



TOMATOES

Where do you store your tomatoes? Hopefully not in the fridge. Cool temperatures break down the membranes, causing tomatoes to lose their flavor and become mealy in texture. However, if you store them at room temperature they continue to develop their flavor for a few days after picking.

How lucky we are that our tomatoes go from plant to belly within a few days so they're at peak flavor when we get them! That's one of the significant benefits of eating local food. All of our farmers harvest the CSA veggies one to two days prior to pick-up so they're fresh, delicious and very nutritious. This is a huge contrast to non-local foods, which typically spend at least a week in transit.

So, what do you do with your tomatoes once they're ripe? Do you eat them raw, thereby benefiting from the higher levels of Vitamin C? Or do you cook them, increasing the lycopene content by up to 171%? Lycopenes apparently devour oxygenated free radicals, and Vitamin C blocks some of the damage done by free radicals. Free radicals are unstable particles thought to cause cell injury as well as DNA mutations leading to malignant tumors.

So whether you say "toe-may-toe" or "toe-mah-toe", eat them cooked or raw, you're benefiting from the delicious, fresh tomatoes grown right here at home.



Cherry "toms" (as we say in the industry) fresh from the field at the Dawn Gardens

September 5, 2012 —

The first frost descended on Plumas County during the last days of August. For those of you who aren't familiar with this growing climate, that was officially against the rules. Our farmers should not have to worry about row covers (put on at night to protect crops from freezing) during the peak month of summer.

There are a few exceptions, like valley bottoms where cold air pools. These sites can get a frost any month of the year, and are relegated to cool-season crops, or else growing under cover. However, all other vegetable growing locations should be off limits to frost *at least* until early September!

Luckily the bulk of our hot crops escaped any heavy frost unscathed, some of them saved by a 3am dash to put on row covers (thanks farmers!).

We will continue to encourage more of our growers to get into the art of greenhouse growing in order to fend off those pernicious spring and fall frosts. Someday we will see mountain tomatoes burst into fruition in June and last through October!

As we grasp onto the last few weeks of summer, please enjoy this scientific inquiry by Jamie Huynh into the mother of all summertime crops:

Full Share:

- Asian Pears
- Peaches
- Peppers, Green & Jalapeno
- Cherry Tomatoes
- Basil
- Radishes
- Blackberries
- Carrots
- Potatoes
- Beets

Half Share:

- Asian Pears
- Slicer Tomatoes
- Carrots
- Corn
- Summer Squash
- Romaine Lettuce

What Grows Where:

DAWN GARDENS

basil, summer squash, cherry tomatoes, blackberries, green peppers, slicer tomatoes, beets

GRASSFED GARDENS

beets, potatoes

SIERRA VALLEY FARMS

romaine, radishes

HANSEN FARM

carrots

GREEN CEDAR FARM

Asian pears, peaches

E SHEEP FARMS

corn

GREENVILLE HIGH SCHOOL

green bell peppers, jalapenos

.....

Bread Share Flavor:

Mushroom & cheese

.....

Asian Pear and Gouda Grilled Cheese

We never would have thought to put pears in a grilled cheese sandwich, but this looks *delicious!*

INGREDIENTS

1 tablespoon unsalted butter, softened
2 (1/2-inch-thick, 7-1/2-by-3-1/2-inch-long) slices light rye bread
2 ounces thinly sliced young Gouda cheese (aged 1 to 6 months)
5 (1/8-inch-thick) slices Asian pear

DIRECTIONS

Heat a large frying pan over medium-low heat. Meanwhile, spread half of the butter on one side of each slice of bread. Once the pan is warm, add 1 slice of bread, buttered side down, then top with half of the cheese, all of the pear slices, and finally the remaining cheese. Close with the second slice of bread, buttered side up. Cook until the bread is toasted and the cheese is melted, about 6 minutes per side.

Source: www.chow.com/recipes/

CROP Updates

Potatoes — This week's potatoes came from Grassfed Gardens, and are a mix of varieties. The golden ones are German Butterball—the skins are rough, but the flavor should be great. The pink taters are Desirees, a versatile variety. And the purple ones are All Blues, with purple insides—they cook quicker than most potatoes, and are good mashers (use sour cream to make them lavender!).

Peaches — This coveted fruit is making a surprise appearance from Green Cedar Farm this week. We originally thought most of the peach crop was lost due to spring weather, so we're pleasantly surprised to have some!

Corn — We're thrilled to receive our first picking of sweet corn from E Sheep Farms in East Quincy. Kathy Tedford is one of our newer market growers—and the only one of us brave enough to grow corn in the mountains! Read more about Kathy under the growers section of the HAH website.

Check out the HAH Facebook page to see:

**Some of our members'
mid-season survey responses!**

AND

**Marinated Beet Salad recipe
(vegan & gluten free!)**

facebook.com/HighAltitudeHarvest

SHARE PREVIEW REMINDER

Please remember, you can see a preview of the weekly expected harvest on our HAH website. We post it by 3pm each Monday. (We have been late a couple of weeks, but mostly it's on time!)

GROWER BIOS

You can also visit the HAH website to learn more about our growers. Each one has a page where you can see a photo or two and read about their story.

www.HighAltitudeHarvest.com

Jalapeno Peppers

Some fun ideas for those spicy suckers:

- Mix diced peppers into hamburger patties for the grill
- Use in homemade salsa
- Layer with veggies in a quesadilla
- Sautee with diced carrots and mix into mashed potatoes

Corn, Zucchini & Bacon Medley!

Fresh veggies *and* bacon? Oh, we're in heaven already.

Ingredients

4 slices bacon	1 small onion, chopped
2 C chopped zucchini	1 pinch pepper
1 1/2 C fresh corn kernels	1/4 C shredded Monterey Jack cheese

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Reserve 1 tablespoon of drippings. Drain bacon, chop, and set aside. Heat the bacon drippings in the skillet over medium heat. Sauté the zucchini, corn, and onion until tender but still crisp, about 10 minutes. Season with pepper. Spoon vegetables into a bowl, and sprinkle with chopped bacon and shredded cheese.

Source: by Molson7 at www.allrecipes.com