



July 30, 2014 —

Dawn Gardens
by intern Maggie Barrett

Dawn Gardens is a two acre farm (plus four acres of fruit trees up the road) located in Indian Falls on Highway 89. I am one of three interns who are lucky enough to learn farming techniques under the mentorship of Manuel Boehmer, long time Plumas County resident and remarkable farmer. This is my first season on a farm and I'm loving it!

At the Dawn we use cover crops to enhance soil fertility, crop rotation to mitigate pests and pathogens, perennial hedgerows to attract pollinators and beneficial insects, spring water for irrigation, and lots and lots of compost! In addition to working on the farm, the internship focuses on education--we learn the "why" in addition to the "how." We adopt much of our farming philosophy from Eliot Coleman (check out his book, The New Organic Grower, a must read for aspiring market farmers), and, of course, Manuel's extensive experience and wisdom.

Market farming is different from the smaller scale gardening I have done in the past. My grandmother and mom are both avid gardeners,

and while I always enjoyed good food and beautiful flowers from their gardens, it took leaving home before I truly realized how important a garden is for a connection to the natural world and access to healthy food (in addition to a long list of other benefits). I finally accepted my inherited love of gardening a couple of years ago while I was a student at UC Berkeley (I recently graduated with a B.S. in Conservation & Resource Studies).

After spending a lot of time in college classes identifying and analyzing all of the problems in the world, I realized that I had a huge hole in my education--practical application. This internship is providing me with the opportunity to put some of the academic theories I learned while at school into practice, and in the mean time, explore beautiful Plumas County. Between turning compost piles, transplanting lettuce, and blackberry picking, I have had a chance to check out some of the incredible places in the area. What a life! I feel so lucky. Thanks for being such a welcoming community and supporting my experience, education, and local food! Enjoy this week's produce.



A wide angle view of lettuce in the field at the Dawn Gardens

Full Share

- Spring Mix
- Sunflower Sprouts
- Beets
- Onions
- Peaches
- Summer Squash
- Basil
- Turnips
- Blackberries
- Cherry Tomatoes

Half Share

- Blueberries
- Onions
- Cucumbers
- Cabbage
- Summer Squash

What Grows Where

DAWN GARDENS
cherry tomatoes, blackberries, summer squash, basil

FIVE FOOT FARM
sunflower sprouts, beets, turnips, cabbage, summer squash

GREEN CEDAR FARM
blueberries, peaches, pears

GREENVILLE HIGH SCHOOL
lemon and green cucumbers

SIERRA VALLEY FARMS
spring mix

THE STUMP FARM
onions



Bread Share Flavor

Roasted Walnut and Mushroom



Cucumber Salad with Mint and Feta

Cucumber salads are light and refreshing on hot summer days. They don't wilt like lettuce salads, making them perfect to pack in lunches. Try this one with some pita bread and hummus.



INGREDIENTS

1 lb cucumbers, thinly sliced.	White vinegar
1/4 red onion, thinly sliced and cut into 1-inch long segments	Olive oil
2 or 3 red radishes, thinly sliced	1/4 pound feta cheese
10 mint leaves, thinly sliced	Salt and freshly ground pepper

DIRECTIONS

In a medium sized bowl, gently toss together the sliced cucumbers, red onion, radishes, mint leaves with a little bit of white vinegar and olive oil, salt and pepper to taste. Right before serving, sprinkle on crumbled bits of feta cheese. Serve immediately. Serves 4.

Source: www.simplyrecipes.com

Crop Updates

Cucumbers — Half Shares are getting our first cucumbers of the summer from the Greenville High School garden. They're 2 weeks earlier than we expected. Way to go farmer/teacher Dan Brown!

Firsts— Other crops that are new to our shares this week include cherry tomatoes and blackberries from the Dawn and beets from Five Foot Farm. Yeah summer!

Blueberries — We have some news that might be hard to hear. Are you sitting down? Good. Okay, blueberry season *might* be coming to an end. Frank and Sally at Green Cedar Farm say that the plants have been slowing down, but that doesn't necessarily mean the picking season is over. Last year we got berries through the end of July, but the year before that they produced through August 22nd. Our fingers are crossed that the plants pick up the pace for another couple of weeks!

Beet Inspiration

"One of the most enduring pairings to grace a salad plate is the classic bistro duo of creamy, fresh goat cheese and cooled, roasted beets. Beets and goat cheese have chemistry; they belong together. The sweet beets perfectly complement the tang of the cheese. A particularly remarkable thing about this combination is that it's complete — beets and goat cheese are all you need for a salad — yet it invites embellishment." *by Fabiana Santana*

Simple Roasted Beets: Trim tops and taproot. Place beets in a baking dish and add a little water. Seal with foil and bake at 350 F for 45 min—1 1/2 hrs (depending on size of beets) until beets can be easily pierced with a fork. Remove and let cool. Rub the skins off of beets and slice roots into chunks. Add toasted walnuts, goat cheese and a sprinkle of balsamic or champagne vinegar. This combo also goes great with arugula.

Honey Glazed Turnips

"This simple side dish goes well with steak, burgers, pork, or chicken."

INGREDIENTS

1 1/2 pounds turnips (about 3 medium), peeled & diced large
3 tablespoons honey
2 tablespoons unsalted butter
1/4 cup water
Coarse salt and ground pepper
1 tablespoon fresh lemon juice

DIRECTIONS

In a skillet with a tight-fitting lid, combine turnips, honey, butter, and water. Season with salt and pepper. Bring liquid to a boil over medium-high, then reduce to a rapid simmer. Cover and cook until turnips are just tender, 10 minutes. Uncover, bring liquid back to a boil, and cook, stirring occasionally, until liquid is almost reduced, 10 minutes. Continue to cook, stirring often, until turnips are barely golden and glazed, 3 minutes more. Add a splash of fresh lemon juice.

Source: www.marthastewart.com