



August 22, 2012 —

Dawn Garden intern Amy Winzer recently visited the Greenville High School garden, our trusty cucumber and pepper producer. Read on for her account of this unique farm.

Garden-based education can be a powerful medium for environmental and social studies. In addition to being introduced to basic principles of ecology, students begin to understand where food comes from and how it's grown. Gardens provide a space for students to unwind, clear their minds, process what they've learned in the rest of their classes and cultivate their observational learning skills. It's not surprising that many students thrive when they dig into hands-on garden learning.

Because of their educational nature, school gardens can tend to be less than abundantly productive. On a recent visit to the Greenville High School garden, I found this to be far from the truth for one of our more unique CSA contributors. Thanks to Mr. Dan Brown - GHS' woodshop, garden and math teacher as well as volleyball coach - the garden is lush with growth. Cucumber vines spill over many of the 20 neatly laid out, well-crafted raised beds, while others are

full of herbs or other veggies.

On our way to the garden, Dan showed me the GHS shop where he and his industrious students crank out projects like auto-venting cold frames and an impressive pole shade structure that houses dozens of native plants. When school is in session, about a dozen students heave hoe in the garden for one class period per day. In the summertime, Dan takes on the care of the garden and stays on top of the plentiful harvests, occasionally enjoying the company of his own two children.

With the exception of the HAH CSA, Greenville High School's garden produce is marketed no more than a stone's throw away—to its campus restaurant and Lupines Natural Foods across the street. Way to stay local, GHS gardeners! Anyone have a guess as to the carbon footprint of walking a sack of cucumbers across the street?

Dan pronounced his only limitation is space, and described his dream of expanding the garden to almost double its current size. Dan envisions a more self-sufficient Plumas County, recognizing the potential for our communities to sustain themselves in many ways. He hopes to someday provide produce for all of the public schools in the district. With his focused ambition, enthusiastic drive and support from the community, I think he could pull it off. Somebody get this man some acreage!



Raised beds at the Greenville High School garden

Full Share:

- Blueberries
- Asian Pears
- Summer Squash
- Sunflower Sprouts
- Cherry Tomatoes
- Basil
- Carrots
- Spring Mix
- Blackberries
- Head Lettuce
- Jalapeno Pepper

Half Share:

- 8 Ball Zucchini
- Potatoes
- Lemon Cucumber
- Spring Mix
- Green Peppers
- Garlic
- Asian Pears

What Grows Where:

DAWN GARDENS

basil, summer squash, cherry tomatoes, blackberries, green peppers, head lettuce

GRASSFED GARDENS

sunflower sprouts, potatoes

SIERRA VALLEY FARMS

spring mix

HANSEN FARM

carrots, 8 ball zucchini

GREEN CEDAR FARM

blueberries, Asian pears

SWANN GARDENS

tiger tomatoes

GREENVILLE HIGH SCHOOL

green peppers, jalapenos, cucumbers, garlic



Bread Share Flavor:

Cheese & Herbs



Creamed Corn with Jalapenos

This recipe looks very easy *and* very tasty! Good old Martha Stewart says, "If you don't want this dish to be too spicy, use only the flesh of the jalapenos and discard the seeds, which hold most of the heat in the pepper."

INGREDIENTS

2 tablespoons butter	1/2 cup heavy cream
1 shallot, minced	1/3 cup water
1 jalapeno, minced (discard seeds for less heat)	2 ounces Monterey Jack cheese, grated
2 10-ounce bags corn kernels (or fresh if you have it)	1/2 teaspoon salt

DIRECTIONS

1. Melt butter in a heated large skillet over medium heat. Add shallot and jalapeno. Sauté for 2 minutes.
2. Puree 1/2 bag of corn in food processor or blender. Add pureed corn and remaining frozen corn to pan. Add cream, water, and cheese. Stir and cook until cheese is melted, about 2 to 3 minutes. Season with salt and serve warm.

Source: www.MartthaStewart.com

CROP Updates

Broccoli Raab — The unlisted mystery vegetable in last week's full shares was broccoli raab. It was a last minute surprise delivery from Sierra Valley Farms, and we were glad to have it. Broccoli raab is kind of like a cross between a cooking green and broccoli, though it's actually closely related to the turnip. The florets and the leaves are the edible part of the plant. Though seen less often here in the US, this is a common veggie in Italy, Spain, Portugal and many other countries. We highly recommend using it on homemade pizza with summer squash — it's amazing!

Check out the HAH Facebook page for:

Tips on figuring out the hotness of Jalapeno Peppers

facebook.com/HighAltitudeHarvest

CHOCOLATE-ZUCCHINI CAKES WITH WALNUTS

It's time to get a little naughty with this year's abundance of summer squash!

- 1/2 cup (1 stick) unsalted butter, melted and cooled
- 1 cup sugar
- 1 large egg
- 24 walnut halves
- 1 cup all-purpose flour
- 1 cup finely grated zucchini (from 1 medium zucchini)
- 1/4 cup unsweetened cocoa powder
- 1/2 cup (3 ounces) bittersweet chocolate, chopped, or chocolate chips
- 3 tablespoons sour cream
- 1/2 teaspoon coarse salt
- 1/2 teaspoon pure vanilla extract
- Nonstick cooking spray

Preheat oven to 350 degrees. In a large bowl, stir together butter, sugar, salt, and egg until combined. Add vanilla, zucchini, and sour cream and stir until incorporated. Sift flour and cocoa powder into bowl and stir until combined. Stir in chocolate.

Spray two mini muffin pans with cooking spray. Fill each cup with 2 tablespoons batter and top with a walnut. Bake until a toothpick inserted in center of a muffin comes out clean, 15 to 17 minutes. Let muffins cool slightly in pans on wire racks before serving.

Source: www.MartthaStewart.com

Cucumber, Tomato & Feta Salad

"This refreshing salad pairs perfectly with grilled lamb."

- 6 cups coarsely chopped cucumbers (about 2 lbs total)
- 2 large tomatoes (about 1 pound total), coarsely chopped
- 1 bunch scallions, chopped
- 1 cup assorted pitted olives, halved
- 1 7-ounce package feta, crumbled, divided
- 1/2 cup coarsely chopped fresh mint
- 6 tablespoons extra-virgin olive oil
- 1/4 cup fresh lemon juice
- Kosher salt and freshly ground black pepper

Combine cucumbers, tomatoes, scallions, olives, half of the feta, and mint in a large bowl. Whisk oil and lemon juice in a small bowl; season dressing with salt and pepper. Pour dressing over salad; toss to coat. Sprinkle remaining half of feta over the top and serve.

Source: www.epicurious.com