

Announcing the 2009 Season



Mountain Bounty Farm

Fresh tasty produce • Locally grown since 1997



EAT TRULY FRESH, LOCAL FRUITS
AND VEGETABLES YEAR-ROUND

INVEST IN YOUR HEALTH AND
SUPPORT SUSTAINABLE AGRICULTURE

ENJOY THE MOUNTAIN BOUNTY
FARM COMMUNITY & EVENTS

NOW SERVING TRUCKEE!

www.MountainBountyFarm.com
Email: Info@MountainBountyFarm.com
(530) 292-3776

Mountain Bounty Farm
14579 Blind Shady Road
Nevada City, CA 95959



Who We Are

Mountain Bounty Farm is a 10-acre family farm located high on the forested contours of the San Juan Ridge. Through careful management, we achieve surprising yields of exceptional quality produce. 2009 is our 12th season. John, Angie, and our crew of 5 interns are passionate about farming, cooking and eating good food. We're committed to creating a bountiful, diverse, and delicious harvest to share with our CSA members. See photos of the farm at www.MountainBountyFarm.com. Visitors are welcome, please call ahead to schedule your visit.



"THE QUALITY OF MOUNTAIN BOUNTY
PRODUCE IS SO INCREDIBLE. I BUY AS MUCH AS
THEY HAVE AVAILABLE. I'M HOOKED.
WITH MOUNTAIN BOUNTY, THE FOOD IS ALIVE."

-PETER SELAYA, CHEF & OWNER, NEW MOON CAFE

Our Mission

We aim to provide a reliable local source of the highest quality produce for Nevada County residents, and to work towards the economic sustainability of our rural community. We also want the farm to be a place of inspiration and beauty, a place to reconnect to food and the joys of food culture. We hope that Mountain Bounty will be a farm to celebrate, a farm that you help create and sustain for the future.



What is a CSA?

Community Supported Agriculture (CSA) is a new model of growing and eating that creates a direct connection between you and your farm. You invest in the season's costs at the beginning of the season, and we — your farmers — provide your table with fresh, diverse, quality produce straight from our fields every week. Your share of the harvest.

Joining our CSA connects you to your food, to the land, and to those that tend the soil. It lets you put your food dollar directly in the hand of a family farm. A farm you know. A farm that practices careful land stewardship.

Our CSA also builds community, bringing you together with other CSA members, your farmers, and the farm. Plus, with every delicious bite of carrot, you invest in our local economy.

Becoming a Mountain Bounty Farm CSA member is a tremendously rewarding experience.



FOOD IN THE U.S. TRAVELS AN
AVERAGE OF 1,300 MILES FROM
FARM TO SUPERMARKET.
AT MOUNTAIN BOUNTY FARM
THE FOOD IS GROWN RIGHT
CLOSE TO YOUR HOME AND
IS PICKED FRESH THAT DAY.



The Summer Vegetable Share

24 Weeks, May 26th through November 6th
\$22.50 per week (\$25.50 to Truckee)

Receive a generous variety of Mountain Bounty Farm's finest produce, grown using organic practices and delivered weekly to five locations around Nevada County. Each week's delivery yields its own unique harvest, picked fresh that day. We put tremendous care and skill into growing superb produce for you, including over 250 varieties of vegetables and herbs plus some absolutely luscious melons. Over the course of the season, the amount and variety of produce increases. On average you will receive enough produce to fill a large grocery bag full of your favorite staple veggies, plus a healthy portion of the exotic and unusual. We also provide a weekly newsletter with recipes, nutritional information, and farm news.

What's Included?

Arugula, basil, beans, beets, bok choy, broccoli, cabbage, carrots, cauliflower, celery, corn, cucumbers, culinary herbs, eggplant, fennel, garlic, kale, leeks, lettuce, melons, mustard greens, onions, parsnips, peas, peppers, potatoes, pumpkins, radishes, salad mix, scallions, spinach, summer squash, swiss chard, tatsoi, tomatoes, turnips, watermelons and winter squash.

