



HIGH ALTITUDE HARVEST

Community Supported Agriculture

August 17, 2016 —

Taking the Leap

by Brian Sundberg of Sundberg Growers

Prior to May 30, 2015 I was a farmer who like many of us had a separate job to support my family and the development of the farm. I worked at a software company that did business with over forty states. The company was called Chamber Nation and it was based in a little office by Midtown Coffee. While working at Chamber Nation I was focused on growing my role in the company, while at the same time building my own business. I figured the more I aspired to, the more I would be able to expand my own business. At a certain point this concept backfired and I grew depressed and bitter about living someone else dreams. For just over a month I prayed with my church congregation, and hashed out every angle and aspect of me leaving my job with my wife. Eventually I had enough courage and at almost thirty-one years old; with a wife, a fourteen year old step-daughter, a mountain of bills every month, and bad credit from my youth, set out to make farming my entire world.

Leaving my corporate job and diving head first into full time farming was one of the scariest but most rewarding decisions I have made in my life outside of settling down and getting married. As a way to make sure I could make enough income to pay my business loans, I took a part

time job working for Elizabeth at Five Foot Farm. Between Five Foot Farm and Sundberg Growers this life is a seven day a week commitment. Self-motivation, passion, and community support fuels the energy I need to work on a farm seven days a week. When I feel the battery draining too low to self-motivate, I go to church more, sing in the choir, and pray. I also sit in my living-room in the mornings and will put on motivational YouTube videos.

This year's season has been one of great personal growth as I learn to manage the farm solo. My beautiful wife Presley Sundberg decided that she would rather be a farmer's wife than a farmer. She has her own entrepreneurial endeavors in welded art and lighting that she has gone to pursue. I have been managing our patchwork of five locations and planning for the future of Sundberg Growers. As of this last week I managed to secure the next phase of growth in the farm and will be working on consolidating our multiple and spread out plots to one location. Stay tuned for the 2017 year. It should be a big year for Sundberg Growers.

Until then, enjoy the rest of the growing season and I hope that you keep falling in love with our strawberries over and over again.



Brian with a harvest of strawberries

Full Share

- Carrots
- Beets
- Lemon Cucumbers
- Mesclun Mix
- Eggplant
- Potatoes
- Tomatoes
- Cherry Tomatoes
- Strawberries
- Blackberries
- Blueberries or Asian Pears

Half Share

- Summer Squash
- Onions
- Green Cucumbers
- Jalapenos
- Tomatoes
- Italian Parsley
- Blueberries or Asian Pears

What Grows Where

BLOOMSTONE FARM

potatoes

DAWN GARDENS

blackberries, cherry tomatoes, summer squash, parsley

FIVE FOOT FARM

carrots, summer squash, beets, bulb onions

GREEN CEDAR FARM

blueberries, Asian pears

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, jalapenos

SASQUATCH FARMS

mesclun mix, eggplant, tomatoes

SHOOFLY FARM

tomatoes

Bread Share Flavor

Kalamata Olive

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Stir Fried Eggplant and Tofu

"A flavorful dinner ready in less than 30 minutes, this Stir Fried Eggplant and Tofu dish will have your family raving. Serve over rice with a simple green salad for a complete meal."



INGREDIENTS

3 Tbsp vegetable oil
1 package firm tofu, drained, cut into 1 1/2 by 2 inch chunks
2 garlic cloves, minced
1 lb eggplant, cut into 1 by 3 inch strips
1 small red or green bell pepper, cut into 1 inch pieces
1/4 cup reduced-sodium soy sauce
2 Tbsp sugar
2 Tbsp oyster sauce
1/4 cup fresh basil leaves

DIRECTIONS

Heat oil in a large frying pan over high heat, add tofu, and gently cook, turning tofu occasionally, until browned slightly, about 5 minutes. Use a slotted spoon to transfer tofu to a plate. Cook garlic, eggplant, and bell pepper in pan until softened, stirring occasionally, 8 to 10 minutes. Add soy sauce, sugar, and oyster sauce and cook until heated through, another 2 minutes. Return tofu to pan and gently stir to coat. Remove from heat and stir in basil leaves. Serve over rice.

Source: www.myrecipes.com

CROP UPDATES

Eggplant — We have eggplant coming from Sasquatch Farms now! This is a versatile veggie—it can be sautéed, grilled or baked with very tasty results. Try out the recipe above for a classic eggplant experience.

Lemon Cucumbers — Are these the most fun cucumbers or what!? They look like lemons—hence the name—but taste like tender, thin-skinned, super tasty cucumbers.

Crop Failures—Each year we plan on certain crops with our growers that for one reason or another just don't pan out. This year at various points we have had crop failures for Swiss chard, radishes, beets, peaches, bulb onions, spinach and sweet corn. That's just the way it goes with farming, sometimes all of the variables conspire against you. But that's the beauty of growing multiple crops, and having many farms in our CSA. When one crop fails, we see what's growing and fill in with another tasty type of produce. Nothing ever actually goes according to plan, but it all seems to work out in the end!

Visit our **Facebook** page for these tasty links:

ROASTED JALAPENO
POTATO SALAD

BLUEBERRY CUCUMBER
SMOOTHIE

[www.Facebook.com/
HighAltitudeHarvest](http://www.Facebook.com/HighAltitudeHarvest)

JALAPENO CHOCOLATE CHIP COOKIES

This recipe sounds like too much fun! Reminds us of chili chocolate bars... spicy and sweet.

INGREDIENTS

12 tbsp. (1½ sticks) unsalted butter, room temperature
¾ cup granulated sugar
¼ cup firmly-packed dark brown sugar
1 large egg, room temperature
1½ tsp. vanilla bean paste or vanilla extract
1¾ cups all-purpose flour
½ tsp. baking soda
½ tsp. kosher salt
2 cups extra dark chocolate chips or semi-sweet
4 jalapenos, seeded, diced small



DIRECTIONS

Preheat oven to 350 degrees. Line two baking sheets with parchment paper; set aside. In a medium bowl, sift together flour, baking soda and salt; set aside. In a large bowl, add butter, granulated sugar, brown sugar and beat until creamy. Beat in one egg until combined. Beat in vanilla until combined. Slowly add flour mixture until well combined. Stir in chocolate chips and jalapeno. Take about a heaping teaspoon of dough and place 2" apart on prepared baking sheet. Bake in oven for 8 - 10 minutes, just until lightly browned around the edges. Let cool on baking pan for 2 minutes and place on a rack to cool completely. Store in an airtight container for up to a week or freeze for up to 3 months.

Source: peanutbutterandpeppers.com