



HIGH ALTITUDE HARVEST

Community Supported Agriculture

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Farm and Family

by Elizabeth Powell, HAH Coordinator and Five Foot Farmer

With a baby on the horizon for our family, I have become increasingly aware of my farming schedule. Summertime has always meant keeping crazy hours—seven days a week, with plenty of early mornings and late evenings. There are so many tasks to juggle, and the plants don't go on vacation—you can't skip a Sunday watering or beg off on the zucchini harvest without consequences. These beloved plants of ours are really just acres of needy babies, fully dependent on their farmers every day of the season. But we know this going into each summer, that the farm will never be far from our thoughts, hands or hearts for 9 months of the year. This high intensity relationship is a comfortable sort of co-dependent thing between a farm and farmer—it's just what you do, it's your life.

But what happens when a competing baby comes on the scene? That's what has been on my mind this season. My normal farm schedule is 50+ hours a week in the field, split up into morning and evening shifts to avoid the heat of the day. The land is lovely to be at during the cool of the morning and evening, but I think this schedule may have to go next year. My husband Gabe is super understanding about the demands of the farm, but it wouldn't sit right to ask him, "Hey, honey, do you mind just taking care of this whole child rearing

thing while I'm at the farm?" So next year I think I'll consolidate evening shifts into a longer day shift, so we can have family time at night. Other farmers do this in hot climates like ours—they dress in light clothes, drink lots of water and toughen up.

As on many farms, our watering schedule makes it hard to get away on the weekend—I still end up doing a shorter morning shift on Sundays to keep the plants happy. Our irrigation normally runs for about 5 hours a day, and 3 hours on Sunday. But if we bite the bullet and invest in a larger pump next year, we would be able to pump faster and run more zones at once, reducing our watering time and making some Sunday getaways more possible.

Scheming like this is an effort to avoid farm burnout. The love affair that we have with our farms is fantastic, but it does come at a cost. No summer vacations, limited quality time with friends and family, and not much money to show for plenty of hard work. Once our kiddo comes onto the scene the farm is going to have some competition for my time, and strategizing about how to make the farm a net asset to our new family is my challenge.

If we can find enough of a balance, I hope that we can raise a productive farm and a happy farm-grown kiddo—one who gets dirty, munches on carrots in the field, and understands that healthy food is our link to healthy land. It might just be a beautiful way to grow up.

Fall Share

- Carrots
- Beets
- Lemon Cucumbers
- Eggplant or Mesclun Mix
- Basil
- Garlic
- Slicer Tomatoes
- Strawberries
- Asian Pears
- Mixed Fruit

Half Share

- Summer Squash
- Green Cucumbers
- Jalapenos
- Cherry Tomatoes
- Slicer Tomatoes
- Asian Pears

What Grows Where

BLOOMSTONE FARM

garlic

DAWN GARDENS

cherry tomatoes, summer squash, basil

FIVE FOOT FARM

summer squash, beets

GREEN CEDAR FARM

Asian pears, figs, apples, French sugar plums

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, jalapenos

SASQUATCH FARMS

carrots, tomatoes, mesclun mix, eggplant

SHOOFLY FARM

tomatoes

SUNBERG GROWERS

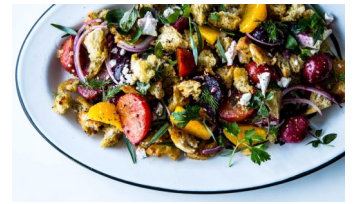
strawberries

Bread Share Flavor

Fig and Walnut

Beet and Rye Panzanella

Panzanella is a type of Tuscan salad traditionally made with anchovies, chopped salad vegetables, and bread soaked in dressing. This recipe's author says, "Use whatever bread you have lying around, but we like the earthy flavor combo of rye and beets."



INGREDIENTS

1½ pounds small beets, any color, scrubbed (about 10)
½ small red onion, thinly sliced
3 tablespoons white wine vinegar, plus more for serving
Kosher salt
½ loaf rye bread, crusts removed, torn into 1-inch pieces (about 6 cups)

4 tablespoons olive oil, divided, plus more for serving
Freshly ground black pepper
1 large orange
4 ounces ricotta salata (salted dried ricotta), crumbled
1 cup torn fresh herbs (like dill, parsley, tarragon, and mint)

DIRECTIONS

Preheat oven to 425°. Place beets in a shallow 2-qt. baking dish and add water to come ½" up sides. Cover dish tightly with foil and bake beets until tender and a paring knife easily slides through flesh, 45–60 minutes. Let cool slightly. Meanwhile, toss onion, 3 Tbsp. vinegar, and a pinch of salt in a small bowl to combine; set aside. Toss torn bread and 2 Tbsp. oil on a rimmed baking sheet to coat; season with salt and pepper. Bake, tossing once, until bread is golden brown and crisp around edges, 8–10 minutes; set aside. Rub beets with paper towels to remove skins, then halve (or quarter if large) and place in a large bowl; add onion with liquid. Using a small sharp knife, remove peel and white pith from orange. Working over bowl with beets, cut between membranes to release segments into bowl. Squeeze membranes to release juices; discard. Add reserved toasted bread and 2 Tbsp. oil and toss to combine. Let sit a few minutes for flavors to meld. Just before serving, fold in ricotta salata and herbs, drizzle with more oil and vinegar, and season with salt and pepper.

Source: www.bonappetit.com

CROP UPDATES

Tomatoes — We are grateful to feel rich with tomatoes this year! Thanks to the good work of Shoofly Farm and Sasquatch Farms we have more juicy, ripe tomatoes than ever before in our CSA shares. This isn't an easy crop for our mountain climate—the plants require babying throughout the season to get a early, plump and abundant harvest, but these farmers have totally nailed it this year. Lovely work!

MOROCCAN-SPICED COLD TOMATO SOUP

"North African spices combine with a touch of honey and lemon in a refreshing summer soup." This recipe originally calls for canned tomatoes, but fresh will be even better!



INGREDIENTS

1 small onion, chopped
2 tablespoons olive oil
1 teaspoon paprika
1/4 teaspoon ground ginger
1/4 teaspoon ground cumin
Scant 1/4 teaspoon ground cinnamon
1 pound coarsely chopped tomatoes, juices reserved

1 3/4 cups chicken broth (14 fluid ounces)
2 teaspoons honey
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh cilantro
1/2 teaspoon fresh lemon juice, or to taste
Garnish: lemon slices

DIRECTIONS

Cook onion in oil with spices in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until onion is softened and begins to brown, 4 to 5 minutes. Add chopped tomatoes to onion mixture with reserved juices, broth, honey, 1 tablespoon parsley, and 1 tablespoon cilantro, then bring to a boil. Transfer soup to a metal bowl set in a larger bowl of ice and cold water. Cool soup, stirring occasionally, until cold, 15 to 20 minutes. Stir in lemon juice and salt and pepper to taste, then stir in remaining parsley and cilantro.

Source: epicurious.com