Also, the Free Choice area includes extras and treats free to Vegetable Share members.



"MOUNTAIN BOUNTY FARM IS FANTASTIC. THE FOOD IS FRESH, I KNOW WHERE IT'S FROM, IT TASTES GREAT, AND IT HAS VARIETIES YOU JUST CAN'T GET IN THE SUPERMARKET. IT'S LIKE OPENING A CHRISTMAS PRESENT EVERY WEEK."

-TRACEY JONES, GRASS VALLEY



The Summer Fruit Share

18 Weeks, June 15th through October 15th
\$18.00 per week (\$21.00 to Truckee)

Several local farms make up the weekly fruit share. The fruit shares average 6+ pounds/week and vary with the season. We strive to provide you with the best certified organic tree-ripened fruit, fruit with real flavor and character. This is fruit you will rarely, if ever, find in the store.

What's Included?

Apricots, apples, cherries, nectarines, peaches, pears, plums, table grapes and more.



WE USE ORGANIC GROWING METHODS BUT CHOOSE NOT TO BE CERTIFIED. WE BELIEVE THAT OUR PRODUCE IS MUCH CLEANER, FRESHER, AND TASTIER THAN MOST CERTIFIED ORGANIC PRODUCE IN STORES DUE TO OUR TIME-PROVEN ORGANIC PRACTICES, CLEAN WELL WATER, AND REMOTE LOCATION.

The Winter Vegetable Share

24 Weeks, End of November through May
\$22.50 per week (\$25.50 to Truckee)

We offer a winter share in cooperation with Riverdog Farm near Davis, where their milder winters allow harvest of sweet and tender certified organic winter veggies. This share includes everything from snap peas and carrots to cabbage and Mandarin oranges — for a full list, please visit our website.



Farm Harvest Festivals

June 14th and September 19th

Come celebrate the spring and fall harvests with us. See the farm in all its glory, snack on gourmet treats provided by our farmer/chefs, and bring the kids for special games and tours. Show your kids where their food REALLY comes from!

Member Responsibilities

- Pick up your share during the appointed hours each Monday or Thursday
- Return the previous week's box or transfer produce to your own bag.
- Spread news about the farm and ENJOY!

Summer Pickup Information

Grass Valley:

100 Cornish Court
(near Empire Street)
Monday 5-9pm

Nevada City:

575 East Broad Street
(The Outside Inn)
Thursday 5-9pm

San Juan Ridge:

15203 Tyler Foote Road
Monday 5-10pm

Truckee Downtown:

10075 Jiboom Street
(Pourhouse Wine Shop)
Thursday 5:30-9pm

Truckee Glenshire:

15389 Crown Circle
Thursday 5:30-8pm



2009 Sign-up Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

E-Mail*: _____

**Important - we will send you email confirmation that we have received your payment.*

Circle your choice(s)

1. Summer Vegetable Share \$540
2. Summer Fruit Share \$324
3. **Truckee Summer Veggie Share \$612**
4. **Truckee Summer Fruit Share \$378**
5. Winter Vegetable Share \$540
6. **Truckee Winter Veggie Share \$612**
7. Financial Assistance

Fund Donation \$ _____

Total Due \$ _____

My Pick-Up Site is: (Circle one)

Grass Valley • Nevada City • San Juan Ridge

Truckee Downtown • Truckee Glenshire

Payment Options

- Pay total. Due with Sign-Up; or
- Extended payment. Enclose three checks, each for one-third of your total, dated one month apart (for example: April 4, May 4, June 4).
- Financial Assistance Needed? Call us. We want the shares to be available to all, and we have scholarship money available.
- Worker share. Work 4 hours per week for your share. Call for details.

Send checks to:

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For more information, please call (530) 292-3776 or visit www.MountainBountyFarm.com