



August 1, 2012 —

The following is by Amy Winzer, one of the Dawn Garden interns this season:

There are endless reasons why I love my job as an intern at the Dawn Gardens. “Sometimes life can be difficult, but the beauty of this place can really get you through,” my boss and mentor, Farmer Manuel said a few months ago. And it’s true. The atmosphere at the Dawn Gardens stole my heart from the moment I saw it and continues to captivate me each day—everything from the intoxicating scent of sage or basil that frequently wafts its way to my nostrils, to the majestic haze over the steep, forested mountain that acts as the breathtaking backdrop of our daily farm chores.

But the Dawn is much more than just a pretty place. I find myself surrounded by supportive and inspiring people who are passionate about good food and healthy communities. The farm crew—made up of interns Jes, James, and myself, pseudo-intern

(frequent volunteer) Cody, and Farmer Manuel—is a hardworking, enthusiastic, endlessly entertaining bunch. We make sure to have fun every day, even amidst the hustle of such a humming little farm. You can frequently find any one of us goofily thrusting the wheel hoe between rows of plants, or “doing the funky chicken,” as Manuel calls it.

We take a lot of pride in the good quality produce that we grow and each of us is elated to provide fresh, local produce to all of you lovely people.

We’re in a unique position for a farm out here at the Dawn. We are connected with a nonprofit, the Dawn Institute, steered by a board of dedicated individuals. The mission of the Dawn Institute is to provide locally grown produce and education in sustainable agriculture and land stewardship for the health and benefit of local communities. It’s heartening to be doing such good, wholesome work and to be supported by people who are committed to sustaining our work and the stewardship of our beloved farm.

Come out and visit us sometime for a Saturday Market from 8am-noon, located on Indian Falls Rd off the 89 just across from Indian Falls. We would love to meet you!



The 2012 Dawn Garden crew—left to right, James, Jes, Manuel and Amy (Cody reed not pictured)

Full Share:

- Blueberries
- Sunflower Sprouts
- Kale or Chard
- Cucumber
- Peaches
- Summer Squash
- Radishes
- Basil
- Spring Mix
- Garlic
- Onions
- Carrots

Half Share:

- Blueberries
- Sunflower Sprouts
- Garlic
- Cabbage or Kohlrabi
- 8 Ball Zucchini
- Basil
- Onions
- Cucumber

What Grows Where:

DAWN GARDENS

garlic, kale, chard, basil, summer squash

GRASSFED GARDENS

sunflower sprouts, cabbage, kohlrabi

SIERRA VALLEY FARMS

spring mix, radishes

HANSEN FARM

carrots, 8 ball zucchini

GREEN CEDAR FARM

blueberries, peaches

THE STUMP FARM

onions

GREENVILLE HIGH SCHOOL

cucumbers

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Bread Share Flavor:

Curried Onions & Potatoes

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Wilted Salad

Sounds odd, we know. But back in the early 1900's wilted salad used to be common fare. Our 100 year old friend Ethel fondly remembers wilted salads made with bacon grease. You can wilt spring mix or lettuce either very slightly for a wilted salad, or completely, like cooked spinach. You can even incorporate them into soups or quiche.

Option 1:

Sauté garlic & chili flakes in olive oil until fragrant, toss in the greens, and wilt for a minute or two. Season with salt & pepper, and serve.

Option 2:

Cook down some bacon or pancetta until crisp, and remove to drain, leaving the rendered fat in the pan. Sauté some chopped onions in the bacon fat until tender, add the greens and cook for a minute or two until wilted. Finish with salt, pepper, and a splash of vinegar (sherry or balsamic).

Crop UPDATES -

Good Bugs — If you occasionally find a few bugs in your produce (or evidence of their recent presence), please take them as a good sign that your food is being grown without the help of synthetic pesticides. Our growers do it the old fashioned way—no need to use gross sprays or fumigants to battle the pests. We prefer 100% natural one-on-one combat with our insect foes. Sometimes that means late night slug or earwig hunting expeditions, a labor intensive

but morbidly gratifying task.

Many of our growers also strive to create balance within the garden by planting crops that support beneficial insects, and feeding the soil so plants grow strong and can withstand pest attacks. However, the perfectly balanced garden ecosystem is an ideal that's a work in progress more often than not. Until we reach that nirvana of perfect equilibrium, we just squish the buggers.

Check out the HAH Facebook page for these items:

Roasted Cabbage Wedges

—
A quick video on how to store fresh basil in H2O

*facebook.com/
HighAltitudeHarvest*

Salmon with Lemon Basil Sauce

Looking for a non-pesto use for that beautiful basil? Try making a quick sauce of fresh basil, olive oil, and lemon; puree ingredients to taste, and then drizzled over pan sautéed salmon to give it a flavorful glaze that enhances the flavor of the fish. Make a side of fresh veggies and give them a drizzle of the lemon sauce as well.

Source: www.myrecipes.com

Blueberry Sauce

Our favorite French toast topper is homemade berry sauce. Throw some fresh or frozen berries (any kind, but these blueberries work great) in a sauce pan, mash 'em up, and simmer on low until the sauce thickens. Add honey to taste for sweetness. If you want to get fancy, add a splash of honey mead. Spoon onto your French toast or pancakes, and mix with real maple syrup. YUM!!

Wash It!

Our produce is fresh off the farm. Wash before using.

Roasted Garlic

Wrap garlic heads in foil (or put in garlic roaster if you're lucky enough to own one) and roast at 350-400F for about 30-40 minutes. Let cool (at least til you can handle it without burning your fingers) and pop the cloves out of their skin to spread on bread.

Or, if you possess incredible self control (it smells so delicious!) add to cream cheese, sour cream or mayonnaise with herbs (such as basil, parsley or oregano) and you'll have a delicious spread or dip.