



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 24, 2014 —

The HAH Crew

by Elizabeth Powell, HAH Coordinator

Every year a devoted group of people come together to make this CSA happen. In addition to the farmers growing the food, a crew of food-lovin' workers show up each week to pack and distribute your shares.

Our weekly routine starts out with pre-packing Portola and Blairsden shares. Nance Reed has been diligently helping with this Wednesday morning task for 3 years. Nance has a special fondness for all things community-oriented, and has recently caught the garden bug full force. She has completed the Master Gardener training and spends many loving hours tending educational and demonstration gardens in Quincy.

This year Jon McCormick from Sasquatch Farms joined our morning packing crew. It is extra special for us to have our HAH farmers involved in the backend of the CSA's coordination and we love that Jon is so willing to jump in and contribute. Jon drops off his egg shares and helps with sorting, bagging, labeling and joking. Between Nance, Jon and I the morning packing sessions usually include plenty of farm and garden chatting about veggie varieties and pest drama!

In the afternoon Karen Kusener comes to gather the pre-packed shares and deliver them to the east side pick up sites. Karen is the biggest foodie I've ever met. Nearly every day of the week she's cooking up totally gourmet treats and meals. She has a

deep appreciation for fresh, delicious food and she is a huge fan and supporter of our local farm scene.

Karen delivers to our wonderful member Helen Cavaille at the Blairsden pick up site who greets members and makes sure things run smoothly.

Blaze Elation then joins me to set up and start the Quincy pick up site. As a second year intern at the Dawn Gardens Blaze is also one of our farmers, and we're thrilled that she's planning on sticking around Plumas County after the growing season is done. Blaze has quick hands and is great at seeing the next thing that needs to get done, making the hustle of distribution run smoothly.

Blaze heads back to her evening work shift at the Dawn when Karen returns. We finish the distribution and clean up, often getting just a tad punchy by the end of the day.

I feel fortunate to share these tasks with people who are totally committed to supporting a market for local farms. They help with this CSA for a very modest pay and produce, generously sharing their time because they believe in getting good food to the people. A great big thanks to Nance, Jon, Helen, Blaze and Karen!



Blaze at the Quincy pick up site

Full Share

- Arugula
- Pears
- Lemon Cucumbers
- Basil
- Green Bell Peppers
- Sunflower Sprouts
- Sugar Pie Pumpkins
- Green Onions

Half Share

- Carrots or Potatoes
- Spring Mix
- Jalapeno Peppers
- Swiss Chard
- Sugar Pie Pumpkins

What Grows Where

DAWN GARDENS

basil, pears

FIVE FOOT FARM

green onions, swiss chard, pumpkins, sunflower sprouts

GREENVILLE HIGH SCHOOL

lemon cucumbers, green peppers, jalapenos

SIERRA VALLEY FARMS

arugula, spring mix

SASQUATCH FARM

carrots and potatoes

Thank you for returning the little baskets from your shares!

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Bread Share Flavor

green olive and parmesan

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Pumpkin Chili

A new twist on the traditional chili recipe with the addition of pumpkin and ground pork. This is a gluten free and dairy free recipe, perfect for a 30 minute dinner weeknight meal.

INGREDIENTS

4 cups chopped yellow onion	2 tablespoons honey
8 cloves garlic, chopped	4 teaspoons dried oregano
1 pound ground turkey	2 teaspoons chili spice
2 (15 oz) cans fire-roasted tomatoes	1 teaspoon ground cinnamon
2 cups pumpkin puree	1 teaspoon sea salt
1 cup chicken broth	



DIRECTIONS

- 1) In a large pot sauté the onions and garlic in coconut oil for about five minutes.
- 2) Add the ground turkey and break it up with a spatula as it cooks for about five minutes.
- 3) Add the rest of the ingredients, stir and bring to a simmer.
- 4) Simmer without a lid for about 15 minutes.
- 5) Add more chicken broth to thin slightly if desired.
- 6) Serve with a nice big salad.

Source: www.thepunkycoconut.com

Pumpkin Puree from scratch

You've no doubt noticed the pumpkin theme of this week's newsletter. These Sugar Pie Pumpkins exceeded our expectations and we're excited to share them with you!

It turns out that canned pumpkin—the staple ingredient of so many fall recipes—can actually be made from scratch. It's super simple to turn your sugar pie pumpkin into the pumpkin puree that many recipes call for.

1. Preheat oven to 325 degrees F.
2. Cut the pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil.
3. Bake in the preheated oven, foil side up, 1 hour or until tender.
4. Scrape pumpkin meat from shell halves and puree in a blender. Store in the freezer in freezer safe bags.

Alternate method: If you're not into firing up the oven you can also cut the pumpkin flesh into cubes (no skin) and boil or steam it before mashing.

The End is Near

Next week—October 1st—is our last regular share pick up. How the summer flies by!

Portola Folks: Please do us a favor and 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 to transport your produce instead. Thanks for your help!

Pumpkin Pancakes

"These are good any season but taste best on cold winter mornings. You can use canned or cooked fresh pumpkin."

1 1/2 cups milk	2 teaspoons baking powder
1 cup pumpkin puree	1 teaspoon baking soda
1 egg	1 teaspoon ground allspice
2 tablespoons vegetable oil	1 teaspoon ground cinnamon
2 tablespoons vinegar	1/2 teaspoon ground ginger
2 cups all-purpose flour	1/2 teaspoon salt
3 tablespoons brown sugar	

In a bowl, mix together the milk, pumpkin, egg, oil and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Source: by Ruth at AllRecipes.com