



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 7, 2016 —

## Techie vs. Old School Farming

by Elizabeth Powell, HAH Coordinator and Five Foot Farmer

Did you know there's such a thing as a driverless tractor? That's right, no human being necessary. The tractor just gets together with its GPS technology and gets to work.

Techie farmer folks have also developed crop sensors that are flown around by drones to calculate the right amounts of petroleum-derived synthetic fertilizers to apply to each part of a field. Again, no farmer needed to get out in the field and assess plants with old school eyesight and hands.

In vitro meat (also known as synthetic meat, cell-cultured meat, or "schmeat" - sheet + meat) is the pinnacle of transcending the connection between people, nature and food. This is meat that is grown in a lab, certainly by a person in a white coat, with no soil or actual animals involved. Though not yet available commercially, the first lab grown burger was eaten at a press conference in London in 2013. The food critic said, "There was really a bite to it."

You've probably heard that for the past 80 years the number of farmers in our country has steadily decreased while the size of farms has increased. So more and more of the nation's food is grown by big agribusiness, the guys and gals and corporations who have the capital

and economies of scale to invest in super expensive technologies, gadgets and machinery.

So how much technology is too much? I think the reason that super-techy ag solutions rub me the wrong way is that they're moving us further and further away from seeing ourselves as part of the land. I love small-scale farming because it puts me in direct partnership with all of the messy, complicated, and beautiful systems of nature. I'm reminded daily people aren't in control of the natural world, we *are* nature. And there's something really fundamentally satisfying about participating in it.

Who knows though, maybe the steady march of technology will be too much to resist someday, and we'll all succumb to agbot-grown food. For now though, the lab coats and farm geeks can keep building gadgets for corporations, but I'm going to stick with the old school ways — we'll keep working to preserve human-scale agricultural knowledge and family farms. We'll keep relying on our good old fashioned bodies to get work done, supplemented by tractors and tillers that don't have a mind of their own.



Being on the ground provides up close encounters with the critters of the farm

## Fall Share

- Shishito Peppers
- Pears
- Jalapeno Peppers
- Lemon Cucumbers
- Green Cucumbers
- Mixed Bell Peppers
- Midget Melons
- Cherry Tomatoes
- Slicer Tomatoes
- Sugar Plums
- Beets

## Half Share

- Spring Onions
- Kale
- Tomatoes
- Strawberries
- Sugar Plums

## What Grows Where

### BLOOMSTONE FARM

walla walla spring onions

### DAWN GARDENS

cherry tomatoes, pears

### FIVE FOOT FARM

beets, shishito peppers

### FOLLOW YOUR HEART FARM

Minnesota midget melons

### GREEN CEDAR FARM

French sugar plums

### GREENVILLE HIGH SCHOOL

lemon and green cucumbers, jalapenos, bell and lipstick peppers

### SASQUATCH FARMS

tomatoes, kale

### SHOOFLY FARM

tomatoes, shishito peppers

### SUNDBERG GROWERS

strawberries

## Bread Share Flavor

Local chive and blue cheese

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## Hot Plum Sauce

“The rich colour of this sauce is stunning, and with its tartness and temperature, it provides a good contrast to vanilla frozen yogurt or ice-cream, or to any plain pudding or cake. A home-made fruit sauce such as this is a good alternative to chocolate, butterscotch or other sweet sauces.”



### INGREDIENTS

1 lb ripe dessert plums  
5 fl oz orange juice  
large pinch of ground cinnamon

large pinch of ground cloves  
1 tsp light soft brown sugar, or to taste  
1 tsp brandy (optional)

### DIRECTIONS

Cut the plums in half and remove the stones. Put the fruit in a saucepan and add the orange juice, cinnamon and cloves. Bring slowly to the boil, then reduce the heat and simmer gently for 10 minutes or until the fruit is very soft. Press the fruit mixture through a sieve into a bowl. Add the sugar and stir to mix, then taste the sauce and add more sugar if necessary. Add the brandy, if using. If necessary, return the sauce to a clean saucepan and reheat gently. Serve hot, poured over scoops of frozen yogurt or ice-cream.

Source: allrecipes.com

## FALL SHARES ARE STILL AVAILABLE!

A couple of years ago we expanded our one-time fall share into a full 4 week share through the month of October. It worked great and we're excited to offer this fall share again. It'll be a mix of greens, winter squash, root crops, many of which will store well for a month or more. You could have HAH produce on your Thanksgiving table!

**Full Share:** \$32/week

**Half Share:** \$19/week

**Pick Up Site:** Quincy only, 4:00 to 5:30pm

**To Sign Up:** Give us a call at (530) 616-8882, or login to your HAH account online at [www.HighAltitudeHarvest.com](http://www.HighAltitudeHarvest.com)

## CROP UPDATES

**Fun Note:** We have 9 of our 10 produce growers providing crops for this week's share.

**Spring Onions** — Okay, we know it's not spring, but humor us! BloomStone Farm has some nice Walla Walla Onions harvested spring onion style for our Half Shares this week. You can use the bottoms and the tops.

**French Sugar Plums**—This is one of our favorite crops from Frank and Sally at Green Cedar Farm. They are ready to eat as is, when they're firm, and they have a crisp, sweet flavor without those tart skins.

**Minnesota Midget Melons**—This is the first time that we've ever had melons in our shares. Way to go Follow Your Heart Farm! This variety is a cantaloupe that is mature when palm-sized, just right as a snack for two.

**Garlic Braids**—This is our first year offering the optional Garlic Braid Share thanks to Kari and Dax of Shoofly Farm. We had a limited number of these decorative and tasty braids to offer this year and they sold out fast!

**Pears**—European pears are meant to ripen off the tree, so just keep them on your counter and they should soften up nicely.

## BLISTERED

### SHISHITO PEPPERS

Please don't be scared of the wrinkly little peppers in this week's Full Shares. Once you try them you will see that they're not a hot pepper, but instead are mild and incredibly flavorful (*well*, one or two might be a little spicy). And a huge bonus is that they're crazy easy to prepare. Just follow the directions below for the best appetizer you've ever tasted.

### INGREDIENTS

Shishito peppers, whole (or padron peppers)  
Olive oil  
Sea salt

### DIRECTIONS

Heat oil in a large cast-iron skillet or other heavy skillet over medium-high heat. Cook peppers, turning occasionally, until they begin to blister on all sides. Sprinkle with salt and serve immediately while still warm.

Source: bonappetit.com