



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 23, 2015 —

## Gardening is Hard Work

by teacher Dan Brown & the  
Greenville High School Garden Class

Here at Greenville Jr/Sr High School teacher Dan Brown provides a class which takes students through the entire process of production gardening. In the fall when students return to school, the garden has been growing strong all summer and crops are in their full growing cycle. In addition to the lemon and green cucumbers, green bell peppers and jalapenos, the garden grows many other “things.”

Students new to the class quickly find out that weeds are also grown in the garden and organic weed control means pulling by hand. This becomes a daily task for the first month or so and the students come to realize the necessity of this work regardless of their dislike of the relentless pressure from Mr. Brown to work hard every day combined with the seemingly never-ending supply of weeds.

In addition to the large amount of produce grown in the garden, we also grow very large black widow spiders, large nests of yellow jackets, gophers, and large quantities of aphids. The student’s education on the effect of insects both beneficial and invasive is also a big part of the first month or so of class. The battle over the aphids becomes almost overwhelming as organic pest control is not easy. This year 7500 ladybugs were released into the garden over the summer to help control the aphid population and currently there are very few remain-

ing. Insecticidal soap is also regularly used and simply washing the aphids off the plants with a strong spray of water on a daily basis helps too. The battle goes on daily.

When the students were asked to give a word or phrase that describes their first few weeks in the garden here are some of their responses.

- Early morning 6:00 AM harvests with cold fingers
- Pulling weeds
- Garden/equipment maintenance
- Drip irrigation
- Killing insects
- Eating free produce
- Gopher traps
- Seeding winter crops
- Composting

Although it is early in the school year and working in a production garden is new to most of the students in the class, some have embraced the task and thrive on the activities. However, for others it is unclear if they truly knew what they were getting into when they signed up for the Greenville Garden Class.



The GHS garden class and their beautiful green bell peppers



## Full Share

- Swiss Chard
- Lemon Cucumbers
- Apples
- Head Lettuce
- Green Bell Peppers
- Carrots
- Delicata Squash
- Tomatoes
- Chives
- Garlic
- Peaches

## Half Share

- Kale
- Apples
- Jalapenos
- Leeks
- Beets
- Cherry Tomatoes
- Carmen or Iko Iko Peppers (not hot)

## What Grows Where

### FIVE FOOT FARM

kale, swiss chard, cherry tomatoes, head lettuce, beets, leeks, chives, carmen and iko peppers

### GREEN CEDAR FARM

apples, peaches

### GRENVILLE HIGH SCHOOL

lemon cucumbers, green bell peppers, jalapeno peppers, garlic

### SASQUATCH FARMS

slicer tomatoes

**Attention Portola Folks:** Since September 30th is our last week, 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!

## Bread Share Flavor

Cinnamon Raisin Nut

## Roasted Summer Tomatoes

Roasting fresh summer tomatoes with a bit of olive oil, some fresh herbs and a fistful of garlic is a brilliant maneuver. Roasting until they're soft on the inside and beautifully browned on the outside concentrates the tomato's flavor. You can puree them into a smooth sauce or leave them chunky; use now, or freeze for later. If you use cherry tomatoes for this, just halve them and puree the sauce at the end.

### INGREDIENTS

2 or so pounds of tomatoes, halved or quartered, depending on size	About 1/4 cup olive oil
1 large sweet onion, peeled and cut into 1-inch chunks	About 1/2 teaspoon salt
1/2 cup coarsely chopped basil	About 1/4 teaspoon freshly ground black pepper
7 to 10 cloves of garlic, peeled	

### DIRECTIONS

Place the tomatoes in a large roasting or baking pan with sides. Add the onion, basil, and garlic. You can crowd the vegetables together, but don't go beyond a single layer. Drizzle on a generous bit of olive oil, and then sprinkle with salt and pepper to taste.

Roast in a preheated 375 to 450-degree oven (the hotter the oven, the shorter the roasting time) until the tomatoes are turning a deep golden brown on their skins. Depending on your oven temperature, this will take anywhere from 20 minutes to about 90 minutes. When done, they will have collapsed and will look quite wrinkled.

Remove the roasting pan from the oven and let the vegetables cool. With a metal spatula stir and scrape the cooled tomatoes together to mix in all of the cooked-on bits. Makes about 2 1/2 cups smooth sauce, 4 cups chunky sauce.

Source: Karen's uncle's method

## Caramelized Leeks

Za'atar is a mixture of sumac, sesame seed and herbs frequently used in the Middle East and Mediterranean areas. If you don't have any in your spice arsenal you could try the recipe without, sub in ground sage or thyme, or talk with Karen and she can hook you up with some za'atar.

### Ingredients

3 med or 2 lg leeks sliced into ¼ inch rounds and washed well  
6 tablespoons butter  
2 tablespoons maple syrup  
1 tablespoon za'atar seasoning

### Directions

Melt the butter in a medium sized frying pan. Add the leeks, maple syrup, and za'atar. Cook slowly for about 20 minutes or until the leeks are caramelized.

Source: adapted from [www.Food52.com](http://www.Food52.com)

## ROASTED RED ONION & DELICATA SQUASH

You can leave the skins on these delicata squash; they are thin enough to eat.

### Ingredients

1 tablespoon unsalted butter, melted	1 (1-pound) red onion, cut into 12 wedges
1 tablespoon chopped fresh thyme	1/2 teaspoon salt, divided
1 tablespoon honey	1/2 teaspoon freshly ground black pepper, divided
2 teaspoons olive oil	Cooking spray
3 garlic cloves, sliced	3 tablespoons chopped fresh flat-leaf parsley or cilantro
2 delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices	

### Directions

Place a baking sheet in oven. Preheat oven to 450° (leave pan in oven). Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray. Arrange vegetable mixture in a single layer on pan. Bake at 450° for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.



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