



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 10, 2014 —

From Seed to CSA: The Life of Summer Squash

By Dawn Garden intern Maggie Barrett

Though fall definitely seems to be right around the corner, summer squash season is still in full swing! Over at the Dawn we have been harvesting about 25 lbs of squash each day (that's 175 lbs each week!). Since you all have been eating some of it for while now, I thought I would share a bit of the squash journey from seed to your CSA share.

We start our squash seeds in a potting soil mixture we make at the farm.

When the squash plants are about three weeks old in their pots, we transplant them into farm beds. It is important to transplant in the cool evenings so the tender plants can adjust to their new environment before the heat of mid-day.

After a few weeks the plants have large leaves and lots of beautiful blossoms that grow into the squash!

One of the daily farm tasks is the morning squash harvest. Before the pollinators wake up (I don't actually know if bees sleep, but if they do I like to think they sleep in the squash blossoms!), we walk carefully through the squash beds and harvest the individuals who have reached an appropriate size.

We refrigerate the squash in bags until they make it to the CSA for packing or pick up.

You may have noticed that there is variety in the summer squash each week. The varieties we grow are Raven (dark green), French White or Alexandria (light green), Golden Glory (bright yellow), Slick Pick (butter yellow), Yellow Crookneck (the "whimsical" one with a thin neck and a large bottom), and Safari (light green with dark green stripes). To be honest, I have found that they all taste pretty similar (delicious!), but I encourage you all to do some taste testing of your own.

My favorite way to eat summer squash is lightly sautéed in butter and garlic then topped with parmesan cheese. I also like to add a couple of cups of shredded squash to pancake or waffle batter... healthy and delicious!



See more of Maggie's squash photos at [facebook.com/HighAltitudeHarvest](https://www.facebook.com/HighAltitudeHarvest)

Full Share

- Carmen Peppers
- Carrots
- French Sugar Plums
- Slicer Tomatoes
- Swiss Chard
- Summer Squash
- Arugula
- Cucumbers, Lemon & Green
- Potatoes

Half Share

- Carrots
- French Sugar Plums
- Cherry Tomatoes
- Peppers, Green & Jalapeno
- Summer Squash
- Potatoes

What Grows Where

DAWN GARDENS

cherry tomatoes, slicer tomatoes, summer squash, carmen peppers

FIVE FOOT FARM

summer squash, arugula, swiss chard

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, jalapenos, green bell peppers

SIERRA VALLEY FARMS

carrots

BLOOMSTONE FARM

potatoes

SASQUATCH FARMS

carrots

GREEN CEDAR FARM

french sugar plums

We love it when you return the baskets from your shares!

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Bread Share Flavor

jalapeno, cheese and spices

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Fall is Near!
Our last regular share pick up is Oct 1st this year. Enjoy these last few weeks!

Carrot Fritters with Tahini Yogurt

Continuing with our theme of unconventional carrot recipes, this one looks fantastic. (By the way, our CSA helper Karen tried the Candied Carrot Balls from last week's newsletter and they were delicious!)

INGREDIENTS

1 teaspoon mustard seeds	1/3 cup plain flour
1/2 teaspoon cumin seeds	2 tablespoons ghee
6 carrots, peeled, coarsely grated	1 cup natural yoghurt
1 brown onion, coarsely grated	1 tablespoon tahini (sesame paste)
1 garlic clove, crushed	2 tablespoons lemon juice
1/4 cup finely chopped coriander	1/2 teaspoon ground cardamom
1 egg, lightly whisked	Lemon wedges, to serve



DIRECTIONS

Preheat oven to 250°F. Place the mustard and cumin seeds in a small saucepan over low heat. Cook, tossing, for 1 minute or until aromatic. Remove from heat. Combine the seeds, carrot, onion, garlic and coriander in a medium bowl. Add the egg and flour and stir until just combined. Season with salt and pepper. Heat the ghee in a large frying pan over medium heat. Spoon three 1/4-cupfuls of carrot mixture into the pan. Use a spatula to flatten to 4 inch discs. Cook for 2 minutes or until golden. Turn and cook for a further 1 minute or until cooked through. Transfer to an oven tray and place in the oven to keep warm. Repeat with remaining carrot mixture. Combine the yoghurt, tahini, lemon juice and cardamom in a small bowl. Taste and season with salt and pepper. Top with yoghurt and serve immediately with lemon wedges, if desired.

Source: www.taste.com.au

Swiss Chard and Potatoes

"You can just imagine an old Italian Nonna picking potatoes and greens from her garden and then cooking them together in this dish. You can use any greens you prefer including Swiss chard, chicory, broccoli rabe, and even spinach though heartier greens work better than spinach in my opinion."

1 Pound Swiss Chard (Or Other Greens)	4 Large Garlic Cloves, Peeled & Minced
1 Pound Potatoes, Peeled & Cut Into Quarters	Fine Sea Salt & Cracked Black Pepper
1/4 Cup Extra Virgin Olive Oil	1/2 to 1 Teaspoon Red Hot Pepper Flakes

Wash the chard and trim the stems, then cut the stems into 1 inch pieces. Fold the leaves together, and cut into 1/2 inch strips. Bring a large pot of salted water to a boil then add the potatoes and cook until just almost tender, about 20 minutes. Add the stems from the chard and cook another 10 minutes, then add the leaves and cook until wilted. Drain the potatoes and chard very well in a colander. In a large heavy skillet, heat the oil over medium heat and add the garlic. Season the oil with salt and pepper and add the red pepper flakes. Add the Swiss chard and potatoes, then cook over medium heat, stirring often, and mashing the potatoes gently as they cook, for about 8 minutes. Taste, and adjust seasonings as needed, then serve warm.

Source: www.italianfoodforever.com

Autumnal Arugula

"Also known as rocket, this pleasantly peppery green, grown along the Mediterranean since Roman times, has recently become popular around the world. The characteristic sword-shaped, deeply notched leaves are usually no more than 2 to 3 inches long. Some arugula varieties boast leaves that are oval in shape, with fewer notches. Fresh arugula can be found in the market in spring through autumn. Add arugula to other, milder greens for a salad with a nicely sharp, spicy edge. Arugula is very popular in Italy, where it is also used in pasta sauces and to top pizzas hot from the oven. Arugula can also be stirred into soups, folded in potato salads, made into a flavorful pesto, or wilted to serve as a bed for roasted or grilled meat, fish and poultry."

Source: www.williams-sonoma.com