



HIGH ALTITUDE HARVEST

Community Supported Agriculture

July 23, 2014 —

Sasquatch Farms

Beginning farmer Jon McCormick approaches life with a perennially easy going attitude, often answering questions with “for sure” and a mel-low shrug. Amidst the monstrous task of starting a new farm he keeps things in perspective, celebrating successes and letting the challenges roll off. But don’t be fooled; under this good natured persona is a hard-working, horticulture-nerd, foodie revolutionary.

On the farm Jon works with such vigor that he has an incredible track record of snapping tool handles, earning himself the nickname Shovel Breaker at farm work parties.

Perhaps this fervor comes from the strength of his conviction that developing local farms is the key to improving people’s health and community sustainability. Jon believes that our food system needs an overhaul and he is committed to being part of the movement to bring real food back to the people.

Jon studied horticulture in southern California where he geeked out on propagation, flower production and edible landscaping. He has also worked in restaurant kitchens and grocery sales, getting in on the food prep and distribution end the things.

As his love of food grew, Jon made the decision to trade in urban living for the mountains of Plumas County. In 2012 he moved back to the stomping grounds of his childhood, acreage on Chandler Road in Quincy owned by

his grandparents.

Jon didn’t waste any time plugging into the local farming scene. He worked at Sierra Valley Farms and Green Cedar Farm, and is completing the Sierra Intensive Farmer Training program. He started soil prep and deer fencing on his 1 acre plot of valley bottom land last summer and is already selling for market this year.

We are thrilled that Sasquatch Farms is supplying HAH with our Fresh Egg Share from happy, healthy hens. The 101 chickens and ducks at Sasquatch Farms are a mix of layers and meat birds, all living like animals should—with fresh air, sunlight and bugs to peck at. Jon’s birds are *truly* free range, spending their time cruising around the barn and pasture.

Sasquatch Farm is growing garlic and snap beans for HAH this season. Other crops on the farm include tomatoes, greens, experimental sugar cane and a wide variety of flowers.

Say hi to Jon at the Sasquatch Farms booth at the Quincy Farmers’ Market and look out for him working at Romano’s Farmers’ Market.



Happy hens at Sasquatch Farms

Full Share

- Blueberries
- Sunflower Sprouts
- Baby Kale
- Summer Squash
- Carrots
- Garlic
- Onions
- Kohlrabi
- Cabbage
- Potatoes
- Basil

Half Share

- Blueberries
- Tree Fruit (peaches, pears)
- Onions
- Kale or Chard
- Radishes
- Sunflower Sprouts

What Grows Where

DAWN GARDENS

kale, chard, summer squash, garlic, basil

FIVE FOOT FARM

sunflower sprouts, kohlrabi, cabbage, summer squash

GREEN CEDAR FARM

blueberries, peaches, pears

BLOOMSTONE FARM

potatoes

SIERRA VALLEY FARMS

carrots, radishes, baby kale

THE STUMP FARM

onions

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Bread Share Flavor

Jalapeno & Cheese

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Roasted Cabbage with Bacon

This might be more of a fall recipe but it sounded so delicious we couldn't resist sharing it now. The author says, "I served the cabbage in wedges, topped with crumbled bacon, on dishes of pasta, and we went at it with knife and fork. The cabbage was crunchy, chewy, soft, and juicy. The flavors of salt, olive oil, pepper and bacon married perfectly; it was really the most satisfying yet simple dinner I've had in a long time." We think this dish could do great on the BBQ too.

INGREDIENTS

1 large head green cabbage
Olive oil
Kosher salt and freshly ground black pepper
4 slices thick bacon



DIRECTIONS

Heat the oven to 450°F. Cut the cabbage into quarters and slice the bottom of each quarter at an angle to remove the stem core. Cut each quarter in half again so you have eight wedges. Lay these down on a large roasting pan or baking sheet and drizzle lightly with olive oil. Sprinkle generously with salt and pepper. Cut each slice of bacon into small strips and lay on top of the cabbage. Roast for 30 minutes, flipping the cabbage wedges once halfway through. If the edges aren't browned enough for your taste after 30 minutes, put them back in for five-minute increments until they are. Serve immediately; the wedges cool down fast.

Source: <http://www.thekitchn.com/>

Crop Updates

Spring Mix — Sadly, the recent rain and hail at Sierra Valley Farms wiped out Romano's spring mix for the week. We hope it bounces back soon!

Firsts—We have a lot of firsts for the season this week:

- Both shares are getting onions from The Stump Farm. They have the knack and microclimate for early, beautiful bulb onions. Keep them coming Abby!
- Half Shares are getting our first tree fruit from Green Cedar Farm, a mix of peaches and pears. *Please let the pears ripen on the counter for a couple of days before enjoying them.*
- Full Shares are getting our first carrots from Sierra Valley Farms, cabbage from Five Foot Farm and potatoes from BloomStone Farm. That's a hefty share!

How to Make Sautéed Greens (without a recipe!)

If you are new to using cooking greens then a whole bunch of kale, chard or spinach can seem daunting. But we're here to tell you that once you get comfortable with cooking and seasoning greens, one bunch of chard won't seem like enough. It's amazing how greens cook down into a compact, super nutritious addition to any meal.

1. Wash and prep the greens. For younger greens simply trim the ends off, but kale or chard may need de-ribbing and chopping.
2. Add a healthy amount of oil to a sauté pan over medium heat, about two tablespoons for larger bunches of greens. Once the oil is hot, toss in chopped or sliced alliums (like onions, shallots and/or garlic), and allow them cook to just before the point of browning.
3. Start adding the greens in batches -- the pan should be full but not overflowing. Once the greens start cooking down, add more. A good trick for speeding up cooking and softening the greens is to spoon a few tablespoons of water or broth into the pan, allowing for a nice partial steam.
4. Now it's time to embellish. Add acid, like the juice from half a lemon or a spoonful of vinegar (sherry, red wine, apple cider). Throw in a handful of toasted nuts or dried fruit.
5. Serve as a side, throw in some protein at the last minute, or toss in pasta for a meal.

Source: www.food52.com

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

10 RECIPES THAT REMIND US WHY CABBAGE IS AWESOME AND ZUCCHINI ALMOND CAKE

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