



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 30, 2015 —

A Grateful Autumn

by HAH Coordinator Elizabeth Powell

As the summer growing season comes to a close I'm overwhelmed by feelings of gratitude for you—our stellar members!—and for my fellow farmers. It's been another wonderfully successful summer!

This is our 6th year running High Altitude Harvest, and over those years we've been able to fine tune our operation and crop production so much. This year's harvests came in consistently, and growers were able to fill in for each other when crops failed. Our wonderful pick up sites in Quincy, Portola and Blairsden were steadfast in their support of our local food system, and our packing, delivery and distribution crew were so dependable it makes me tear up a little.

We are SO proud to report that by the end of our growing season this October, HAH will have paid out **\$40,480** to local farmers, ranchers and food artisans in 2015. That's a \$6,179 increase over last year! This growth is a result of strong share sales and the addition of some new optional shares, like those outrageous fresh flowers and our upcoming extended Fall Produce Share.

Not least of all, this year we have five HAH farmers who have been in production for less than 2 years,

which is evidence that our community of local farmers is growing strong. It's no small feat for a small mountain county like ours to develop a thriving local food scene—it's easier in areas with longer growing seasons and more people (and more money). But I think we're proving that we can be a community that loves good food and supports thriving farms.

Our farmers believe in what they do so much that they're making a point to share the joy and fruits of their work. At Five Foot Farm we've hosted a number of classroom tours where kiddos visit the farm to explore, harvest and snack on produce. (Overheard—"This radish is SO good!") Sundberg Growers partnered with Plumas Co Public Health to spearhead two gleaning days where volunteers visited farms to harvest produce, then donated it to local food pantries. And 5 local farmers (all HAH growers!) participated in an innovative farmers market at Quincy and Greenville Elementary Schools, where students used tokens to "shop" at a farmers market set up just for them (making produce into a reward!).

All of these awesome efforts are made possible by the fact that we have fired up farmers, and they couldn't do it without committed eaters like you. Thanks for another delicious summer season, and we hope to see you again next year!

Full Share

- Apples
- Blue Hubbard Winter Squash
- Swiss Chard
- Sage
- Carmen or Iko Iko Peppers (not hot)
- Parsnips
- Pie Pumpkin
- Kabocha or Kuri Winter Squash
- Summer Squash
- Head Lettuce

Half Share

- Apples
- Sage
- Parsnips
- Pie Pumpkin
- Delicata Squash
- Mustard or Collard Greens
- Green Bell Peppers

What Grows Where

BIKE BASKET GROWERS
mustard and collard greens

FIVE FOOT FARM
swiss chard, sage, carmen & iko iko peppers, parsnips, pie pumpkins, kuri & kabocha squash, delicate squash, summer squash, head lettuce

GREEN CEDAR FARM
apples

GREENVILLE HIGH SCHOOL
green bell peppers

SASQUATCH FARMS
baby blue hubbard squash

This is our last summer share pick up. Thanks for a wonderful summer!

Fall Shares start next week, look for an e-mail with details.

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Bread Share Flavor

Mushroom & Cheese
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IT'S SURVEY TIME!
Please keep an eye out for an e-mail link to your End of Season Survey. We'd love it if you took the survey by October 16th. Thanks!!

Pork and Pumpkin Stew

Chock-full of tender pork and pumpkin and seasoned with a medley of fragrant spices including sage, this warming stew is perfect for an autumn supper with friends.



INGREDIENTS

2 lb. boneless pork shoulder, cut into 1-inch cubes
Salt and freshly ground black pepper
3 Tbs. olive oil
1 yellow onion, diced
1 apple peeled, cored, and chopped
1 1/2 tsp. minced garlic
1 tsp. minced fresh ginger
2 tsp. tomato paste
3/4 tsp. ground cinnamon
1/4 tsp. ground coriander
1/8 tsp. nutmeg
1/8 tsp. ground cloves
1/4 tsp. red pepper flakes
1 1/2 Tbs. apple cider vinegar
15 oz. canned diced tomatoes with juices or 1/2 lb. chopped fresh tomatoes
1 lb. peeled and diced (3/4-inch dice) pumpkin or winter squash, such as kabocha or kuri
2 tsp. chopped fresh sage
2 cups chicken stock or 2 cups water with bullion

DIRECTIONS

Preheat an oven to 325°F. Season the pork with salt and black pepper. In a 3 1/2-quart Dutch oven over medium-high heat, warm 2 Tbs. of the olive oil. Working in batches, brown the pork on all sides, 8 to 10 minutes per batch. Transfer to a plate. Reduce the heat to medium and warm the remaining 1 Tbs. olive oil. Add the onion and chopped apple. Cook, stirring occasionally, until tender, 6 to 8 minutes. Add the garlic, ginger, tomato paste, cinnamon, coriander, nutmeg, cloves and red pepper flakes. Cook, stirring constantly, until fragrant, about 1 minute. Add the vinegar, tomatoes with their juices, pumpkin/winter squash, sage, stock, and pork. Bring to a boil and season with salt and pepper. Transfer the pot to the oven and cook until the pork is fork-tender, 2 to 2 1/2 hours. Serve the stew over mashed potatoes. Serves 6.

Source: adapted from www.williams-sonoma.com

Thyme Roasted Parsnips & Apples



Parsnips are the ivory colored roots in your share, which are closely related to carrots and parsley. They're a long-season crop that matures in the fall and gets sweeter throughout the winter.

INGREDIENTS

2 1/2 tablespoons extra virgin olive oil
3 apples, cored and chopped
3 parsnips, peeled and chopped
(remove the woody core)
1 red onion, peeled and cut into 8 wedges
2 garlic cloves, lightly smashed
4 thyme sprigs, plus more minced for garnish
1/2 lemon, zested and juiced
salt and pepper to taste

DIRECTIONS

Preheat oven to 375°F. Place all ingredients into a large mixing bowl and toss together. Season with salt and pepper. Spread mixture onto a large baking sheet and roast for 30 minutes, tossing after 15 minutes, or until fork tender. Allow mixture to cool for 5 minutes before adjusting seasonings and serving. Serves 4 -5.

Adapted from a recipe in "Eat Feed Autumn Winter" by Anne Bramley

WINTER SQUASH ID GUIDE

You're getting some different types of squash in your share this week. They're all delicious in a variety of recipes—including soups, stews, baked goods and roasted dishes. A surefire crowd pleaser is to halve the squash, scoop out the seeds and coat the inside with oil. Roast in a 400 degree oven for 30-60 minutes until fork tender. Season with salt and pepper, or butter and brown sugar. Yum!

Kabocha

You may get one of a couple types of Kabocha squash in your share, which have a sweet, dry, flaky and delicious flesh. The bluish-grey variety is Confection, and the dark green variety is Cha Cha.

Delicata

These are the little yellow squash with green stripes. They have a creamy, smooth flesh, and their skins are thinner than other winter squash and can be eaten when cooked.

Red Kuri

This squash has a very full-flavored, sweet taste. Because of its nutty, sweet flavor, it's a good pumpkin substitute for muffins, quick bread, and pies.

Baby Blue Hubbard

The flesh of this squash is deep orange. It is dense and starchy and has the nutty, sweet taste of a sweet potato. This squash works great as a puree or pie filling.

