



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 16, 2015 —

A Different Spin on Yarn

by Lorraine Neilson of Four Winds Farm

When I am at my spinning wheel, demonstrating the ancient art in public, I get asked over and over, "Why would you want to do that?" The onlookers see spinning as a task of a bygone era that was rife with drudgery. "It looks like such tedious work," they say. On the contrary, it is work of love, of the joy of working with my hands, of steeping myself in an agrarian rhythm that gifts me presence in the moment and a pleasure of creating something unique.

My questions are quite different: How did we become so detached from the origins of the products we buy? Why do we assume that faster and cheaper are the ideals for products and productivity? What is the appeal of uniform yarns and textiles, all the exact same color and texture? Why have we all but abandoned natural fibers and the farmers who grow them?

Spinning yarns from wool of the majestic Jacob sheep I raise is deeply satisfying work: preparing the fibers by hand, the feel of each individual fleece. Shades of natural color produced from my dye garden or from foraging the forest are a magical discovery every time. Each skein of yarn I spin carries a story: of the particular sheep whose wool I spun, of the plant that gave it color, of the unique item that will be knit from it and cherished by someone.

As we witness a resurgence of interest in the handmade arts, hopefully it will blossom beyond curiosity to a thoughtful attitude towards the quality of life and the care of the planet. The slow food and buy local movements, too, have sparked inspiration to look deeply at our consumer habits. My personal journey has led me deep inside questions and challenges of responsible agriculture, issues of global economics, and the ethics of textiles, in addition to the pure joy of creating with wool.

I am thrilled to be a part of High Altitude Harvest, and grateful to those of you who have purchased a yarn share this year!



Lorraine and her Jacob sheep

Upcoming Dates

This week—Knitters Yarn Shares
Sept 23rd—Beef Shares
Sept 30th—last Summer Produce Share!
Oct 7-28th—Fall Shares (sold out!)

Full Share

- Beets
- Lemon Cucumbers
- Leeks
- Apples
- Jalapenos
- Kale
- Cherry Tomatoes
- Slicer Tomatoes
- Eggplant or Summer Squash
- Garlic
- Pears

Half Share

- Strawberries
- Apples
- Head Lettuce
- Bell Peppers
- Swiss Chard
- Tomatillos

What Grows Where

BIKE BASKET GROWERS

tomatillos

DAWN GARDENS

garlic, pears

FIVE FOOT FARM

summer squash, kale, swiss chard, sungold cherry tomatoes, head lettuce, beets, leeks

GREEN CEDAR FARM

apples

GREENVILLE HIGH SCHOOL

lemon cucumbers, green bell peppers, jalapeno peppers

SASQUATCH FARMS

slicer tomatoes, "blueberry" cherry tomatoes, eggplant

SHOOFLY FARM

slicer tomatoes

SUNDBERG GROWERS

strawberries

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Bread Share Flavor

Southwestern

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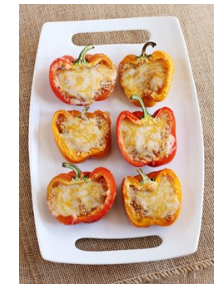
Quinoa Stuffed Bell Peppers

INGREDIENTS

1 cup quinoa	1 teaspoon cumin
5 tablespoons olive oil	1/2 cup tomato sauce
3-4 cloves of garlic, minced	1 3/4 cups vegetable broth
1 jalapeno, seeds removed and chopped	1 cup shredded cheddar (or pepper jack) cheese
1/2 onion, chopped	3-4 bell peppers

DIRECTIONS

In a medium size pot heat 1-2 tablespoons olive oil over medium heat. Sauté the garlic, jalapeno and onion until the onions begin to soften (about 2 minutes). Rinse the quinoa. Add the quinoa to the hot pot. Cook for one minute. Pour in the vegetable broth and tomato sauce, season with cumin. Cover the pot, reduce the heat to a simmer and cook for 15 minutes. Preheat the oven to 400°F. Cut the bell peppers in half and remove the seeds and veins. Rub the peppers with 3-4 tablespoons olive oil. Bake for 10-12 minutes. Once the quinoa is cooked and the peppers have softened fill each pepper with the quinoa mixture. Bake 10-12 minutes. During the last two minutes of cooking add the cheese to the tops of the peppers.



Source: adapted from www.abeautifulmess.com

Crop Updates

The blustery weather of fall is moving in and our summer crops are taking their cues to slow down. In our last few weeks of the summer season we'll see heat-loving crops like summer squash and cucumbers phase out, and a fall spread of winter squash, greens and root crops will take their place.

Beets: Finally one of our beet crops succeeded again! These ones were grown under row cover at Five Foot Farm and they have some beautiful and tender greens as a result. Use the greens as you would Swiss chard—perhaps sautéed or in a quiche!

Pears: Did you know that pears are picked when they're mature, but not ripe? They finish their ripening process once they're on your kitchen counter. Here are some tips for expert pear ripening:

- Put them in a paper bag to speed ripening. This traps the ethylene that the pears produce. You can also add other ethylene producing fruit like a banana or apple.
- To determine ripeness, hold the pear in the palm of your hand and then gently apply pressure to the neck of the pear with your thumb. Once the skin of the pear gives to that pressure (even if only slightly), it is ripe and ready to eat.
- Pears can quickly go from under ripe to overripe, so it's important to check the neck for ripeness daily.

LEEK AND APPLE SALAD

Sometimes cleaning leeks can be tricky because dirt often gets between its layers. If you are slicing them anyway for a recipe I recommend doing so first and then washing them in a bowl of water until it runs clear. The white and light green parts can be eaten. The darker green tops are tough and are better composted or saved to flavor homemade broth.

Ingredients

2 cups leeks, cleaned and sliced into ¼" rounds	1 tablespoon honey
1 apple, cored and cut lengthwise into 1/4-inch slices	1 tablespoon Dijon mustard
1/4 cup olive oil, divided	1/4 cup cider vinegar or red wine vinegar
1/2 teaspoon salt	4 cups salad greens
1/4 teaspoon pepper	

Directions

Heat 2 tablespoons olive oil in a skillet. Add leeks, salt, and pepper, and sauté over medium heat until just tender, about 3 min. Add apples and continue sautéing until leeks and apples are caramelized, about 8–10 minutes, stirring frequently. Place salad greens in a serving bowl.

Turn off heat, remove leeks and apples from the skillet with a slotted spoon, and place over the greens. Add honey, mustard, vinegar, and the remaining olive oil to the warm skillet and whisk to combine. Pour desired amount of mixture over the salad, and serve immediately.

Source: adapted from www.thefruitguys.com