



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 2, 2015 —

## Live Like a Local

by Vanessa Vasquez  
of Bike Basket Growers

Good day to you fellow CSA members. My name is Vanessa Vasquez and I am part of a dynamic duo that makes up a new farm on the local scene—Bike Basket Growers. Greg Willard, my partner in love and farming, moved here with me just two years ago. What we did not know when we first relocated to Plumas County is that we would be moving light-speed ahead into the world of small-scale agriculture.

While wandering around Quincy one day, I stumbled upon a poster—a call for new farmers to apply to the Sierra Intensive Farmer Training Program. Greg and I both share a passion for gardening, eating local, and being outdoors so I took the poster home... The short version of the long and challenging story is that a distant, future dream of having our own little farm quickly came to reality with the help of this amazing community, the tutelage of Elizabeth Powell (farm goddess) and our fellow beginning farmer friends.

So what is Bike Basket Growers all about? Greg and I have a ½ acre plot alongside Sasquatch Farm on a special slice of land at the confluence of Greenhorn Creek and Thompson Creek. Greg and I are all about getting to know our place on this planet by cultivating a relation-

ship to it. For us that means growing food, sharing it with our community, buying other local products and being out in nature. We named our farm business Bike Basket Growers because we believe that delicious local food goes hand-in-hand with being active. Nearly every day you will find one or both of us bombing down Chandler Road on our bikes headed to and from the farm. And we have found that eating local food makes our bodies strong and healthy for the adventurous life we live. Just like you, we are CSA members because we like to buy whole-food ingredients and minimize processed, overly packaged products.

Thank you for supporting High Altitude Harvest and buying Plumas Grown. Every time you purchase local, your money is going right back to people like Greg and I, who in turn spend it locally too. We are all ultimately in this together so let's make life prosperous and fun. Rock on and live like a local everyday!



Greg doing a produce delivery on 2 wheels

## Full Share

- Apples
- Peaches and Warren Pear
- Spring Mix
- Carrots
- Lemon Cucumbers
- Bok Choy
- Tomatillos
- Cherry Tomatoes
- Slicer Tomatoes
- Garlic

## Half Share

- Bell Peppers
- Jalapenos
- Head Lettuce
- Summer Squash
- Strawberries
- Peaches and Warren Pear

## What Grows Where

**BIKE BASKET GROWERS**  
tomatillos

**DAWN GARDENS**  
garlic

**FIVE FOOT FARM**  
carrots, summer squash,  
bok choy, cherry tomatoes,  
head lettuce

**GREEN CEDAR FARM**  
apples, peaches, pears

**GREENVILLE HIGH SCHOOL**  
lemon cucumbers, green bell  
peppers, jalapeno peppers

**SASQUATCH FARMS**  
carrots, tomatoes

**SHOOFLY FARM**  
tomatoes

**SUNDBERG GROWERS**  
strawberries

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## Bread Share Flavor

seed and nut

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# Tomato Soup with Feta, Olives and Cucumbers



## INGREDIENTS

6 tablespoons extra-virgin olive oil, plus more for drizzling  
1 small red onion, thinly sliced  
3/4 cup pitted Niçoise or Kalamata olives  
2 tablespoons oregano leaves  
3 tablespoons red wine vinegar  
1 tablespoon sherry vinegar  
Kosher salt

1 small cucumber, thinly sliced  
1 tablespoon honey  
5 tomatoes, chopped  
Freshly ground black pepper  
4 ounces cherry tomatoes, halved  
2 ounces feta cheese crumbled (1/2 cup)  
Baby greens, for garnish (optional)

## DIRECTIONS

In a medium saucepan, heat the 6 tablespoons of oil. Add the onion, olives and oregano and cook over moderately low heat, stirring, until the onion is softened, about 7 minutes. Remove from the heat and stir in both vinegars. Season with salt. Cool to room temperature.

Meanwhile, in a bowl, toss the cucumber with 1/2 tablespoon of the honey and season with salt.

In a blender, puree the chopped tomatoes with the remaining 1/2 tablespoon of honey and season generously with salt and pepper.

Pour the soup into shallow bowls. Top with the onion-olive mixture, cherry tomatoes, cucumber slices and feta. Drizzle with olive oil, garnish with baby greens and serve.

Source: adapted from [www.foodandwine.com](http://www.foodandwine.com)

## CROP UPDATES

September is here and fall is definitely in the air! Harvest mornings have been chilly and the forecast calls for even cooler temperatures coming up. Time to put on the row covers and hope we get through most of September without any major frosts.

### Cherry Tomatoes

What a weird year, we had slicer tomatoes in June but no cherry tomatoes until September. Go figure! Our growers specialize in certain crops, so when one farm bows out of a crop we assign another grower to take up

the torch, often with a little learning curve. Five Foot Farm picked up the Dawn Garden's cherry tomato production this year... with a harvest that's slow in coming!

### Tomatillos

We have another beautiful harvest of tomatillos from Bike Basket Growers this week. Here's an easy tomatillo salsa verde recipe: Place tomatillos, onion, garlic, and serrano chili pepper into a saucepan. Season with cilantro, oregano, cumin, and salt; pour in a little water. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the tomatillos are soft, 10 to 15 minutes. Use a blender to puree.

## LEMON BASIL SUMMER SQUASH SOUP

Sometimes we forget about soup in the summertime but it is a great use of those abundant summer veggies! I make this simple squash soup every late summer. Years ago it was dubbed "Green Goop Soup" by my son Leo. But, guess what? He loves it! And you can also make this recipe without the basil if you don't have any on hand.

### Ingredients

2 tablespoons olive oil  
1 large onion chopped  
2 garlic cloves sliced  
5 or 6 med. yellow or green zucchini sliced into 1/4 inch rounds  
zest of 1 lemon

2 cups water and 1/2 bullion cube or 2 cups chicken or veggie broth  
1 cup gently packed basil leaves  
salt and pepper

Sautee onion and garlic in olive oil for a few minutes. Add squash and sauté an additional 5 minutes. Add lemon zest and water or broth and bring to a simmer. Simmer for 5 to 7 minutes until squash is soft. Remove from heat and stir in fresh basil leaves, 1/2 teaspoon salt, and several grinds of pepper. Let cool 10 minutes before blending with hand blender or in blender jar. Add additional salt and pepper to taste.

Source: the Kusener kitchen