



HIGH ALTITUDE HARVEST

Community Supported Agriculture

August 26, 2015 —

Being the Change

by Brian Sundberg of Sundberg Growers

Mahatma Gandhi said, "Be the change you wish to see in the world." Living in a time where so much on a global scale needs to be changed, I - Brian Sundberg, CEO of Sundberg Growers - have always believed in this quote. Films like "GMO OMG," "Food, INC.," and "Food Chains" address important issues around food, like the environmental impacts of GMO's; the dangers in overpopulated stock yards; human health concerns related to both; food insecurity; and the impacts down the line as it concerns labor conditions and poor wages.

It would be easy to feel overwhelmed by the doom and gloom of it all. Instead, I am motivated, impassioned, and choose to farm. Being a small town local farmer that uses organic methodology, I can address the above issues as well as others like the carbon footprint created by large scale trucking of big ag products. I cannot solve the entire world's problems, but I can send out ripple effects and create change in these areas.

There is other "change" that is happening on a sub layer of our local food movement. Here in Plumas and Sierra County we are doing something that is almost unheard of in many parts of the United States and the world at large. Whatever the issues are that cause segregation of any kind in other places, even other pockets of our community, does not happen

amongst our army of farmers that has been created. Men and women work side by side holding each other up as equal partners in the trenches of farm life. The same can be said for race, age, class, and religion. We are all just farmers and the synergy amongst us all will also send out ripple effects into the world. I am proud to be a part of this change as well.

Sundberg Growers is currently in its fourth year. We provide nursery plant starts to Quincy Natural Foods and other stores within the Plumas County area. We also have two fields of strawberries. Our strawberries make their way into your CSA shares, Quincy Natural Foods, and many of the local bakeries. As CEO I have recently decided to make entrepreneurial farming my full time devotion. We will be expanding little by little, so stay tuned as we prepare to be a major driving force in this community's foodshed. Thanks for reading and for your support of High Altitude Harvest. Farm on!



Presley and Brian with the fruits of their harvests

Full Share

- Blackberries
- Chard
- Lemon Cucumbers
- Eggplant or purple Iko Iko Peppers
- Apples
- Green Onions
- Jalapenos
- Green Bell Peppers
- Strawberries
- Summer Squash
- Carrots

Half Share

- Basil
- Apples
- Kale
- Tomatillos
- Carrots
- Corn

What Grows Where

BIKE BASKET GROWERS

tomatillos

DAWN GARDENS

blackberries, basil, sweet corn

FIVE FOOT FARM

carrots, eggplant, purple peppers, summer squash, kale, chard, green onions

GREEN CEDAR FARM

apples

GREENVILLE HIGH SCHOOL

lemon cucumbers, green bell peppers, jalapeno peppers

SASQUATCH FARMS

carrots

SUNDBERG GROWERS

strawberries

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Bread Share Flavor

feta, asiago and herb

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Pork Chili Verde

Pork, peppers, tomatillos, and herbs come together to create a hearty dish fit for sharing with friends.



INGREDIENTS

4 pounds pork butt or shoulder, trimmed of fat and cut into 2-inch cubes	2 -3 jalapenos, seeds removed, and finely chopped
2 teaspoons salt	3 garlic cloves, peeled and finely chopped
1 teaspoon freshly ground black pepper	1 pound fresh tomatillos, quartered
2 tablespoons vegetable oil	1 tablespoon dried oregano
3 yellow onions	2 teaspoons ground cumin
2 green bell peppers, cut into 1-inch cubes	2 bay leaves
2 Anaheim or Poblano chiles, cut into 1-inch cubes	1 bunch cilantro leaves, cleaned and chopped (reserve some for garnish)
	4 cups chicken stock

DIRECTIONS

Season the pork meat generously with salt and pepper. Heat oil in a heavy-bottomed skillet over medium high heat and brown pork chunks well in small batches, on all sides. Lift pork out of pan and place in a wide soup pot. Discard fat and place the onions and peppers in the same skillet and sweat over moderate heat, stirring occasionally until limp, about 5 minutes. Add all of the chiles and cook an additional 3-4 minutes, then add the garlic and cook 1-2 minutes more.

Add the sautéed vegetables, chopped tomatillos, dried herbs and cilantro to the meat, cover with the chicken stock and bring up to a boil and then reduce to a slight simmer. Cook for 2-3 hours uncovered or until the pork is fork tender. Garnish with fresh cilantro, lime wedges, and sour cream if desired. Serve over rice.

Source: adapted from www.foodnetwork.com

VOLUNTEER GLEANERS NEEDED!

Volunteers are needed for a multi-farm gleaning day in Quincy this coming Sunday, August 30th starting at 6am (farmer hours!). Gleaners will help harvest fruits and vegetables for donation to community members in need. Farms visited will include our very own HAH growers, so this is a great chance to hobnob with your farmers!

The Plumas-Sierra Community Food Council, Plumas Farmers' Guild, and Plumas County Public Health Agency are partnering to organize the event, and all gleaned produce will be donated to the C.A.N. Food Bank. This event is part of the "Save-a-Row" program of the Plumas Farmers' Guild.

If you would like to participate please contact Zach at zachrevne@countyofplumas.com or (530) 283-6366. Maps, instructions, and other details will be provided to everyone who registers.

This is a great effort to make good food accessible to **all** community members. Hope you join us!

KALE CAESAR SALAD

Kale is always a winner sautéed, but if you're looking for a new kale experience try this recipe. The green is surprisingly satisfying as a salad. Leaves can also be "massaged" with dressing to soften them up a bit. Enjoy!

Ingredients

1/4 cup mayonnaise	1 teaspoon Dijon mustard
1/4 cup finely grated parmesan	Salt and black pepper
2 tablespoons fresh lemon juice	1/2 bunch kale, stems removed & leaves chopped
2 tablespoons olive oil	2 hardboiled eggs, chopped
1 teaspoon Worcestershire sauce	1/4 red onion, thinly sliced



In a large bowl, whisk together the mayonnaise, Parmesan, lemon juice, oil, mustard, Worcestershire, 3/4 teaspoon salt, and 1/4 teaspoon pepper. Add the kale, eggs, and onion and toss to combine.

Source: www.realsimple.com