



August 8, 2012 —

*Please enjoy this historical and cosmic foray into the world of the humble beet, courtesy of HAH helper extraordinaire, Jamie Huynh.*

Napoleon started schools for the study of it. Four were found at a Neolithic site in the Netherlands. It gets its taste from geosmin, an organic compound released when cyanobacteria and actinobacteria die. What is it?

The beet, or “blood turnip” as it was once known, has been cultivated since the second millennium BC. It provided an alternative to the tropical sugar cane when, in the mid-18<sup>th</sup> century, the king of Prussia subsidized experiments to develop a sugar beet. This endeavor was so successful that by the late 1800’s half of the world’s sugar came from beetroots.

Beets have also been cultivated for livestock fodder (called mangel-wurzel), dye (from the betalain pigments), to make wine, and of course for consumption of its leaves, stems and roots.

Beets are one of the most boron intensive crops to grow. This is probably due to their ancestor’s (the “Sea Beet”) extensive exposure to salt spray. (There’s a similarity between salt and boron.) Boron also happens to be a rare element (at least in our solar system) because it is produced when charged particles such as protons, hurtling through space, impact another object, producing more protons and neutrons. This occurrence, known as ‘Cosmic Ray Spallation,’ occurs not only in deep space but also in our atmosphere and the upper thirty feet of the Earth’s crust.

Humans have been aware of boron in its earthly form, borax, for thousands of years. Sourced from the deserts in Tibet, it was used as a glaze for pottery in China from 300AD. Later, in the 1700s, boric acid was recognized in hot springs in Italy.

On commercial beet farms this low-abundance element is sprayed on at the rate of just 8.6 ounces per acre. Our local farmers strive to create healthy soils with a good mix of micronutrients, including boron. Way to go Hansen Farm for growing this week’s beautiful beets!



Skip checking the beet crop at Hansen Farm

**Wash It!**

**Our produce is fresh off the farm. Wash before using.**

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*Full Share:*

- Blueberries
- Kale or Chard
- Potatoes
- Sunflower Sprouts
- 8 Ball Zucchini
- Basil
- Beets
- Blackberries
- Spring Mix
- Dill

*Half Share:*

- Blueberries
- Summer Squash
- Carrots
- Turnips
- Spring Mix
- Basil

*What Grows Where:*

**DAWN GARDENS**

kale, chard, basil, summer squash, blackberries

**GRASSFED GARDENS**

sunflower sprouts, potatoes, dill

**SIERRA VALLEY FARMS**

spring mix

**HANSEN FARM**

carrots, 8 ball zucchini, beets

**GREEN CEDAR FARM**

blueberries

**AVALANCHE RANCH**

turnips

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*Bread Share Flavor:*

**Asiago Pesto Swirl**

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## Crispy Turnip Fries

3 pounds turnips  
1 tablespoon vegetable oil

1 teaspoon garlic salt  
1 teaspoon paprika

1/3 cup grated Parmesan cheese  
1 teaspoon onion powder

1. Preheat oven to 425 degrees F. Line a baking sheet with a piece of aluminum foil and lightly grease.
2. Peel the turnips, and cut into French fry-sized sticks, about 1/3 by 4 inches. Place into a large bowl, and toss with the vegetable oil to coat. Place the Parmesan cheese, garlic salt, paprika, onion powder in a plastic bag, and shake to mix. Place the oiled turnips into the bag, and shake until evenly coated with the spices. Spread out onto the prepared baking sheet.
3. Bake in preheated oven until the outside is crispy, and the inside is tender, about 20 minutes. Serve immediately.

Source: IM COOKIN at [www.allrecipes.com](http://www.allrecipes.com)

## Crop UPDATES -

**Fruity** — We're hoping to get one more week of blueberries from Green Cedar Farm, but it'll depend on the weather. There's a chance of pears in the crop forecast from Green Cedar as well. Our fingers are crossed!

**Turnips** — This is Avalanche Ranch's first appearance on the grower list this season. Lindsey and Nils are homesteaders in Indian Valley and are growing a few crops for us this year, along with their own menagerie of goats, chickens, turkeys, pigs, and more!

**Cucumbers** — More green and lemon cucumbers are coming down the pike from Dan Brown of Greenville High School. He's flying solo over the summer, but will soon have a class full of garden helpers to bring in the harvest.

**Potatoes** — They're coming from Grass-fed Gardens right now, with more in line for Half Shares soon. This crop keeps us busy warding off the gophers, bugs and weeds! Later in the season we'll be getting taters from Susan at Harmony Acres in Indian Valley.

Check out the HAH Facebook page for these recipes:

**Basil Lime Sorbet**

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**Zucchini Cobbler**

[facebook.com/  
HighAltitudeHarvest](https://www.facebook.com/HighAltitudeHarvest)

## MASHED TURNIPS

Boil and mash turnips with carrots and caramelized onion. Use a dash of milk, pad of butter and some fresh ground pepper to round out the flavor.

## Spiced Beets

Thanks to HAH member Sharrill for sharing her special pickled beet recipe!

### INGREDIENTS

5 to 6 c. cooked, peeled & sliced or diced beets	2 c. water
1 c. red wine or apple cider vinegar	1 c. sugar
1 tsp. pickling spice	4 tsp. salt

Peel beets after they are boiled. Mix vinegar, water, salt and sugar in a large heavy pan. As it begins to boil, wrap pickling spice in cheese-cloth and steep in mixture for about 8 to 10 minutes until brine is sweet-sour. When desired taste is acquired, remove spices and add prepared beets (cooked and sliced). Let them soak in the brine, refrigerated, at least overnight. When serving, chill beets thoroughly and serve cold. These beets can also be frozen or canned.

## Dill Weed

Dill is an incredible summertime herb with a very distinct flavor. The plant's leaves can be harvested as dill weed—like in this week's full shares—or it can be picked after it has flowered and set seed.

Chop up dill leaves and pair them with these foods & flavors (not all at once):

- |            |               |
|------------|---------------|
| * Potatoes | * Beans       |
| * Lemon    | * Beets       |
| * Poultry  | * Eggs        |
| * Lamb     | * Horseradish |
| * Yogurt   | * Salmon      |