



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 3, 2014 —

Children, Be Farmers!

In a recent blog post on Five Foot Farm’s website, farmer Cody Reed offered a response to a recent New York Times op-ed piece titled “Don’t Let Your Children Grow Up to Be Farmers.” The NYT article points out that many small farmers struggle to stay afloat despite the popularity of local foods, and that farmers need to call for policy changes that support their livelihoods. Cody argues that the burden of creating a new food system shouldn’t rest on farmers’ shoulders alone—and that children should definitely not be discouraged from being farmers or becoming actively engaged in the creation of a more just and sustainable food system. Here is her call to action for parents (or anyone who has kids in their lives!):

Teach your children the story of their food. Knowing where and how the food you eat was grown (or God-forbid *manufactured*) is critical in beginning to understand the impact that your food choices have on society, the environment and your health.

Teach your children what a healthy food system looks like. What would a food system look like that positively contributes to the health of the environment, the financial security of the community (including the farmers), and the physical health of the consumers? The more you start to define what creates healthy outcomes and support those endeavors, the more common they will become.

Teach your children to value hard work. In the age of viral videos and YouTube sensations, we are rapidly losing our appreciation for hard work. But clicking 'like' doesn't make healthy food appear on the grocery store shelves; it takes a lot of love and long hours to produce. The work of farmers, just like that of anyone else, should be valued at a fair and living wage.

Teach your children to recognize and appreciate quality. Americans today spend less of their income on food than any other country *and* less than any Americans in history. We have been brainwashed into thinking that cheaper is always better, even at the expense of quality. In our quest to get ‘more for less’ we are compromising our health, the environment and the very future of our food system. We need to re-learn what tomatoes should taste like and realize the benefits of eating fresh, high quality food.

Teach your children the difference between needs and wants. Nutritious food is a basic *need* for a healthy, productive life. In fact it is *essential for all life*. A smart phone is a *want*. It is time that we start identifying and valuing our needs over our wants.

Cody Reed is a farmer and garden educator. Read her full blog post, “Mamas Don’t Let Your Babies Grow Up to be Farmers...Wait? What?,” at www.FiveFootFarm.com/blog

Full Share

- Carmen Peppers (sweet, not hot)
- Peaches
- Cherry Tomatoes
- Basil
- Summer Squash
- Potatoes
- Arugula
- Cucumbers
- Jalapenos
- Carrots

Half Share

- Carrots
- Potatoes
- Slicer Tomatoes
- Summer Squash
- Garlic
- Swiss Chard

What Grows Where

DAWN GARDENS

cherry tomatoes, slicer tomatoes, summer squash, basil, carmen peppers

FIVE FOOT FARM

summer squash, carrots, swiss chard

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, jalapenos

SIERRA VALLEY FARMS

arugula, carrots

BLOOMSTONE FARM

potatoes

HARMONY ACRES

potatoes

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Bread Share Flavor

cranberry, feta and walnut

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Swiss Chard Tzatziki

The ubiquitous Greek garlic-yogurt sauce gets the hearty green addition of lightly cooked Swiss chard. Serve this dip with pita chips or alongside roast lamb.

About Chard: Our buddy Martha Stewart has this to say about the Swiss Chard in this week's Half Shares, "In the world of hearty greens, Swiss chard often gets overshadowed by its popular neighbor kale, but it's a superstar in its own right. This relative of the beet is a superb source of vitamins A, C, and K, as well as magnesium, potassium, and iron. It makes a colorful and tasty side dish, or a nutritious addition to pasta, soup, quiches, and more. "



INGREDIENTS

1 cup green or red Swiss chard, stemmed and finely chopped	1 tablespoon extra-virgin olive oil
1 garlic clove	1 tablespoon fresh lemon juice
1/4 teaspoon coarse salt	1/8 teaspoon cayenne pepper
1 cup low-fat Greek yogurt	2 whole-wheat pitas, cut into wedges and toasted

DIRECTIONS

1. Prepare an ice bath; set aside. Bring a large saucepan of water to a boil. Add chard; cook until just tender, 3 to 5 minutes. Drain. Immediately plunge into ice bath to stop the cooking. Drain. Using a mortar and pestle, grind garlic and salt into a paste. Stir chard, yogurt, garlic paste, oil, lemon juice, and cayenne pepper in a medium bowl. Serve with pita wedges. Tzatziki can be refrigerated in an airtight container up to 1 week.

Source: www.marthastewart.com

Thanks for the survey feedback!

We appreciate all of you who took the time to give feedback about your CSA experience through our mid-season survey. All of the positive comments warmed our hearts. We're glad that so many of you are loving your CSA share! We also received some helpful constructive feedback and ideas, with a couple of themes. Here are updates on those:

Plastic Bags: A couple of you mentioned wishing that we could use fewer plastic bags in our shares. We agree, it would be great to get away from plastic. However, we've chosen our current use of bag liners (for Graeagle and Portola shares) because they help the produce stay fresh, and they're an industry standard for food safety reasons. We could shift to washable plastic totes in the future; in the past this option was cost prohibitive (and we love our rad wooden crates!). In the mean time we hope you can find a way to repurpose your plastic bags in your home or recycle them at your grocery store.

Swap Bucket (Quincy only): The swap bucket is available for Quincy members who'd like to swap out something in their share. Take something and leave something! The Swap Bucket is for *both* Full and Half shares (even though it's on the Half Share side). Enjoy!

Candied Carrot Balls

Okay, even if you never try this recipe we think your life will be enriched just by knowing that there is such a thing on this planet as candied carrot balls. (You can tell it's late in the summer because our recipe choices are getting weirder!)

1 ½ pound carrots, grated
16 ounces sugar, plus more for rolling
1 pinch salt
1 orange's juice and zest
½ cups finely ground graham crackers



Combine the carrot, 16 ounces of sugar, and salt in a heavy saucepan and cook over medium heat until the sugar melts and the mixture thickens. Add the orange juice and zest. Cook until thick and syrupy. Stir in the biscuit meal and remove from heat. The mixture should be sticky but easy to form into balls. Cool for 10 to 15 minutes. When the mixture is cool enough to handle, roll into balls (about the size of truffles) by hand and roll them in sugar. Set on cookie sheets to dry. Leave to dry for a day or two, depending on humidity. Turn occasionally. Keep dried candied carrot balls in a sealed container for up to a week.

Source: www.food52.com