



July 25, 2012 —

**FEATURED GROWER: The Stump Farm**

Farmer Abby Edwards of The Stump Farm grows the most beautiful onions in the county, which we're lucky to have in our shares! At just 15 years old, Abby has been in the farming business longer than many of us—she's been selling at the Quincy Farmers' Market since she was 5 years old!

With help from dad Grant and mom Cindy, Abby manages The Stump Farm, a hillside market garden situated off of Chandler Road in Quincy. The farm's name hails from the property's history of logging; the garden is made up of raised beds on the site of the old log deck. Their perch above the valley floor makes for a "banana belt" microclimate.

All of the inputs used at The Stump Farm are OMRI certified (stands for the Organic Materials Review Institute), including kelp, calcium, and bone meal. Their garden beds are mulched each fall with manure, and turned by hand each spring.

Abby's experience in the garden has taught her the true value of food. She says when she goes to the store and hears people complaining about how expensive food is, she knows that it's actually a good deal considering all of the time and energy that goes into growing it. She laughs when her friends think that the work of gardening is just the harvest day. "That's not counting the 5 months of work that goes into growing everything!"

Abby definitely understands the responsibility that a garden demands. She has often had to tell friends that she couldn't hang out because garden chores beckoned, but she says she's learning how to balance garden work with fun away from the veggies as well.

As a youngster Abby thought she might like to be a farmer for a living, but that was before she learned that you have to make money as an adult. Though she doesn't think full-time farming is for her—with the stress of production and the low pay—she's content to be a lifelong hobby grower, carrying on the long tradition of agriculture that runs in her family.

We're glad to reap the beautiful fruits of her labor, those gorgeous onions!



You can meet Abby at this Thursday's Quincy Farmers' Market!

*Full Share:*

- Summer Squash
- Blueberries
- Sunflower Sprouts
- Euro Spring Mix
- Basil
- Onions
- Chives or Parsley
- Potatoes
- Lavender

*Half Share:*

- Sunflower Sprouts
- Euro Spring Mix
- Blueberries
- Beets
- Garlic
- Kale or Chard

*What Grows Where:*

**DAWN GARDENS**

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

**GRASSFED GARDENS**

sunflower sprouts, potatoes

**SIERRA VALLEY FARMS**

euro spring mix

**HARMONY ACRES**

lavender

**GREEN CEDAR FARM**

blueberries

**THE STUMP FARM**

onions

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*Bread Share Flavor:*

Mushroom, onion  
& asiago cheese

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## *Fresh Sprout Salad* (adapted from a bean sprout recipe...)

### INGREDIENTS

2 to 4 green cayenne chilies, stemmed  
1/2 cup fresh or frozen grated coconut  
1/3 cup finely chopped onion  
1/2 tsp salt  
1 Tbsp water  
1 Tbsp fresh lime juice  
1/4 pound (about 2 cups) fresh sunflower sprouts

### DIRECTIONS

Place the chilies, coconut, onion, salt, water and lime juice in a food processor and process briefly, just until the chilies and onions are finely chopped but not pureed. (Or use a mortar and pestle and grind to a coarse paste.) Turn out into a serving bowl, add sunflower sprouts, and toss to mix well. Serve as part of a rice meal for a hot and fresh flavor, or as a salad with a meat-and-potatoes meal.

Source: *Mangoes & Curry Leaves* by Jeffrey Alford and Naomi Duguid

## Crop UPDATES -

**Euro Spring Mix** — Farmer Gary Romano asked us to let you know that a big rain storm splashed the spring mix with soil, so you'll want to make sure and give it a wash before enjoying it.

**Snap Peas** — Sadly, our snap pea crop is over and done with. The heat has put the vines into a death spiral, and the pods are starting to get tough. This screaming hot weather sent them out with a sizzle!

**Beets**—We're getting a quick round of beets from Hansen Farm, which will be followed by more from the Dawn Gardens and Grassfed Gardens (beet lords willing).

**Tomatoes** — Greenhouse tomatoes from Swann Gardens are almost here... but not quite. Louisa and Jim are currently battling a rogue ground squirrel that snuck into their main greenhouse. Let's hope we get the tomatoes before he does!

Check out the HAH Facebook page for these recipes:

**Potatoes with Lavender  
& Rosemary**

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**Chickpea Salad with Lemon,  
Parmesan & Fresh Herbs**

*facebook.com/  
HighAltitudeHarvest*

## *Stir-Fried Greens, Bangla Style*

Don't let the weird sounding spices scare you off, Indian seasonings are delicious with veggies. Let the flavor explosions begin!

### INGREDIENTS

About 1 pound leafy greens  
3 Tbsp vegetable oil  
1/4 tsp cayenne or red pepper flakes  
1/4 tsp each black mustard, cumin, fennel & fenugreek  
2 tsp minced or mashed garlic  
1 1/2 cups finely chopped onions  
1 tsp salt

Wash and coarsely chop the greens. Heat the oil in a large wok or a large deep heavy skillet over medium-high heat. Add the spice mixture and cayenne (or pepper flakes) and stir briefly, then add the garlic and stir-fry for just 10 seconds. Add the onions and stir-fry, lowering the heat to medium after 2 minutes, until very tender and soft, about 10 minutes. Raise the heat to high, add the greens, and stir-fry until they turn bright green, 1 to 5 minutes depending on the greens. Add the salt and continue to stir-fry until the greens give off their liquid, then cover and steam them for 1 minute. Remove the lid and continue to stir-fry until tender and cooked through. Serve with rice and a fish, meat or dal (lentil) dish.

Source: *Mangoes & Curry Leaves* by Jeffrey Alford and Naomi Duguid

## *Lavender*

Lavender is a fascinating herb, used as much for its scent as its flavor. It can go with savory or sweet dishes, in meats, baked goods and many things in between. We recently heard this recipe on *The Splendid Table* radio show:

### **Lavender Vanilla Ice Cream**

Steep lavender buds in warmed whipping cream. After the cream is infused with lavender goodness, strain the buds out (or leave them in for flecks of lavender). Chill the cream, whip it, and fold it into softened vanilla ice cream. Refreeze.