



HIGH ALTITUDE HARVEST

Community Supported Agriculture

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Myth of the Full Time Farmer

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When most beginning farmers start to dream of making a living off the land, we think of full time farming. We think of rising early before the sun, working a long satisfying day, and coming home fulfilled by making an honest living.

What we don't envision is checking emails from your off-farm job with one hand while you're running the tiller with the other. We don't imagine rushing to deliver the harvest to accounts before running home to jump on a conference call (or worse, conference calling from the farm with bad reception and strong winds!). We don't envision feeling fragmented from juggling farm work (which is all-consuming in itself) and off-farm work (which is necessary if you like to do things like pay your mortgage).

But many of us have an ideal that when you're farming full time, when you can finally quit that off-farm job, then you are a REAL farmer. Maybe it means working 60+ hours a week on the farm, but at least your living is coming from that land.

I'm starting to realize that this may be more myth than reality. The Census of Agriculture shows that half of all farmers in the United States have jobs off farm as well. Half! So either those farmers are subsidizing their farms with off-farm income, or they just need more total cash flow for their household. And that's not

counting spouses who have off-farm jobs too, providing fundamentals like health insurance and retirement.

So like it or not, we part time farmers are in good company. I think the ideal of the full time farming lifestyle comes from a deep desire to be able to make a living off the land. Working hard to coax food from the earth is a sort of primal craving. It shouldn't be so difficult to do a job that is as basic and important as feeding people, but our culture has its value system a bit backwards. Even for farmers selling to supportive local markets (like CSA's), running a financially successful small farm feels somewhat akin to being able to lick your own elbow... it seems like it really should be possible, and some special folks can pull it off, but for most of us it's just a dream.

On my farm, given another couple years I may have been able to start pulling a modestly fair paycheck, but we chose to have a wonderful little baby, which slowed my long work weeks and time investment on the farm. So I'm in my own process of re-imagining what it means to be a farmer growing part time. I'm coming to think that maybe real farming is as simple as growing real food for real people.



A real baby helping with a real basil harvest

Full Share

- Swiss Chard
- Lemon Cucumbers
- Green Cucumbers
- Bell Pepper
- Blackberries
- Cherry Tomatoes
- Basil
- Slicer Tomatoes OR Eggplant
- Tomatillos
- Blueberries
- Peaches OR Santa Rosa Plums

Half Share

- Summer Squash
- Cabbage
- Carrots
- Beets OR Armenian Cucumber
- Tomatoes
- Blueberries

What Grows Where

DAWN GARDENS

basil, summer squash, blackberries, cherry tomatoes

GREEN CEDAR FARM

blueberries, peaches, plums

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, bell peppers

FIVE FOOT FARM

carrots, swiss chard, cabbage

FOLLOW YOUR HEART FARM

beets, Armenian cucumbers

SASQUATCH FARMS

tomatoes, eggplant, tomatillos

SHOOFLY FARM

tomatoes

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Bread Share Flavor

padron peppers and parmesan

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Easy Refrigerator Pickles

This recipe's author says, "This Easy Refrigerator Pickles recipe only takes about 5 minutes to prep, and makes perfectly crisp and delicious pickles that you'll LOVE!" You can also try adding sliced jalapenos instead of the red pepper flakes for spice.



INGREDIENTS

1 1/2 cups water	6 large sprigs fresh dill
3 tablespoons white vinegar or apple cider vinegar	1 bay leaf
1 1/2 tablespoons kosher or pickling salt*	(optional) 1/2 tsp crushed red pepper flakes, more/less to taste
2 teaspoons black peppercorns	1 large cucumber, sliced into rounds or spears
4-5 cloves garlic, peeled	

DIRECTIONS

1. Add the water, vinegar, salt, peppercorns, garlic, dill and bay leaf to a large (1-quart) jar — or divide the mixture evenly between two small (1-pint) jars — and stir to combine.
2. Add the sliced cucumbers to the jar(s). Then place the lids on the jar(s), and shake to combine.
3. Refrigerate ideally for at least 2 days before eating, although you can totally dive in before that time. The pickles will keep in a sealed container in the refrigerator for up to 1 week.

Source: gimmesomeoven.com

Crop Updates

ARMENIAN CUCUMBERS

This week some of our Half Shares get to enjoy Armenian cucumbers from Follow Your Heart Farm. These unusual fruits look and somewhat taste like cucumbers, but they are actually a variety of muskmelon. They have a delicate skin and tender innards, so there's no need for peeling or seeding. Ann and Laura at Follow Your Heart Farm like to prepare them simply, just sliced raw and sprinkled with a little seasoned rice vinegar—delicious!

BASIL

These fragrant leaves from the Dawn Gardens are the pure essence of summer. If you're looking for more inspiration for how to experience basil bliss, here are some ideas:

- Add a handful of leaves to a berry smoothie
- Steep some sprigs in lemonade
- Use it in place of lettuce in a sandwich
- Sprinkle slivered basil leaves over a salad
- Simmer olive oil or butter with basil, then freeze as ice cubes for use all winter long

SOUTHERN FRIED CABBAGE

You know when sometimes you're just like, these fresh veggies need some bacon! Well, here you go.

Ingredients

3 slices bacon, cut into thirds	1 head cabbage, cored and sliced
1/3 cup vegetable oil	1 white onion, chopped
1 teaspoon salt, or to taste	1 pinch white sugar
1 teaspoon ground black pepper, or to taste	

Directions

Place the bacon and vegetable oil into a large pot over medium heat. Season with salt and pepper. Cook for about 5 minutes, or until bacon is crisp. Add cabbage, onion, and sugar to the pot; cook and stir continuously for 5 minutes, until tender.

Source: allrecipes.com