



HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 6, 2017 —

Wholesome Food

By Michele Adams of the Dawn Gardens

News Bulletin: We Americans are consuming huge plastic bottles full of blue, chemically saturated “beverages” known as soda pop!! We think we need these fluids to chase our dry cookies, chips and candy, etc down our throats, because our bodies won’t accept these things without a lot of cajoling. Ahhh...but that would be in a perfect world. Actually, our phenomenally complex and vulnerable bodies are in a sadly subservient role to our eyes and noses. This is unfortunate. Our bodies deserve and need the very best fuel to keep us healthy, happy and energetic. But they don’t get to choose. We do. If our hearts and livers had their way with us, we’d live on fresh, organic, mineral and vitamin rich produce with enough clean protein and fiber to keep us fully powered and eager to get the exercise we need to prevent circulatory dementia! Yes, a lack of exercise can cause you to literally lose your mind, and that’s just sad. Now.....what was it I was saying? Oh yeah.....

This seems like a good opportunity to make the pitch for we HAH members to shamelessly spread the word about the power of great food choices. For a bit more motivation I thought you might be interested in the American Nutrition Association’s article in Volume 38, (#2) of their newsletter. It offers an eye popping

comparison between the mineral content in organic and commercial produce. Just to steal their thunder a bit.....Iodine is 498% higher in organic produce and Selenium is 372% higher! Most of us understand how important minerals are to our health. They’re needed to help us absorb vitamins, balance blood sugar, stabilize moods, aid bone building and repair; to list only a tiny percentage of what minerals accomplish quietly and humbly, if we let them. Iodine, for instance, is known to help protect us from breast, prostate and colon cancer.

So, let’s not be shy about our passion for wholesome organic food. Spread the word!! Create controversy!! Go ahead and be annoying as you talk with your friends, family and handy strangers. Mention interesting facts that you learned in this article. Maybe not the most fascinating topic for dinner parties, but if you’re a decent cook you might just influence a palate, along with a mind or two! The flavors pop! Maybe it’s the minerals!!

September 27th is our last Summer Share pick up
and
 Fall Half Shares are still available!
 Our Fall season runs for the month of October, with shares available for pick up in Quincy only (due to the smaller volume of shares we’re able to offer). We still have a few Full and Half Shares left, so sign up now if you’d like one!
 Call (530) 616-8882 or login to your account on our website at www.HighAltitudeHarvest.com

Fall Share

- Summer Squash
- Lettuce
- Pears
- Basil
- Jalapenos
- Bell Peppers
- Lemon Cucumbers
- Cherry Tomatoes
- Fruit
- More fruit

Half Share

- Carrots
- Jalapenos
- Green Cucumber
- Lettuce
- Fruit
- Tomatoes
- Strawberries OR Cherry Tomatoes

What Grows Where

DAWN GARDENS

summer squash, cherry tomatoes, head lettuce, basil, pears

GREEN CEDAR FARM

peaches, figs, pears, Asian pears

GREENVILLE HIGH SCHOOL

lemon and green cucumbers, bell peppers, jalapenos

FIVE FOOT FARM

carrots, cherry tomatoes, head lettuce

SUNDBERG GROWERS

strawberries

SHOOFLY FARM

tomatoes

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Bread Share Flavor

Roasted walnut & local chives

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Basil Beer Bread

Here's a different idea for how to use that beautiful summer basil while we still have it.

INGREDIENTS

olive oil for the baking sheet
3 1/4 cups all-purpose flour
1 1/4-ounce package active dry yeast
1 1/2 teaspoons kosher salt
1/2 teaspoon black pepper
3/4 cup (3 ounces) grated Parmesan
1 12-ounce bottle beer, preferably ale
flour for the work surface
1 cup chopped or torn fresh basil

DIRECTIONS

Step 1: Heat oven to 400° F. Oil a baking sheet. In the bowl of a standing mixer on low, or in a large bowl using a spoon, combine the flour, yeast, salt, pepper, and Parmesan.

Step 2: Add the beer and mix just until the dough comes together. Turn the dough onto a lightly floured surface. Sprinkle with the basil and knead gently just until incorporated. Shape the dough into a round loaf and transfer to the prepared sheet.

Step 3: Bake until the loaf is lightly browned and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Turn the loaf onto a wire rack. Let cool for at least 10 minutes before slicing.



Source: realsimple.com

Cucumber Salad with Lemon

This has been a cucumber-full summer! Lemon juice and zest is a nice twist on fresh cucumber salad.

Ingredients

2 large cucumbers (green or lemon)
1 cup chopped cherry tomatoes
1/2 cup yellow sweet bell pepper
3 tablespoons parsley
2 and 1/2 tablespoons fresh lemon juice
1 and 1/2 teaspoons lemon zest
1 tablespoon olive oil
1 and 1/2 teaspoons white wine vinegar
Salt and pepper

Directions

Peel the cucumber if desired. I like to leave the peels on. Thinly slice the cucumbers. (You can use a box grater with a veggie slicing surface to speed up this step.) Chop the cherry tomatoes, bell pepper, and parsley and add to the cucumbers. If you aren't eating this right away, place the mixture in the fridge to chill. In a small bowl, whisk together lemon juice, lemon zest, olive oil, white wine vinegar, and salt and pepper. Right before serving, add the dressing to the cucumbers and adjust to taste (add more lemon, salt or pepper if desired). Enjoy immediately.



Source: chelseasmessyapron.com

Flourless Chocolate Cashew Zucchini Muffins

Yes!!!

Ingredients

1/2 cup unsweetened, unsalted cashew butter (or almond butter)
1 ripe banana, mashed
2 large eggs
1/4 cup real maple syrup
1/3 cup unsweetened dark cocoa powder
1 teaspoon vanilla extract
1/2 teaspoon baking powder
1 cup shredded zucchini, drain excess water using a dish towel
1/4 cup extra-dark chocolate chips

Directions

Preheat the oven to 375. Combine the cashew (or almond) butter, banana, eggs, maple syrup, cocoa powder, vanilla and baking powder in a blender or mix well in a bowl. Stir in the zucchini and chocolate chips. Line 9 wells of a regular sized muffin tin. Divide the mixture evenly between the wells. Bake for 20 minutes or until cooked through. Remove from the pan and cool on a rack.



Source: katiecavuto.com