



HIGH ALTITUDE HARVEST

Community Supported Agriculture

August 19, 2015 —

Thankful Living at Sasquatch Farms by Emily Bryant

The sound of shuffling hooves and cracks of leaves stir me from my sleep. The bellows of the deer outside my window are soft, they tell me the night was a peaceful walk. Canadian geese soar as arrows in the sky, encouraging one another to keep form. While squirrels quarrel and bark in the morning dew, waking the rest of the sleepy bunch here at Sasquatch Farms.

Boy have the temperatures been dropping this week! The sun has been taking an extra couple of seconds to catch up on rest too it seems. Our cucumber tops have suffered a bite of frost, but things have been blooming out from every corner this whole summer! Our gardens have been producing all sort of abundance; the most it has ever seen in fact!

The summer temperatures were extreme but our plants have been going strong! Our lettuce mix was a big hit, along with a steady production of eggplants, leeks, and peppers from the greenhouses. The squash, fava beans, green onions, peas, and sunflowers have all served our farm proudly too! Most of our radishes however, bolted from the heat and were not the quality we had hoped for this year. Tomatoes and carrots too have been slowing down their growth rates, making this CSA harvest a bit of a disappointment on our end. We plant according to the known dates of germination to maturity of every seed within our field. Unfortunately, with the unpredictable weather patterns and even slight but consistent smoke, these small "natural"

mishaps are big factors in this agricultural equation. Besides the successes and small failures of the whole summer, I can surely say that I cannot wait for the new corn, oat, and peanut harvest headed our way!

The pumpkins and blue Hubbard squash are making their way through their vines, just teasing us with the hues of the fall promising colors! This is truly an exciting time of the year - when the fair is done, the hottest days are over, and now I can start to think and plan out the fall and winter months with preserving our summer favorites by canning and dehydrating. Sowing in seeds of collards, Brussels sprouts, and other winter hardy greens; it reminds me of the times my father would take me down to the garden, right before school started. He would hand me the seeds saying, "The best way to keep your head clean is to get your hands dirty—now go get 'em angel!"

So much to be thankful for here at Sasquatch Farms, so many inspiring and creative ideas to journal out and take note! Thank you CSA members for letting us supply you with the love and knowledge we have to share this summer, and letting us exercise the rights we are so thankful for! From our farm, to your table. God bless.



The artfully constructed gate into Sasquatch Farms' gardens

Full Share

- Basil
- Blackberries
- Tomatillos
- Royal Gala Apples
- Kale (dino, white Russian or curly green)
- Strawberries
- Summer Squash
- Eggplant
- Potatoes
- Sweet Corn

Half Share

- Carrots
- Green & Lemon Cucumbers
- Royal Gala Apples
- Head Lettuce
- Green Bell & Jalapeno Peppers

What Grows Where

BIKE BASKET GROWERS

tomatillos

BLOOMSTONE FARM

potatoes

DAWN GARDENS

blackberries, basil, sweet corn

FIVE FOOT FARM

carrots, eggplant, summer squash, kale, basil, lettuce

GREEN CEDAR FARM

apples

GREENVILLE HIGH SCHOOL

lemon & green cucumbers, green peppers, jalapeno peppers

SASQUATCH FARMS

eggplant

SUNDBERG GROWERS

strawberries

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Bread Share Flavor

olive & roasted red pepper

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Pepita-Tomatillo Dip

Looking for a use for the beautiful tomatillo's from Bike Basket Growers? Try this spicy sweet mole verde! Serve with tortilla chips.

INGREDIENTS

6 fresh tomatillos, husked and rinsed (about 12 ounces total)	Freshly squeezed juice of 2 limes (1/4 cup)
1 cup raw, unsalted pumpkin seeds (pepitas)	2 teaspoons honey
1 medium jalapeño pepper	1/2 cup extra-virgin olive oil
4 cloves garlic	1 cup loosely packed cilantro leaves
	Kosher or sea salt



DIRECTIONS

Position the top oven rack 4 to 6 inches from the broiler element; preheat the broiler. Place the tomatillos on a small baking sheet. Broil until their skins are lightly charred, 5 to 8 minutes, turning them over about halfway through. Toast the pumpkin seeds in a large, dry skillet over medium heat for 2 to 4 minutes, until the seeds pop and turn golden brown. Remove from the heat and let cool. Stem, seed and coarsely chop the jalapenos, reserving the seeds. Combine the chopped jalapenos, charred tomatillos and pumpkin seeds in a food processor or blender. Add the garlic, lime juice, honey, oil, cilantro, and salt to taste; puree until blended yet still slightly chunky. Taste, and add some of the reserved jalapeno seeds if you prefer a spicier flavor. Scrape into a serving bowl or airtight container and refrigerate for up to 5 days.

Source: adapted from www.washingtonpost.com

JALAPEÑO MAYONNAISE

Ingredients

1/2 cup plus 2 tablespoons mayonnaise	1/2 teaspoon minced garlic
1 or 2 jalapeno pepper(s), stemmed, seeds removed and finely chopped	1/4 teaspoon salt
1 teaspoon lime juice	1/8 teaspoon dried crushed oregano



Directions

Place all of the ingredients in a small bowl and whisk to blend. Transfer to a clean container and refrigerate until ready to use or serve.

Source: www.foodnetwork.com

CHOCOLATE AND YOGURT ZUCCHINI BREAD

With squash season in full swing, it may be time to branch out a little. And remember, you can grate and freeze zucchini for use later. For a recipe like this you would thaw the zucchini first and then give it a squeeze before adding to the batter.

Ingredients

2 eggs	1½ cups flour	1 teaspoon vanilla extract
1 cup sugar	⅓ cup cocoa powder	3 cups grated and squeezed zucchini
½ cup olive oil	1½ teaspoon baking powder	1 cup chocolate chips, ¼ of it for topping
½ cup yogurt	¼ teaspoon salt	

Preheat oven to 350 degrees. Grease 2 loaf pans (8½ x4½ inches) and set aside. In a large bowl, beat eggs and sugar. Add in olive oil, yogurt, and vanilla and mix well. Mix flour, cocoa powder, salt, and baking powder in a bowl and sift into the wet mixture. Stir until smooth, but don't overdo it. Add in grated zucchini and stir just until it is coated with the batter. Put ¼ cup of chocolate chips aside. Sprinkle a little flour over the rest of it and fold in the batter. Don't over mix it. Pour the batter into the pans. Top each with the chocolate chips and bake for one hour. Let it cool completely before slicing and serving.

Source: adapted from: www.giverecipe.com