



July 9, 2014 —

BloomStone Farm

We are pleased to introduce a new grower to our ranks this week—Sarah Johnstone of BloomStone Farm in Sierra Valley. She provided the salad turnips for this week’s Full Shares and is planning on having beets and potatoes for us later in the season from her new organic produce farm.

Sarah gives off a unique mix of contagious energy and groundedness. She approaches farming with the passion and enthusiasm of a green-horn grower, but also the pragmatism that comes from her roots in a seasoned ranching family. Sarah is part of the Roberti clan, longtime ranchers in the Sierra Valley.

BloomStone Farm sits next to Sarah’s home at the end of a long dirt road against the north edge of the valley. The 1/4 acre garden site is perched on the south facing hillside above the valley floor, a vantage point which lets the year-round frosts of the Sierra Valley roll downhill, leaving the garden untouched. With the advantage of this microclimate Sarah has had success growing hot season crops that normally struggle at such a high elevation.

After graduating from UC Davis and working on farms in California and Oregon, Sarah attended a farmer training program in the central valley where she was schooled in the basics of running a small-scale farm. With her newfound skills and a healthy dose of determination she

approached her family about moving back to Beckwourth and adding an organic vegetable operation to the ranch. 2013 was Sarah’s trial year with the new farm site, conducting soil tests, getting a feel for local markets and determining what grows well on her land. The operation was christened BloomStone Farm in early 2014, after two of Sarah’s family surnames, and she’s been off and running ever since.

You may run into Sarah at the Feather River Food Co-op in Portola where she enjoys spending time in the produce department. You can also find her selling her goods every week at Romano’s Farmers’ Market at Sierra Valley Farms, Fridays from 10am—2pm.

Congrats on your growing success Sarah! We’re so glad to have you as a High Altitude Harvest farmer.



Farmer Sarah at BloomStone Farm

Full Share

- Blueberries
- Sunflower Sprouts
- Radishes
- Salad Turnips
- Kohlrabi
- Rosemary
- Head Lettuce
- Kale or Chard
- Snap or Snow Peas
- Cilantro

Half Share

- Blueberries
- Kohlrabi
- Spring Mix
- Snap or Snow Peas
- Summer Squash

What Grows Where

DAWN GARDENS

kale, chard, summer squash, head lettuce

FIVE FOOT FARM

sunflower sprouts, peas, kohlrabi, cilantro

GREEN CEDAR FARM

blueberries, rosemary

HARMONY ACRES

peas

SIERRA VALLEY FARMS

spring mix, radishes

BLOOMSTONE FARM

salad turnips

Baskets

We love it when you return the little baskets from your share!



Bread Share Flavor

Apricot, Almond and Ginger



Pasta with Cilantro Peanut Pesto

Good old Martha Stewart says, "Don't waste cilantro stems; they're tender, fragrant, and edible, so you can use the entire bunch." This dish would be awesome with the addition of sautéed greens and snap peas!

INGREDIENTS

1 bunch cilantro, 1/4 cup leaves reserved for serving
1 clove garlic, smashed and peeled
3/4-inch piece fresh ginger, peeled
2 tablespoons vegetable oil
1 tablespoon toasted sesame oil
1/2 teaspoon red-pepper flakes
1/2 teaspoon grated lime zest plus 2 tablespoons juice
1 teaspoon light-brown sugar
1/3 cup roasted peanuts, divided
2 to 3 tablespoons low-sodium soy sauce
3/4 pound spaghetti or linguine, cooked according to package instructions

DIRECTIONS

In a food processor, combine cilantro, garlic, ginger, vegetable and sesame oils, red-pepper flakes, lime zest and juice, brown sugar, and 1/4 cup peanuts. Pulse until a coarse paste forms. Season with soy sauce and pulse to combine. In a large bowl, toss pesto with pasta. Roughly chop remaining peanuts and sprinkle over pasta along with cilantro leaves.

Source: www.MarthaStewartLiving.com

Crop Updates—The lowdown from the fields

Kohlrabi — What is that bulbous purple alien in your shares this week?! It's kohlrabi, of course! This veggie takes the prize for weirdness, and kids seem to especially love its funny look.

The bulb of the plant is its stem, which can be eaten raw or cooked after peeling off the thick outer skin. It's crunchy and sweet, a little like a broccoli stem. The leaves can also be used as a cooking green, much like kale. Try the bulbs sliced into matchsticks on top of a green salad, or tossed with dressing and radishes for a slaw. You can also cook it in sautés, soups and stir fries.

Salad Turnips — These turnips from BloomStone Farm are great raw, BBQed, roasted, stewed or mixed with mashed potatoes. Please do your best to forget about experiences you may have had with old, bitter storage turnips... the sweet, crisp roots really shine when eaten fresh! Farmer Sarah says these ones do have a little kick, so if they're too spicy for you raw, cooking will mellow the flavor.

Rosemary — Rosemary complements fish, poultry, lamb and beef. Our favorite is using it as a dry rub on meat or potatoes (mix ground rosemary, garlic, sea salt and black pepper).

Check out our HAH Facebook page for links to these tasty recipes:

ROSEMARY BUTTER COOKIES AND LIME ROSEMARY WATER

Sautéed Kohlrabi with Onions and Cream

INGREDIENTS

Cubes of peeled kohlrabi
Thinly sliced white onion
Unsalted butter
Finely shredded kohlrabi leaves
Heavy cream
Salt and pepper
Grated nutmeg



DIRECTIONS

Cook kohlrabi and onion in butter over medium-high heat until almost tender. Stir in kohlrabi leaves, and cook until wilted. Add a generous splash of heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops or steak.

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

Lemony Snap Peas with Radishes and Feta

Bring 4 cups water to a boil. Add 6 oz sugar snap peas; cook 30 seconds or until crisp-tender. Drain and plunge into ice water; drain. Combine 1/4 tsp grated lemon rind, 1 Tbsp lemon juice, 1/2 Tbsp olive oil, 1/2 tsp mustard, 1/4 tsp sugar, and salt and pepper to taste in a medium bowl; stir with a whisk. Add peas, 1/2 cup thinly sliced radishes, 1/3 cup crumbled feta cheese, and 3 Tbsp chopped fresh mint. Toss to combine.

Source: www.myrecipes.com