



HIGH ALTITUDE HARVEST

Community Supported Agriculture

July 8, 2015 —

It Takes a Community

by Cody Reed of Five Foot Farm

Despite the fact that one word is nestled inside the other, culture and agriculture are too often divorced in our modern society. The word culture itself comes from the Latin word *cultura* which means to grow or cultivate the soil for crops. In our modern world of fast food and agribusiness though, it's all too easy for the culture surrounding food and farming to slip gradually away.

Maintaining a healthy relationship with our food and food system is essential for both the health of our families and the community. In recent years many communities have banded together to support local food systems and re-create a culture around food and agriculture. Where this strong food culture exists, agriculture can become a cornerstone of the community, contributing to its health, vibrancy and resiliency.

As a farmer I feel extremely fortunate to be growing food for a community with such a strong food culture. Farming itself can be hard. Really hard. And we certainly don't do it for the pay, the great hours or what it does for our social life. We farm because we love working with the land to grow healthy, delicious produce for our community. Having an amazing, supportive community to serve helps us drag ourselves out of bed at the crack of dawn and keeps us coming back to

the farm day after day.

At Five Foot Farm we are continually humbled by the amount of support and encouragement we receive from this community. From land, to professional assistance, to material donations, community members have routinely answered our calls for help and exceeded our expectations with their generosity.

This spring we launched a crowd funding campaign to help us purchase a much-needed new piece of equipment, a walking tractor. Through an amazing outpouring of support from the community and people all around the world, we reached our goal faster than we ever imagined possible. We now have an amazing new tool that will help us continue growing delicious, healthy food for our community.

It really takes a community to start and support a small farm. Thank you for being such a wonderful community!



Farmer Cody doing some community outreach this spring, teaching a group of FRC students about soil biology & compost tea

Full Share

- Blueberries
- Cabbage
- Cilantro
- Green Onions
- Head Lettuce
- Snap Peas
- Rosemary
- Beets
- Sunflower Sprouts

Half Share

- Blueberries
- Garlic
- Tomatoes
- Snap Peas
- Radishes
- Spring Mix

What Grows Where

DAWN GARDENS

head lettuce, garlic

FIVE FOOT FARM

cilantro, sunflower sprouts, beets, snap peas, cabbage, green onions, radishes

GREEN CEDAR FARM

blueberries, rosemary

HARMONY ACRES

snap peas

SASQUATCH FARMS

spring mix

SHOOFLY FARM

tomatoes

Thank you for returning the little baskets from your shares!

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Bread Share Flavor

Pesto asiago

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Peanut, Carrot & Cabbage Slaw



INGREDIENTS

For the dressing:

- 3 tablespoons peanut butter
- 3 tablespoons rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon olive oil
- 2 tablespoons freshly-squeezed lemon juice

For the salad:

- 3 cups cabbage (make thin slices from head and then roughly chop)
- 3 large carrots, grated
- 4 green onions, sliced thinly
- 4 or 5 radishes, sliced thinly
- 1 teaspoon sesame seeds, to top
- 1/4 cup chopped peanuts, to top

DIRECTIONS

To make the dressing, combine all of the dressing ingredients in a small bowl and whisk vigorously to combine.

In a large salad bowl, combine cabbage, carrot, green onions and radishes. Toss with dressing. Top with sesame seeds and peanuts. Serve immediately or chill before serving. This salad is best the day it's prepared although it's just fine the next day if covered and refrigerated.

Source: adapted from www.thekitchn.com

Crop Updates

Snap Peas — They came on fast and furious this year... and as is often the case, the heat of July slowed their growth to a snail's pace. We may or may not get another harvest of them next week, so enjoy them while you can!

Rosemary— In addition to growing the most incredible fruit on the face of the planet, this week Green Cedar Farm has also provided our Full Shares with some lovely rosemary. This herb has a nice piney scent and adds a unique flavor to many dishes. Here are some ideas to get your creativity flowing:

- Grind up rosemary with salt and pepper to make dry rubs for lamb, poultry or potatoes
- Simmer whole sprigs of the herb in a batch of spaghetti sauce (fish them out before serving)
- Fresh leaves can be diced up and added to scrambled eggs or omelets, or a pan of veggies roasted in the oven
- Hang the bunch up to dry, and store for use later in the season
- Bake a batch of lemon rosemary shortbread cookies. Yum!
- Or visit our Facebook page for a link to directions for Rosemary Infused Lemonade.

ROASTED GARLIC PEA SPREAD

INGREDIENTS

- 1 garlic bulb
- 1 tablespoon olive oil
- 2 cups blanched fresh peas strings removed
- 1/2 cup ricotta cheese
- 1/4 cup chopped fresh basil
- 2 tablespoons fresh lemon juice
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground pepper

Preheat oven to 425°. Cut off pointed end of garlic bulb; place garlic bulb on a piece of aluminum foil, and drizzle with 1 Tbsp. olive oil. Fold foil to seal. Bake 30 minutes; let cool 10 minutes. Process blanched peas in a food processor until smooth. Squeeze cloves from roasted garlic bulb into food processor bowl with peas; add ricotta cheese, basil, and lemon juice. Process until smooth. With processor running, pour 1/4 cup olive oil through food chute in a slow, steady stream, processing until smooth. Stir in kosher salt and freshly ground pepper. Serve with crackers or toasted, buttered bread.

How to Blanch Peas: Cook desired amount of fresh sweet peas, snow peas, or sugar snap peas in boiling salted water to cover 1 to 3 minutes or until crisp-tender; drain. Plunge into ice-cold water to stop the cooking process; drain.

Source: adapted from www.myrecipes.com