



# HIGH ALTITUDE HARVEST

Community Supported Agriculture

September 9, 2015 —

### News from the Fruit Front

by Sally Shea of Green Cedar Farm

This is an exciting and busy time for Green Cedar Farm. The Quincy Farmers Market has just ended (always bittersweet), but we are still trekking to Quincy for the HAH CSA and to Chico for the Saturday morning Farmer's Market. We have transitioned from cherries, plums and blueberries to apples, peaches and pears. The evenings have cooled down deepening the colors, while the warm days bring out the sugars in our certified organic fruit.

Our 2015 fruit season started with a few time consuming large infrastructure projects, with the first being the repair of our beloved, but badly leaking 12,000 gallon redwood water tank. A new potable liner was custom fit and installed on site by a small family business from Humboldt County in February. We originally purchased the century old redwood tank about 30 years ago and reassembled it on a concrete slab on the high end of our property (not an easy task). Our 15 acre orchard is irrigated from the redwood tank with a simple gravity fed system, using low-flow micro-jet sprayers hung from the fruit trees.

Another big project of 2015 was the new and greatly improved blueberry netting structure (about 40 ft. x 150 ft.) that allows us to stand and move around comfortably in the blueberries and even to mow between the rows. It took us at least two months to design and complete in

late spring (barely keeping a step ahead of hungry birds). So far, it has worked well. The netting will be removed annually in the fall.

Because of the changes in weather and drought-like conditions we face, being conservative with water as well as providing on-farm alternative food and water sources (both native habitat and in the planted landscaping) for beneficial insects, reptiles, birds and mammals are so important. It is both challenging and a blessing to farm in the midst of such abundant wildlife.

We appreciate the support of HAH each year and have really enjoyed meeting so many great CSA folks at the Quincy Farmers Market who came by for more fruit or to say hi.

*Frank Mazzarino and Sally Shea's highly diversified orchard is tucked into the forest in Berry Creek (off of the Quincy-Oroville Hwy, up and over Bucks Summit) at 3,000 feet elevation. They are our only growers who are technically outside of Plumas County, but it's only by a handful of miles, so we've made them honorary Plumas-ites because we couldn't bear a summer without their tasty fruit. We hope you love it too!*



The greatly improved blueberry netting!

### Full Share

- Carrots
- Green Onions
- Summer Squash
- Head Lettuce
- Swiss Chard
- Green Bell Peppers
- Potatoes
- Strawberries
- Chives
- Jalapenos
- Apple-Pears

### Half Share

- Green Onions
- Bok Choy
- Lemon Cucumbers
- Peppers, Carmen or Iko Iko (NOT hot)
- Potatoes
- Slicer Tomatoes
- Cherry Tomatoes

### What Grows Where

#### BIKE BASKET GROWERS

chives

#### BLOOMSTONE FARM

potatoes

#### DAWN GARDENS

apple-pears

#### FIVE FOOT FARM

summer squash, bok choy, swiss chard, sungold cherry tomatoes, head lettuce, green onions

#### GREENVILLE HIGH SCHOOL

lemon cucumbers, green bell peppers, jalapeno peppers

#### SASQUATCH FARMS

slicer tomatoes, "blueberry" cherry tomatoes

#### SHOOFLY FARM

slicer tomatoes

#### SUNDBERG GROWERS

strawberries

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### Bread Share Flavor

Indian spice, onion & cheddar

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## Cucumber, Tomato & Green Onion Salad

### INGREDIENTS

2 medium tomatoes, sliced and quartered  
1 medium cucumber, peeled and sliced  
4 green onions, chopped  
1 tablespoon sugar  
1 teaspoon salt  
1/4 teaspoon pepper  
1/3 cup cider vinegar  
1 cup water

### DIRECTIONS

In a bowl, combine the tomatoes, cucumber and onions. In a small bowl, combine the sugar, salt and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight. Serve with a slotted spoon.



Source: adapted from [www.tasteofhome.com](http://www.tasteofhome.com)

## A NOTE ABOUT GREEN ONIONS

HAH CSA green onions are so fresh and versatile; I can't help but get excited about them! If you chop them up when you first get them and put them in a jar in the fridge, they will last a week and they are ready for action. They are great sprinkled on rice and beans, incorporated into grain salads, on top of soups and chilies, stirred into scrambled eggs, and in tuna or egg salad, among other things!

- Karen

## Carrot-Cardamom Dip

In a small skillet, heat 1 Tbsp. olive oil. Add 2 minced garlic cloves and stir over low heat until fragrant. Off the heat, stir in 1/2 tsp. ground cardamom. Scrape into a bowl and let cool. Add 1 cup each grated carrot and plain Greek yogurt. Season the dip with salt and pepper and top with olive oil and toasted sesame seeds. Makes 2 cups.

Source: adapted from [www.foodandwine.com](http://www.foodandwine.com)

## HARISSA AND MAPLE ROASTED CARROTS

Harissa is a spicy and aromatic chile paste that's a widely used staple in North African and Middle Eastern cooking. Harissa recipes vary between countries and regions, but a standard version includes a blend of hot chile peppers (which are often smoked), garlic, olive oil and spices, like cumin, coriander, caraway and mint. Tomatoes and rose petals are also common ingredients. Even if you love spicy food, harissa packs quite a punch. A little goes a long way.

### Ingredients

2 garlic cloves, finely chopped  
2 tablespoons olive oil  
2 tablespoons pure maple syrup  
2 teaspoons harissa paste or 1 teaspoon harissa powder  
1 teaspoon cumin seeds or ground cumin  
Kosher salt and freshly ground black pepper  
1 1/2 pounds small carrots halved lengthwise  
or larger carrots cut in 1 inch diagonal chunks  
1 lemon, thinly sliced, seeds removed (optional)

### Directions

Preheat oven to 450°. Whisk garlic, oil, maple syrup, harissa, and cumin seeds in a small bowl; season garlic mixture with salt and pepper. Toss carrots and lemon with garlic mixture in a large roasting pan to coat; season with salt and pepper. Roast, tossing occasionally, until carrots are tender and lemons are caramelized, 35–40 minutes.

Source: adapted from [www.bonappetit.com](http://www.bonappetit.com)



## HOW LONG DOES THE SEASON LAST?

This is about the time of year when members start asking for a reminder about how long our summer harvest season lasts, so here ya go: our Summer Shares go through September 30th. Then our brand new Fall Shares start up the following week and go through the month of October (Quincy pick up site only for this year, sorry eastern Plumas folks!).