



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

August 13, 2014 —

### Mountain Growing

Have you noticed the recent shift from leafy spring crops to hefty summer ones? For farmers this abundance is welcome; after tending crops all spring it's gratifying to see them come into fruition. August is the month when this transition really kicks in, with hot crops like peppers and cucumbers coming into harvest the same time as the mid-season crops like carrots and onions.

There is a persistent myth that you can't grow things in the mountains — a notion that we heartily dismiss! It's true that some aspects of farming at elevation are challenging. But when it comes to growing food temperature and day length is everything, and when we get a handle on those two factors we're able to maximize our Sierra growing season.

Anticipating the last frost of the spring and the first frost of the fall (and any rogue ones in between) is one of the most important tasks for mountain farming. We also have the privilege of growing in an area that can see 50+ degree temperature swings from morning to night. Some crops are sensitive to heat, bolting or having poor germination when the temperature spikes. Other crops aren't keen on the cold, withering under a light frost or failing to ripen fruit if the nights dip below 50 degrees. This is why we carefully time our plantings, scheduling cold-loving crops for early in the season and heat loving ones later in the year.

The other factor that affects plant growth is day length. Plants actually stop growing when the span between sunrise and sunset dips below 10 hours. Even when plants are cold hardy they simply go dormant during those short-days. For us here at 40 degrees latitude we have more than the magic 10 hours of light from mid-February through mid-November.

These two factors—temperature and day length—dictate our outdoor growing season. Many of our growers are excited about increasing their use of season extenders like hoop houses and low tunnels to stretch each edge of our growing season. It can take seasons to master the timing of spring and fall production, but we're excited by our farmers' collective movement towards getting crops earlier and later than we can in the field.

When we eat locally we get to know the rhythm of our own region. Best of all, seasonal eating allows us to get excited about food again—feeling anticipation for the first crops of the season and nostalgia for those that won't come around again until next year.



Farmer Cody seeding cabbage in Five Foot Farm's hoop house on a blustery March day

### Full Share

- Asian & Seckel Pears
- Summer Squash
- Carrots
- Basil
- Kale
- Slicer Tomatoes
- Green Cucumbers
- Green Bell Peppers
- Onions
- Sunflower Sprouts
- Blackberries

### Half Share

- Asian Pears
- Cherry Tomatoes
- Summer Squash
- Lemon Cucumbers
- Turnips
- Spring Mix

### What Grows Where

#### DAWN GARDENS

cherry tomatoes, blackberries, slicer tomatoes, summer squash, basil

#### FIVE FOOT FARM

sunflower sprouts, carrots, kale, summer squash, turnips

#### GREEN CEDAR FARM

asian & seckel pears

#### GREENVILLE HIGH SCHOOL

lemon and green cucumbers, green bell peppers

#### SIERRA VALLEY FARMS

spring mix

#### THE STUMP FARM

onions

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### Bread Share Flavor

Cheese and Herb

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## Turnip Fries

Seasoned and a little crunchy, fries are one of the tastiest ways to chow down on turnips. Don't be scared to play around with your favorite spice combos. You can also mix in some potato fries too.

### INGREDIENTS

1 pound turnips  
1–2 teaspoons vegetable oil  
Salt and pepper to taste

### Optional:

2 tablespoons finely grated Parmesan cheese  
1/4 teaspoon garlic salt  
1/4 teaspoon paprika  
1/4 teaspoon onion powder



### DIRECTIONS

Preheat oven to 425°F. Line a baking sheet with a piece of aluminum foil and lightly grease. Peel turnips, and cut into French fry-sized sticks, about 1/3-inch by 4 inches. Place into a large bowl, and toss with enough vegetable oil to lightly coat. Sprinkle lightly with salt and pepper, or (if using seasonings) place Parmesan cheese, garlic salt, paprika, and/or onion powder in a ziplock bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the seasonings. Spread turnip sticks out on the prepared baking sheet. Bake in preheated oven until the outside is crispy and the inside is tender, about 20–30 minutes. Serve immediately.

Source: [www.thefruitguys.com](http://www.thefruitguys.com)

## Crop Updates

**Seckel Pears** — In addition to Asian Pears our Full Shares also have some Seckel Pears this week, a cute little mini pear grown by Green Cedar Farm. Farmer Frank says that these pears will need a week or so on the counter to ripen—the more humid and warmer the conditions the faster they'll be ready.

## Bug Reminder

We'd like to take this opportunity to remind you that our farmers don't spray any gross synthetic pesticides on your food. This means that from time to time you may find a bug or two cruising around your produce. When this happens take it as a reminder that your food is being grown on biologically diverse farms, bugs and all!

## Bread and Butter Zucchini Pickles

Our wonderful HAH helper Karen Kusener tried out this refrigerator pickle recipe and reported back with rave reviews.

### INGREDIENTS

1 pound very firm medium zucchini, sliced crosswise 1/8 inch thick  
1/2 cup thinly sliced onion  
3 tablespoons kosher salt  
Ice water  
1 1/2 cups unfiltered apple cider vinegar  
1/3 cup sugar  
2 teaspoons brown or yellow mustard seeds, crushed  
1 1/2 teaspoons dry mustard powder  
1 teaspoon ground turmeric

### DIRECTIONS

1. In a large bowl, toss the zucchini and onion with 2 tablespoons of the kosher salt. Cover with ice water and let stand until just softened, about 45 minutes. Drain the zucchini and onion well and pat dry.
2. In a medium saucepan, combine the remaining 1 tablespoon of salt with the vinegar, sugar, mustard seeds, mustard powder, turmeric and 1/2 cup of water. Bring to a boil, stirring to dissolve the sugar; let cool completely.
3. Transfer the zucchini and onion to a 1-quart glass jar and pour in enough brine to cover. Seal with the lid and refrigerate overnight before serving.

Source: [www.foodandwine.com](http://www.foodandwine.com)

## FAIR LIVESTOCK AUCTION THIS SUNDAY

One of our young HAH members is a budding farmer in the 4-H program and she would like you to know that the livestock auction at the Plumas-Sierra County Fair in Quincy will be held this Sunday, Aug 17th starting at 9am. Go get your bid on!