



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 21, 2016 —

Fresh Students, Fresh Produce, Fresh Learning

by Dan Brown of the Greenville High School Garden

Each fall as the new school year begins, another fresh batch of students start in the Greenville High School Garden. Along with the fresh students comes fresh produce and even fresh new additions of infrastructure. Over the summer the garden program had 2 student interns that constructed another storage shed with an attached covered area for our sorting and weighing operation. Although it is not totally completed, it is serving its purpose well and used daily.

What follows are some excerpts from when the students were asked to reflect on their first few weeks in the garden this fall.

“I am in the garden class and so far, I have really liked it. Even though pulling weeds can be a real pain in the neck, it’s still fun to be outside after being in the classroom all day.”

“When I first came into this class I had no idea how to do a lot of the things that involve plants. But while I have been in this class I have already learned how to harvest plants, weigh different things and that we harvest every Monday. Yesterday we harvested 200 peppers, 100 lemon cucumbers, and about 50 green cucumbers.”

“This is my first time in the

garden class. This class was a super eye opener because so much is going on and no one really talks about it.”

“I am so glad to be a part of the garden class. I am an exchange student from Thailand so it is interesting thing for me because Thai people usually do agriculture as a main work.”

“In the garden we use technology based greenhouses which serve as sanctuaries for many plants in the colder months. Without these houses, our growing months would be shortened and our numbers of produce would decrease.”

“Throughout the school year I learned valuable lessons. I learned patience and perseverance are necessary in life. While I was gardening I also learned many things about myself as a person. And although planting flowers may seem like a trivial activity only for spring afternoons, if you take the time and effort you will not only grow beautiful flowers but a beautiful perspective on life.”

If this is any evidence at all as to how the remaining 35 weeks of school will go, it should be a great year in the Greenville High School Garden Program.



The beautiful new GHS packing shed

Next week—Sept 28th—is the last pick up for Summer Shares!

Full Share

- Leeks
- Parsnips
- Winter Squash
- Garlic
- Bell Peppers
- Jalapenos
- Slicer Tomatoes
- Pears
- Shishito Peppers
- Peaches or French Sugar Plums

Half Share

- Green Onions
- Cherry Tomatoes
- Tomatillos
- Parsley
- Strawberries
- French Sugar Plums

What Grows Where

DAWN GARDENS

cherry tomatoes, garlic, pears

FIVE FOOT FARM

leeks, parsnips, winter squash, green onions

GREEN CEDAR FARM

French sugar plums, peaches

GREENVILLE HIGH SCHOOL

jalapenos, bell peppers

SASQUATCH FARMS

tomatillos, tomatoes

SHOOFLY FARM

parsley

SUNDBERG GROWERS

strawberries

Bread Share Flavor

Ricotta, Dill and Sweet Onion

Balsamic Roasted Kabocha Squash

We have two varieties of Kabocha Squash in this week's shares—the dark-green skinned ones are Cha Cha, and the ones with lighter grey-green skins are Winter Sweets. Kabocha squash originated in Japan and are known for their unique, sweet and starchy flesh. The thin outer skin is also edible.

INGREDIENTS

1 tablespoon brown sugar, packed
2 tablespoons balsamic vinegar
1 tablespoon olive oil
A pinch of salt
One kabocha or buttercup squash



DIRECTIONS

Preheat oven to 350F. Cut squash into quarters and remove seeds. Use a fork to break up brown sugar and combine with balsamic and salt. Mix in oil. Put squash flesh side up into a baking tray and pour liquid over the flesh. Rub the sugar in to get it to evenly coat. Cover with aluminum foil and bake for an hour or until tender when stuck with a fork.

Source: dailyunadventuresincooking.com

CROP UPDATES

Peaches — We have our first appearance of Green Cedar Farm's peaches for some of our members this week. Yeah! Normally peaches grace our shares for quite a few weeks out of the season, but it was a rough year for the poor fruits and Frank and Sally didn't have their normal supply. Here's hoping for a bumper crop next year!

Jalapenos — Did you know that in addition to their spicy kick, jalapenos provide us with a good dose of both vitamins C and A, helping to prevent damage from free radicals and keep skin and eyes healthy. These peppers rank in the middle of the pack as far as heat goes—they usually have between 2,500 and 8,000 Scoville heat units, the measurement of how much spicy capsaicin is in each pepper. Capsaicin has been found to have health benefits including aiding in weight loss, being an anti-inflammatory and encouraging healthy blood flow.

Attention Portola Folks: Since Sept 28th is our last pick up, please leave your wooden boxes at the pick up site next week so we can collect them. If you normally take your box home, please bring a bag or box of your own to transport your produce instead. Thanks!

FIVE FOOT FARM'S PUMPKIN PATCH

is coming up on **Saturday, October 1st!**
9am—2pm in Quincy

Pick your own jack-o-lantern from the field!
Baked goods, produce & u-pick strawberries also for sale

Visit www.FiveFootFarm.com for more info and directions

Thyme Roasted

Parsnips & Apples



Parsnips are the ivory colored roots in Full Shares this week (with more coming to half shares next week). They're a long-season crop that is planted in the spring and doesn't mature until the chill of fall sets in. We actually included this recipe in last year's newsletter, and we were SO impressed with its sweet, savory, super-tasty results that we felt inspired to share it again. Try it out, you won't be disappointed!

INGREDIENTS

2 1/2 tablespoons extra virgin olive oil
3 apples, cored and chopped
3 parsnips, peeled and chopped
(remove the woody core if parsnips are very large)
1 red onion, peeled and cut into 8 wedges
2 garlic cloves, lightly smashed
4 thyme sprigs, plus more minced for garnish
1/2 lemon, zested and juiced
salt and pepper to taste

DIRECTIONS

Preheat oven to 375°F. Place all ingredients into a large mixing bowl and toss together. Season with salt and pepper. Spread mixture onto a large baking sheet and roast for 30 minutes, tossing after 15 minutes, or until fork tender. Allow mixture to cool for 5 minutes before adjusting seasonings and serving.

Adapted from a recipe in "Eat Feed Autumn Winter" by Anne Bramley

BASKETS

We love it when you return the little plastic and cardboard baskets from your share.
Thanks!