



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

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## The Pesto Diet

by Elizabeth Powell, Five Foot Farm

Our collective quest for health and happiness has lead to a smorgasbord of fad diets to choose from. How about the Morning Banana Diet? Or there's the Alkaline Diet, the Cookie Diet, the Personality Type Diet, the UltraMetabolism Diet. The list goes on... and on... and on... each with their own promise for health in just a dozen or so simple steps.

Well, we have invented our own locavore inspired fad eating scheme to throw into the mix—the Pesto Diet! It's simple—make pesto out of everything you can get your hands on, and eat it at nearly every meal. Your health and happiness will skyrocket, I guarantee it.

At least once a week at Five Foot Farm we have animated discussions about the types of pesto we're craving or planning on making. One of our favorites is sunflower sprout pesto, though plenty other varieties get our mark of approval too.

Over the past few years pesto has evolved from the traditional basil-based spread into a platform for unlimited creativity. An article on BuzzFeed.com says it well: "cheese + nuts + olive oil + garlic + whatever the heck you want = awesome pesto."

The basic pesto recipe is just that—in a food processor or blender grind up your choice of nuts or seeds with a couple cloves of garlic and your veggie of choice—usually a leafy green, but not always. Add olive oil, salt

(don't be shy with it) and a dry cheese and blend until the pesto is somewhere between saucy and spreadable. (You can happily fare without the cheese if you're dairy free.)

The flavor of your pesto is determined by the nuts and veggies you use. The classic recipe calls for basil and pine nuts, but don't stop there. I enjoyed the heck out of many batches of cilantro-almond pesto this spring, and I've also head of pairing cilantro with pepitas (pumpkin seeds). My absolute favorite is roasted beet pesto made with walnuts—it's a fuchsia bonanza that makes every meal more fun, and the salty-sweet beet flavor is out of this world. You can also make pesto with red peppers, garlic scapes, kale, corn, spinach, mint, arugula and so much more.

In truth, I don't think you need some wacky fad diet to feel good about yourself and your health. When you simply choose to eat seasonal, fresh, whole foods you can't help but feel great. And you are, ever week with this HAH share.

So break out that food processor, folks, and let your Pesto Diet begin!



Vanessa of Bike Basket Growers, who grew the bunched braising mix in Full Shares this week

## Full Share

- Basil
- Blueberries
- Cabbage
- Carrots
- Garlic
- Braising Mix
- Spring Mix
- Lemon Cucumbers

## Half Share

- Blueberries
- Green Cucumbers
- Peaches
- Sunflower Sprouts
- Carrots

## What Grows Where

### BIKE BASKET GROWERS

braising mix

### DAWN GARDENS

garlic, basil

### FIVE FOOT FARM

sunflower sprouts, carrots, cabbage

### GREEN CEDAR FARM

blueberries, peaches

### GREENVILLE HIGH SCHOOL

lemon & green cucumbers

### SASQUATCH FARMS

spring mix, carrots

## Beef Time

This is a beef share week for folks who got that share.

Enjoy your meat!

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## Bread Share Flavor

Chive, sundried tomatoes & asiago

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## Carrot Hummus

A food processor can be a pretty handy kitchen gadget, especially as you endeavor to get creative with your High Altitude Harvest CSA share. Numerous recipes for pesto, hummus, baba ghanoush, and spreads are sure to make an appearance on this newsletter page as the season progresses. These tasty blends can come together in a snap in a multitude of variations in a food processor; usually a blender can work too.

### INGREDIENTS

1 teaspoon cumin seed	Flaky sea salt
1 teaspoon coriander seed	Freshly ground black pepper
6 tablespoons olive oil, plus more for drizzling	Juice of 1/2 lemon
1 teaspoon honey	Juice of 1 orange
1 pound carrots, trimmed and well scrubbed	3 tablespoons tahini (may substitute smooth peanut butter)
3 large unpeeled cloves garlic, smashed	



### DIRECTIONS

Preheat the oven to 400 degrees. Have a medium roasting pan at hand. Toast the cumin and coriander seeds in a small dry skillet for about a minute until just fragrant. Use a mortar and pestle to grind them to a fine-ish powder. Alternatively you can heat ground versions of these spices in a small dry skillet over low heat until fragrant or skip the toasting all together. Transfer to a large bowl; whisk in 4 tablespoons of the oil and the honey. Cut the carrots into ½ inch slices, then add to the spiced oil along with the garlic cloves. Toss to coat and season with salt and pepper to taste. Scrape the dressed carrots into the roasting pan and spread in an even layer; roast, turning once, until the carrots are tender and just starting to char slightly around the edges, 25 to 35 minutes. Cool slightly, then transfer the roasting pan's contents to a food processor, slipping the garlic cloves out of their skins as you do so and scraping as much of the crusty brown bits, spices and oil as possible into the food processor. Add the lemon and orange juices, tahini and the remaining 2 tablespoons of oil. Puree until smooth. Adjust the seasoning as needed. Transfer to a serving dish and lightly drizzle with more oil.

Source: adapted from [www.washingtonpost.com](http://www.washingtonpost.com)

## WHIPPED

## BLUEBERRY BUTTER

### INGREDIENTS

½ cup butter (room temperature)  
½ cup blueberries  
1 tablespoon sugar  
1 teaspoon lemon juice

Place blueberries, lemon juice and sugar in a small saucepan. Simmer for 4 minutes and let cool. Place room temperature butter in a mixer and whip until fluffy. Add blueberries and mix just until incorporated and butter is well-purpled. Transfer to jar and store in the refrigerator. Try on pancakes, crepes, baguette, muffins, toast, croissants, etc.

Source: Karen Kusener

## Crop Updates

**Braising Mix:** This week's braising mix in Full Shares comes from Greg and Vanessa of Bike Basket Growers in Quincy, and includes Red Russian Kale, Collards, Golden Frills Mustard, and Vivid Choy. Here are two simple preparation ideas for it:

1. Tear or chop greens, removing any tough looking stems. Steam until just wilted. Add to a hot skillet with bacon grease or olive oil and chopped garlic. Cook for a few minutes. Salt and pepper to taste. Serve immediately.
2. Tear or chop greens removing any tough looking stems. Steam until tender. Let cool, chop roughly, drizzle with lemon juice, sprinkle with salt and pepper, and add to freshly cooked grain of choice.

**Slowpokes:** As is the case every year, some crops don't grow according to plan, becoming ready for harvest sooner or later or not at all. This year's slowpoke crops include beets, strawberries and kale, but if everything goes according to plan they'll be coming along later in the season. And if one crop fails altogether, we just find another to take it's place... all part of the adventure of seasonal eating!