



HIGH ALTITUDE HARVEST

Community Supported Agriculture

July 20, 2016 —

Fiber Farming

by Lorraine Neilson of

Four Winds Farm in Indian Valley

While picking up my HAH share last week, amused by the diversity of shapes and sizes of the carrots offered, I thought about how the term “ugly vegetables” is raising issues about the relationship among cosmetics, taste, and nutrition. That got me further thinking that the wool from the naturally-colored sheep I am harvesting for my HAH knitters share is considered “ugly wool” by commercial standards, the textile industry preferring white wool so that it can be uniformly dyed and meet arbitrary fashion standards. I began to see parallels of joys and challenges between organic food farming and fiber farming.

In our decision to raise Jacob sheep, a heritage breed listed as “threatened,” my husband and I have become stewards of this unique breed, just as “seed savers” preserve our food heritage and diversity. Chosen for their hardiness and beauty, these sheep have brought the rhythm of the seasonal cycles of nature into our lives, and taught us to become keen observers of their unique personalities and needs. Celebrating the arrival of new lambs each spring, sometimes we have to intervene for a safe birth, just as veggie farmers monitor their crops. And lambs, unlike crops, don’t always stay inside the fences! We work on predator-friendly ways to keep our

sheep safe. We strive to build healthy soil, using our sheep to naturally cultivate and fertilize the land that feeds them. Our sheep eat fallen pine needles as natural wormers, eliminating the need for medication. At shearing time, we hope our efforts have produced healthy wool and we spend hours preparing it by hand for the consumer.

Just as our CSA asks us to appreciate the efforts to grow organic produce and to adapt our cooking and eating to the available, regional crops, as a fiber artisan, I ask consumers to consider the efforts needed to produce a beautiful, long-lasting wool product that uses only regional resources and healthy farming practices.

Many parallels. But... I don’t think that many veggie farmers are awakened by loud, hungry voices before dawn each morning, and I just wonder if they sing lullabies at night to their crops...



Aura is the latest addition to the Four Winds Farm flock of Jacob’s sheep

Full Share

- Beets
- Cabbage
- Green Onions
- Fennel
- Spring Mix
- Fresh Garlic
- Basil
- Blueberries

Half Share

- Carrots
- Green Onions
- Fennel
- Tomatoes
- Blueberries

What Grows Where

DAWN GARDENS

fresh garlic, basil

FIVE FOOT FARM

green onions, beets, carrots, fennel, cabbage,

SHOOFLY FARM

tomatoes

GREEN CEDAR FARM

blueberries

SASQUATCH FARMS

spring mix

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Bread Share Flavor

Jalapeno, pumpkin seed
and smoky cheese

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Linguine with Sardines, Fennel & Tomato

This recipe's author says, "The sweet, slightly caramelized fennel and the bright tomatoes and lemon work really well with the rich flavor of the sardines, and the crunchy breadcrumb topping makes for a fun textural contrast. Think you don't like sardines? This simple pasta dish just might make you change your mind. "

INGREDIENTS

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| Kosher or sea salt | 1 cup chopped tomatoes (or canned peeled tomatoes with their juice, gently crushed) |
| 1 tin sardines packed in olive oil (about 4 ¼ oz) | 2 ounces white (dry) vermouth |
| Extra virgin olive oil | 1 medium lemon, juice and zest |
| 2-3 fat cloves of garlic, peeled, smashed, & chopped | 1/3 cup toasted bread crumbs |
| 1 small or ½ large bulb fennel, fronds reserved | 3/4 pound dry linguine |
| 1/4 teaspoon red chile flakes, or more to taste | |



DIRECTIONS

Bring a large pot of heavily salted water to a boil. Open the sardine tin and drain a Tbsp of the oil into a skillet (add additional olive oil if necessary to make up a Tbsp). Warm the oil over medium-low heat and add the garlic, cooking until fragrant. Trim the fennel and slice the bulb very thinly. Add to the skillet with a sprinkle of salt, raise the heat to medium, and cook until the fennel is soft and beginning to caramelize. Add the chile flakes and let them sizzle for a minute, just until fragrant, then add the tomatoes with their juice. Cook until the liquid is reduced, then add the vermouth and let that reduce slightly. Add the sardines to the skillet with the tomato and fennel mixture, breaking up slightly but leaving some chunks. Zest the lemon and combine a Tbsp of zest with the toasted breadcrumbs, then set aside. Juice the lemon and add the juice to the pan. Taste and adjust salt if necessary. Add the linguine to the boiling water, cooking until just short of al dente. Using tongs, transfer the linguine to the sauce to finish cooking, adding a little bit of the starchy pasta water and tossing gently to combine. Transfer the pasta and sauce to a large serving bowl, add a drizzle of olive oil, sprinkle on the toasted breadcrumb-lemon zest mixture, and garnish with small fennel fronds and the remaining lemon zest.

Source: www.food52.com

CROP UPDATES

Fresh Garlic — Every year we are treated to fresh garlic from the Dawn Gardens. The fresh part means that it has recently been harvested, and hasn't gone through it's full curing process yet. The papery coating on the cloves will not be fully dried, and the cloves will be more crisp than cured garlic. Enjoy!

Fennel — You'll notice a fennel theme in this week's newsletter, and that's because we really hope you get excited about using it! Folks usually just use the bulb—the easiest way is to simply slice it up very thinly in a salad. It has a nice celery-like crunch, and a unique licorice flavor. You can also sauté or roast it for use in a variety of dishes.



Farm Crawl

Saturday, August 6th

8am to noon

Tours at 8:30, 9:30, 10:30 & 11:30

Visit www.PlumasGrown.com for a map and more info
Admission by donation, no pre-registration necessary

Featured Farms in Quincy & Indian Falls:

Sundberg Growers ▪ Shoofly Farm
Five Foot Farm ▪ Digging In school garden

Questions? Call Laura at (707) 217-6415

COME MEET
YOUR FARMERS!

KIDS
WELCOME!

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

COUSCOUS WITH ROASTED FENNEL & TOASTED ALMONDS

GREEK SALAD WITH FENNEL

BEEF, GOAT CHEESE AND HONEY TARTS

www.Facebook.com/HighAltitudeHarvest