



HIGH ALTITUDE HARVEST

Community Supported Agriculture

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Wildly Wealthy with Flowers

by Michele Adams, Dawn Gardens

Flowers have always seemed to be miraculous proof of the riotous and divine nature of life. My grandmother always raised a wide array of colorful begonias, sweet peas, fushias, orchids and ferns. Although she also raised five children, worked as a waitress and was an amazing cook, she was never too busy for her gardens. Both my grandparents were very hard working people but as a child they struck me as wildly wealthy because they lived near the sea surrounded by luxuriant plant life.

I've been growing flowers for market for about twenty years now. Harvesting and arranging them gives me a quiet thrill every single time. They help me to slow down and deeply pay attention to the beauty that permeates the natural world. My grandmother would be pleased to know that they now contribute to me feeling "wildly wealthy" too. Such abundance of color and form is hard to beat!

So many flowers grow well here in Plumas. I've enjoyed the steadfast annual performers such as larkspur, asters and zinnias along with lots of hardly perennial souls such as veronica and dianthus that amaze with their casual attitude about ten degree winter nights and subdued sunlight. Most flowers are very gracious and actually thrive with pruning, generating stronger plants and more blossoms.

Speaking of lasting blooms...not to harp, but do keep in mind that snipping the ends and changing the water frequently are the best ways to get as much possible life from those plucked

wonders. A titch of lemon provides the acidity that helps flowers take up water, but is not absolutely necessary unless you have very alkaline water. No direct sunlight is best unless you're willing to lose a few days of flower perk.

From what I've read, Europeans are great fans of fresh flowers throughout the house and their bias has a practical benefit too! I've distracted many discerning visitors from noticing I'd rather weed than dust by placing bouquets in eye catching locations. "Look at those flowers!!" they exclaim and I think: "Yes....please do!!" Obviously I'm biased, but to me flowers bring joy as well as color and beauty into any space. It's impossible to be sad when looking into the face of even the most humble flower.

I personally think it's important to buy organically grown flowers because most commercial flowers are heavily sprayed with herbicides and pesticides. If they're grown out of country then they are also sprayed at the border. Even if you don't mind the residue on your flowers, it's another way that we're polluting our water and destroying our soils. Such an un-flower thing to do! Plus there's absolutely no need for it. I literally never have pest problems.

Thank you again CSA flower buyers! It's because of you and your love of beauty that I get to spend so much time harvesting and arranging these little wonders. I deeply appreciate your support of my obsession!



Full Share

- Blueberries
- Potatoes
- Chives
- Carrots
- Eggplant
- Green Cucumbers
- Peaches
- Spring Mix
- Green Bell Pepper
- Bok Choy
- Thyme

Half Share

- Blueberries
- Basil
- Carrots
- Lemon Cucumbers
- Summer Squash
- Tomatoes

What Grows Where

BLOOMSTONE FARM

potatoes

DAWN GARDENS

chives, basil

FIVE FOOT FARM

carrots, eggplant, summer squash, bok choy

GREEN CEDAR FARM

blueberries, peaches

GREENVILLE HIGH SCHOOL

lemon & green cucumbers, green peppers

SASQUATCH FARMS

spring mix

SHOOFLY FARM

tomatoes, thyme

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Bread Share Flavor

Cinnamon, raisin & nuts

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Ratatouille

This Middle Eastern dish is perfect for using a variety of mid-summer herbs and veggies to create a delicious and satisfying meal. There are many versions of ratatouille. This recipe does not call for summer squash but you could add some late in the sauté if you'd like!



INGREDIENTS

¼ cup olive oil	1 teaspoon chopped fresh thyme
2 cloves garlic	1 teaspoon chopped fresh marjoram (or ¼ t. dried) optional
2 bell peppers	pinch of chopped rosemary (fresh or dried)
2 shallot, 3 green onions, or 1 onion	1 teaspoon salt
2 or 3 small eggplant	1/8 teaspoon black pepper
2 T chopped fresh basil	5-6 small tomatoes quartered

DIRECTIONS

In a large heavy bottomed pot with a lid, heat 4 tablespoons of olive oil over medium heat. Add 2 cloves of chopped garlic. Continue cutting and adding as you go: sliced or chopped bell peppers, chopped onion, sliced eggplant (do not peel). Give a good stir. Add herbs, salt, pepper, and tomatoes. Cover and cook slowly until vegetables are tender. Serve with rice.

Source: Karen's Mom

ZUCCHINI NOODLES WITH ANCHOVY BUTTER



Raw, fresh summer squash cut into ribbons (they even make a special tool for this!) is a surprisingly delightful pasta alternative. Heating and partially cooking the squash in the anchovy butter in a skillet before serving is another option.

Ingredients

4 tablespoons (1/2 stick) unsalted butter
6 oil-packed anchovy fillets
2-3 large zucchini, thinly sliced into noodle-like ribbons with a vegetable peeler or mandolin (about 6 cups)
1/2 cup grated Parmesan
1 teaspoon crushed red pepper flakes

Melt butter in a small saucepan over medium heat. Add anchovies and cook, breaking them up with a wooden spoon, until dissolved, about 4 minutes. Add red pepper flakes and stir well. Top zucchini/summer squash ribbons with anchovy butter and Parmesan. Serve immediately.

Source: adapted from www.epicurious.com

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5 JAPANESE EGGPLANT RECIPES
(Including Eggplant Green Curry
& Grilled Eggplant with Tahini Sauce!)

www.Facebook.com/HighAltitudeHarvest

Crop Updates

Blueberries: Every year we fall in love with Green Cedar Farm's blueberries, then get our hearts broken when the harvest season ends. Frank and Sally have let us know that this is our final week of blueberries for the year. Just under 11 months 'til they come around again!

Potatoes: Thanks to BloomStone Farm we have the first potatoes of the season coming in this week. Thanks to farmer Sarah for all that good tuber digging!

Thyme: Shoofly Farm is delivering thyme in addition to those lovely tomatoes this week. This herb is an awesome go-to for many dishes you likely already make. It goes great with any egg dish (fried, quiche, scrambled), and it'll make your roasted or scalloped potatoes fragrant and delicious.

Basil: Have you ever noticed that basil is *super* sensitive? This herb hates, hates, hates to get too cold. If you notice it blackening in your fridge it means that the leaves have been damaged by cold temps. Make sure to put it in the warmest section of your fridge—the shelves of the fridge door are often warm spots, as is the front of the bottom shelf.

Japanese Eggplant: This beautiful fruit can be cooked many ways—try grilling, sautéing, or baking thin slices. Eggplant is notorious for having a short shelf life, so use it up fast!