



HIGH ALTITUDE HARVEST

Community Supported Agriculture

August 20, 2014 —

Sheep Dreams

By Yarn Share producer Lorraine Nielsen of Shear Bliss at Four Winds Farm.

When I first began dreaming of raising sheep 15 years ago I was not thinking much beyond my fiber interests as a handspinner and fiber artisan. My now 8-year journey with sheep has led me beyond my wildest spinning dreams, deep inside questions and challenges of responsible agriculture, issues of global economics, and the ethics of textiles.

Through participation in agricultural events and in discussions with other farmers I have deepened my understanding of sustainability and renewable resources and have come to see my fiber pursuits in a larger context, as part of an agricultural community that values the partnership of farmers and consumers, and fosters environmental and cultural responsibility.

Amazingly, just as there are heirloom tomatoes, there are heritage sheep. My flock of Jacob sheep is contributing to the preservation of a heritage breed, relatively unchanged for thousands of years. Unfortunately, most of the conventional wool market involves modifying the animals' traits for speed, convenience, and profit.

Increasingly, we are becoming disconnected with the sources of things we use every day. We have come to expect inexpensive, uniformly-made goods without considering the high costs to those involved in making these goods, and the toll on the environment.

My personal challenge has been to do the entire process and creation with fiber by hand, from raising the sheep to washing and spinning the wool, to

making a lasting product. Each of my creations comes from a particular sheep and hours of loving work with his or her wool. I see my sheep as my partners, not as commodities; I take care of their needs for food, safety, and attention; they take care of the land and gift me their wool. In addition, the natural dyes I use are from my dyer's garden or from responsibly-gathered forest finds.

My further explorations of the fiber world exposed me to the concept of a fibershed. Fiber systems, like food systems, are dependent upon agricultural processes that now face climate challenges and can adversely affect the environment. For decades the textile industry has grossly polluted fresh water resources, and workers worldwide have faced immense health challenges from synthetic fibers and dyes and the pesticides used in growing many fibers, all to serve an insatiable desire for fashion.

With the creation of the **Feather River Fibershed** I have begun efforts to raise awareness of these issues, as well as highlight the abundance of our local mountain landscape. I hope to foster a conscientious bioregion that supports local fiber producers, users and appreciators. Through my participation in HAH, offering handspun Jacob wool yarn as a "knitter's share," I hope to bring another dimension to the ideals of sustainability and of building community relationships.



Read more about Shear Bliss and Feather River Fibershed at www.fourwindswool.com

Full Share

- Warren Pears—see note on back
- Spring Mix
- Summer Squash
- Cherry Tomatoes
- Basil
- Cucumbers, Lemon & Green
- Garlic
- Blackberries
- Green Bell Peppers

Half Share

- Warren Pears—see note on back
- Summer Squash
- Carrots
- Slicer Tomatoes
- Green Onions
- Carmen Peppers (not hot!)

What Grows Where

DAWN GARDENS

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

FIVE FOOT FARM

green onions, summer squash

GREEN CEDAR FARM

warren pears

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, green bell peppers

SIERRA VALLEY FARMS

spring mix, carrots

SASQUATCH FARMS

garlic

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Bread Share Flavor

Sundried Tomato, Walnuts & Blue Cheese

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Thank you for returning the little baskets from your shares!

Pasta with Peppers, Squash, Sausage & Tomatoes

INGREDIENTS

Coarse salt
3/4 pound rigatoni pasta
2 tablespoons extra-virgin olive oil
1 pound sweet or spicy Italian sausage, casings removed
1 bell pepper, cut into 1/4-inch strips
1 small yellow squash, cut into 1/4-inch rounds
1 pint cherry tomatoes, halved
Red-pepper flakes
Grated Pecorino Romano, for serving

DIRECTIONS

In a large pot of boiling salted water, cook pasta according to package instructions. Reserve 1/2 cup pasta water, then drain. Meanwhile, in a large skillet, heat 1 tablespoon oil over medium-high. Add sausage and cook, breaking apart with a slotted spoon, until cooked through, about 6 minutes. With slotted spoon, transfer sausage to a bowl. Add 1 tablespoon oil and bell pepper to skillet and cook, stirring occasionally, until browned in spots, 6 minutes. Add squash and half the tomatoes; cook 1 minute. Add 1/4 cup pasta water and cook until tomatoes soften, 4 minutes. Return sausage to pan and add remaining tomatoes. Season with red-pepper flakes. Cook until sausage is warmed through and juices thicken slightly, about 2 minutes. Toss with pasta; if necessary, add remaining pasta water to create a light sauce that coats pasta. Serve with Pecorino Romano.

Source: adapted from www.marthastewart.com

Crop Updates

Warren Pears — We had a chat with Frank from Green Cedar Farm this week and learned a bit about the nuances of growing pears. Because of their fragile nature Frank prefers to distribute the pears unripe and teach his customers how to ripen them to perfection at home. This results in much less crop loss due to bruising.



These Warren pears are extremely sweet with exceptional flavor when ripe. Some say they're the best tasting pear *in the world!* They go quite well with wine and cheeses for a decadent snack. They'll need 1 to 3 weeks to ripen.

Instructions from for Warren Pear ripening:

At room temperature allow the green portion of pears to turn golden-yellow. To speed ripening enclose in paper bag with a ripe banana or apple (but don't forget about them in the bag!).

Cucumber Smoothies

Teacher Dan Brown at the Greenville High School garden is providing us with a beautiful bumper crop of cucumbers this year. Throw some in a blender and let 'er rip!

CUCUMBER AND MELON SMOOTHIE

½ ripe cantaloupe
1 cucumber
1 cup watermelon
1 tsp lime juice
1 cup leafy green (spinach or kale)
1 cup water
Ice as needed

CUCUMBER BLUBERRY SMOOTHIE

2 large garden cucumbers, peeled, seeded, and cut into chunks
1 cup low-fat vanilla yogurt
1 cup frozen blueberries
1–2 Tbs. honey or agave nectar
1 Tbs. lemon juice

Source: <http://www.all-smoothie-recipes.com>
& www.vegetariantimes.com

Peppers — Hot or Not?

The **Carmen Peppers** in this week's Half Shares are coming from the Dawn Gardens. These peppers aren't hot at all; they're a thin walled pepper that has 0 Scoville units (the measurement for heat in peppers). Carmens were developed to bear fruit under cooler growing conditions, and true to form they're prolific here in our mountain climate.

We also have **Green Bell Peppers** from the Greenville High School garden, also not hot at all. Later in the season we'll have **Jalapenos** coming in too, which are the only spicy peppers we include in our shares.