think it's possible to get tired of sunflower sprouts, but here are some ideas for new uses:

- Top on a salad (duh)
- Sandwich fixings
- Roll into sushi
- Layer into burritos
- Stuff into a pita pocket with falafel and dressing
- Mix into slaw salads
- Lay sprouts over rice and use as a bed for fish
- Put in grilled cheese sandwich or quesadilla after grilling