



September 26, 2012 —

Wool hats have been needed on early harvest mornings lately, which means summer is definitely edging its way into fall. This is an exciting time of year for farmers, with production still in (nearly) full swing, but with the threat of frost on the horizon.

Change is ever present in farming, and we think that's one reason farmers keep coming back for more year after year. It's a fix for that restless part of all of us.

On the surface, growing food is stationary and roots a person in place. Forget summer vacations; a farmer's summer is spent married to the tasks of planting, watering, weeding and harvest. Every day holds work on the same piece of ground, under the same sky, tending the same plants.

But the change is there, in subtle ways. It's in the seasonal shift of landscape. There's something addicting about wiping the slate clean in the spring, then growing crops of all shapes and colors and sizes, only to fold it all back into the soil at the end

of the summer. It's a condensed experience of the cycle of life and death, each and every year.

Farming change also comes with technique and performance. One year you can kick butt with a certain crop, but follow up the next season with a total flop. There's always something new to learn about drip irrigation gadgets, soil amendments, crop varieties, pests, on and on. You never know what surprises the garden rows will hand you. (Cheap thrills? Absolutely.)

And most of all, the seasons trigger changes in the rhythm of work. Winter-time planning is reflective and hopeful. Spring is an insane mad dash of soil preparation and planting. Summer is a marathon of harvesting and maintenance. And fall is the last push, turning the soil under and packing up a season's worth of work, heading towards the welcome rest and renewal of the cold months.

Of course, this upcoming transition into fall is the most drastic seasonal change. One of these mornings a hard frost will come, and we'll wake up to see the squash leaves shiny and frozen. When the sun rises and warms the air, the frosted leaves will blacken and shrivel, and then we'll know that the summer is really over.

When a hard frost comes early in the season it can be a sorrowful day, but in a year like this with warm weather stretching through September, it's expected, and even a little exciting. The blustery fall wind shakes the sunflower stalks with the message that winter is coming. And then next year we'll get up and do it all over again, but just a little different.

### *Full Share:*

- Peppers, Green & Jalapeno
- Apples
- Garlic
- Romaine
- Slicer Tomatoes
- Summer Squash
- Green Onions
- Leeks
- Sunflower Sprouts
- Asian Pears

### *Half Share:*

- Cherry Tomatoes
- Beets
- Sunflower Sprouts
- Pears (Warren & Seckle)
- Mizuna
- Garlic
- Lemon Cucumber

### *What Grows Where:*

#### **DAWN GARDENS**

summer squash, tomatoes, apples, garlic

#### **GRASSFED GARDENS**

mizuna, beets, sunflower sprouts

#### **SIERRA VALLEY FARMS**

spring mix, green onions

#### **HANSEN FARM**

beets

#### **GREENVILLE HIGH SCHOOL**

green bell peppers, jalapenos, lemon cucumbers

#### **GREEN CEDAR FARM**

Asian, warren and seckel pears

#### **AVALANCHE RANCH**

leeks

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### *Bread Share Flavor:*

Sun-dried Tomato,  
Kalamata Olive & Provolone

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**NEXT WEEK—OCTOBER 3RD—IS OUR LAST PICK UP FOR THE SEASON!**

**Attention Portola & Greenville Folks:** Since October 3rd 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 for your help!

## Mushroom & Leek Soup

"A rich, easy soup, using just a few ingredients."

### INGREDIENTS

4 ounces fresh mushrooms, sliced	3 (10.5 ounce) cans condensed beef broth
1 cup sliced leeks	3 3/4 cups water
2 tablespoons margarine	1/2 teaspoon ground black pepper
2 tablespoons olive oil	1/2 cup uncooked orzo pasta
1/2 cup dry sherry	

### DIRECTIONS

1. In a large pot over medium high heat, saute the mushrooms and leeks in the butter or margarine and olive oil until tender. Add the sherry and reduce liquid by half.
2. Then add the beef broth, water and ground black pepper. Bring to a boil and add the pasta. Boil gently for 10 minutes, or until the pasta is tender. Garnish with sliced mushrooms if desired.

Source: by Ruth at [www.allrecipes.com](http://www.allrecipes.com)

## CROP Updates

The Full Shares are getting 20th Century Asian Pears, a different variety than the Asian pears from previous weeks. The Half Shares have Warren Pears, which Frank says is their sweetest variety, and Seckel Pears, the cute little ones. These two might need a day or two to ripen.

**Mizuna** — Half Shares have leafy green Mizuna this week. Check out the past two newsletters for tips on how to use this cooking green.

**Pears** — We have a variety pack of pears this week from Green Cedar Farm.

**Leeks** — This week's leeks are coming from Lindsey at Avalanche Ranch. They're a fall crop because they take all season to mature. Leeks go great in soups like the one above. You can also sauté them in butter and serve over salmon, bake them into a homemade chicken pot pie, or use them in a quiche.

**Tips:** If you're not familiar with this veggie, you use the thick lower stem of the plant, and compost or toss the leaves up top. Also, chop the leek *first*, then wash it in a colander. Dirt often gets stuck between the layers of the stem, and chopping first helps the soil wash out.

Visit our Facebook page for a link to a photo journey through **47 BEET RECIPES**. It's beautiful!  
[www.Facebook.com/HighAltitudeHarvest](http://www.Facebook.com/HighAltitudeHarvest)

## BACON JALAPENO POPPERS Oh. Yeah.

### Ingredients

1 (4 ounce) package cream cheese, softened	6 ounces fresh corn kernels
4 ounces shredded Cheddar cheese	8 slices bacon, cut in half
salt and ground black pepper to taste	16 toothpicks
8 fresh jalapeno peppers, halved lengthwise and seeded	

### Directions

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Mix together the cream cheese, Cheddar, corn, salt, and black pepper in a bowl.
3. Fill the jalapeno halves with the cream cheese mixture.
4. Wrap each stuffed pepper with bacon, securing it with a toothpick. Be sure the toothpick pokes through the bacon as well as the pepper. Place the poppers face down on the grill over direct heat. Grill until bacon is crispy and brown, about 5 minutes; turn the poppers over and grill until bacon is crisp on other side, 5 more minutes. Note: these can also be cooked in the oven at 400 degrees for about 20 minutes. Serve as an appetizer with cold beer.

Source: by Bennyh614 at [www.allrecipes.com](http://www.allrecipes.com)

## ROASTED GARLIC

Fall is a great time to start roasting stuff... like garlic. It's easy to make and hard to stop eating.

1. Peel excess skin off of the garlic bulb, leaving the cloves attached.
2. Cut 1/4 to 1/2 inch off the top of the bulb so the cloves are exposed.
3. Place the bulbs cut side up in a baking dish. Muffin tins work well.
4. Drizzle olive oil over the bulbs and cover with aluminum foil.
5. Bake at 400 for 35 to 60 minutes, until the cloves are soft.
6. Dig the cloves out of their skins with your fingers or a fork. Spread straight on toasted French bread, or mix with sour cream for a wicked baked potato topper. Also great in pasta, blended into soups... you name it.