



September 25, 2013 —

Five Foot Farm

Cody Reed is a beginning farmer, rounding the bend towards the end of her first full growing season with me (Elizabeth) at Grassfed Gardens. She has an eclectic work background that has included the titles of sailor, ballerina and executive director among other things, so it's not surprising that she would dive into a career as a farmer without hesitation.

About this time last year we made the announcement that we were considering expanding onto a new 2+ acre farm site in Quincy. After a year of exploring the unique needs of this site (quirky irrigation systems, soil fertility, building plans, test crops, and much more), we have experienced a valuable learning curve and are still on track for launching the farm there next year. Ground has been broken, a hoop house is under construction, and soon we'll be spreading and tilling in many tons of manure. With the new site comes a new name—Five Foot Farm. We're putting the small back in farming!

A lot of folks have fun romanticizing farming, so I asked Cody if her first season met her expectations. "I don't think I went into it with too many

romantic notions," she says, though the commitment of farming has really sunk in throughout the season. "You don't get out of town when the beans need to be harvested, and you don't get to sleep in when you're tired." We figured out that Cody hasn't set foot out of the county this year since February!

She says the farm site expansion is thrilling and overwhelming at the same time. "It's exciting to see our little test crops growing and to imagine 140 foot rows. It's an epic, beautiful site and I look forward to working there. I also look around and see how big it is and how much there is to be done, and I just try not to think about it. One step at a time."

The new Five Foot Farm land is located within walking and biking distance of downtown Quincy and is visible from Highway 70. Cody loves the accessibility of the site and thinks the community will embrace the farm. "I hope people will see it everyday and be reminded of local agriculture. I hope it becomes a community hub for local food." She envisions families bringing their kids out to the farm to help harvest veggies and berries.

Cody says her favorite crops this year have been the funny shaped carrots (they were hugging, dancing, crossing their legs) and the monster 2.625 lb kohlrabi we grew. "The produce isn't big enough unless it scares our customers!" she jokes.

Cody is a small farmer jumping into the farming lifestyle in a big way. Five Foot Farm, here we come!



Farmer Cody harvesting leeks this week

Full Share:

- Potatoes
- Apples
- Garlic
- Spring Mix
- Green Peppers
- Slicer Tomatoes
- Summer Squash
- Beets
- Sunflower Sprouts
- Green Onions

Half Share:

- Potatoes
- Winter Squash
- Leeks
- Lemon Cucumbers
- Cherry Tomatoes
- Jalapeno Peppers

What Grow Where:

DAWN GARDENS

summer squash, garlic, cherry tomatoes, slicer tomatoes, winter squash, potatoes, apples

GRASSFED GARDENS

beets, leeks, sunflower sprouts

SIERRA VALLEY FARMS

spring mix, green onions

GREENVILLE HIGH SCHOOL

cucumbers, bell peppers, jalapenos

HARMONY ACRES

potatoes

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Bread Share Flavor

Date and Cashew

Pasta Share Flavor

Beet Linguine

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SEE PAGE 2 FOR REMINDERS ABOUT THE END OF THE SEASON...

Potato Leek Pizza

No, not soup, pizza! Crazy, right? The author of this recipe writes, "This is my favorite pizza on earth, hands down. It's flavorful and textural... the leeks set it apart from the fray, and it contains both goat cheese and bacon. What could be wrong?" Don't forget to rinse the leeks after you chop them to get rid of grit trapped between their layers.

INGREDIENTS

1 pizza crust	5 small potatoes, sliced paper thin
extra virgin olive oil	1 lb fresh mozzarella cheese, sliced thin
kosher salt	4 oz goat cheese, crumbled
6 slices thick-cut bacon, cut into 1-inch pieces	grated Parmesan cheese
3 leeks, rinsed well to remove grit and thinly sliced	freshly ground black pepper



DIRECTIONS

Prepare the pizza crust by drizzling lightly with olive oil and sprinkling lightly with salt. In a skillet over medium heat, fry the bacon until cooked but not crisp, then remove and set aside. Pour off most of the grease, but do not clean the skillet. Return it to the stove and, over medium-low heat sauté the leeks until soft, about 3 minutes. Remove the leeks from the heat and set aside. Using a sharp knife or mandolin slice the potatoes very thin. Be careful not to allow them enough time to oxidize. Arrange the potatoes in a single layer all over the crust, slightly overlapping the edges. Sprinkle the potatoes lightly with salt, then lay the mozzarella slices in a single layer on top of the potatoes. Place the leeks on top of the cheese, then sprinkle the fried bacon pieces over the top. Add a generous dose of crumbled goat cheese, grated Parmesan, and a sprinkle of pepper. In an oven preheated to 500 degrees F, bake the pie for 8-11 minutes until the edges of the crust are golden brown and the cheese is melted and bubbly. Slice it into wedges or squares and serve immediately.

Source: <http://blogs.villagevoice.com/forkintheroad>

BEEF APPLE SOUP

Thanks to HAH members Jeanene and Susan for sharing this recipe. They say it's awesome! Serves 6.

Ingredients

6 medium-sized beets
8 cups of vegetable broth
2 cups of apple juice
3 Tbsp unsalted butter
3 tart apples, peeled, cored and sliced
3 Tbsp fresh lemon juice, or to taste
Salt and freshly ground pepper, to taste

Directions

1. Place the beets in a large heavy pot and cover with the broth and juice. Bring to a boil, reduce heat and simmer partially covered until tender, about 45 minutes. Transfer beets to a bowl. When cool enough to handle, slip off the skins and cut the beets into pieces.
2. Strain broth through a fine sieve and return it to the pot.
3. Melt the butter in a large skillet over medium-low heat. Add the apples and sauté until just caramelized, about 10 to 15 minutes.
4. Puree the cooked beets and sautéed apples together in batches in a food processor, adding some broth as you go. Return the puree to the pot and combine with the remaining broth. Stir in the lemon juice, salt and pepper. Serve hot or cold.

Visit our **Facebook** page for this tasty link:

LEEK BASICS: INFO AND MORE RECIPES

www.Facebook.com/HighAltitudeHarvest

Logistical Stuff

Last Pick Up: October 2nd

That's right, next week is our last CSA pick up for the season. Brace yourselves, you're going to have to buy produce from the store again soon!

Little Plastic Baskets

We've said it before and we'll say it again—we love it when you return those little plastic baskets from your share. We wash them and reuse them over and over. If you have a stack on the counter now is the time to get 'em back to us. Thank you!

Boxes at Greenville, Portola and Westwood

To our wonderful members in these communities, please plan on bringing a bag to transport your produce home next week. We'll be collecting all of our wooden boxes shortly after the last share delivery, so it would help us if all of the boxes stayed put for our final pick up.

Grand Finale Share

15 lucky members signed up for our optional Grand Finale Share this year—a one time fall harvest on October 30th. We'll contact those of you who have it a week or two beforehand. We hope to offer many more of these shares in the future as our growers' capacity increases.