



# FARM NEWS

June 1 – June 4, 2009

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## *Around The Farm*

Whew, what a busy time on the farm. We're scurrying around trying to get all the plantings in. Last week we finally got the last of our potatoes in the ground, seeded the winter squash and found a bit of time for weeding. Our interns have been working over-time trying to get us caught up on seeding and watering. It's such a pleasure to have their young, positive energy around the farm and it seems like they're getting a lot out of the experience as well. Our work trade folks just started with us last week and from now on they'll be helping one morning a week in exchange for veggies. Thanks to our whole crew of dedicated farmers.

It's been a challenging spring as John mentioned last week but things are starting to look great and we all feel like it's going to be an awesome season. Each year on the farm we are faced with one or more significant challenges but we seem to always come out of it producing some of the best food I've ever tasted. One of the really cool things about the CSA model is that you, the member, are supporting the farm through its ups and downs and thus get the real taste of farming and eating locally. At times like this it may seem light but we are committed to giving you the best of the best and it will only get better. Thanks for supporting our small family farm!

For the next few weeks your boxes will be full of lots of greens but soon they will fill up with Broccoli, Napa Cabbage, Beets and more. The lettuces are lovely this time of year. I hope you find as much pleasure as I do in a simple salad of our fresh lettuce. I've been really into salad dressings with lemon zest, olive oil, salt, vinegar (or lemon juice) and sometimes garlic or shallots. Slivers of parmesan or pecorino and toasted walnuts make it a meal. I hope you all enjoy the wonderful, fresh food.

Don't forget, we're having an open house/party at the farm to celebrate the beginning of the season on June 14 from 4-7pm. We'll have some finger foods, tours and maybe some music too! This will be a great chance for you to see the farm and meet us. We have directions on our website. Please don't use mapquest – it takes you to the wrong place. Hope to see you there!

## *Cooking the Harvest*

Caramelized Turnips from Chez Panisse Vegetables by Alice Waters.

Preheat oven to 425. Cut the turnips in halves or quarters and big ones can be cut into wedges. Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in an even layer on a baking sheet and roast them for about 10 minutes, toss them then roast from 10-20 more minutes. They're done when they are fork tender and nicely caramelized

## *WE NEED YOUR HELP!*

We're getting there, but we still have 22 shares available (out of a total of 265) and we need to find people to eat them so we can meet our farm budget. Please help us by telling your friends about our fabulous produce. Word of mouth is our most powerful tool, so we really appreciate your help—thank you!

Fresh Spring Rolls  
10 pieces of rice paper  
1-2 heads of lettuce  
Grated carrots  
Tofu- seared in garlic and  
soy sauce- cut in strips  
Green onions sliced thin  
1 bunch of chopped cilantro  
and mint  
Chopped peanuts  
Mae Ploy or other Thai style  
sweet chili sauce

Prepare all the ingredients and place in dishes or piles in front of your work space. Fill a wide bowl full of warm water. Place a paper in the water for 5 seconds then pull it out and set it on the counter (it will still be somewhat rigid and may have some pools of water in it) Start with the lettuces- place a few leaves (rip them if you need to) then add the grated carrots, tofu, peanuts, chili sauce and lastly the fresh herbs. Don't fill too much.- they should be easy to roll. Roll up and place on a plate. They will soften up if they haven't fully already.

Make a dipping sauce-  
Either use the sweet chili sauce or make your own...  
One of my favorites is a tahini sweet sauce.  
2-3 Tbs of tahini  
1-2 Tbs Agave Nectar or honey  
1 Tbs Sweet Miso or substitute some salt  
Juice of one lemon  
Grated ginger  
1 or 2 garlic cloves – pressed  
Warm water til it becomes the consistency you like.  
Taste it and add more sweet, salt or sour.  
Add chilis or cayenne pepper if you like spicy!

## *Reminders*

Find our newsletters & recipes online:  
<http://mountainbountyfarm.com/news.cfm>

All produce is donated promptly at the close of pickup hours. If you can't make it in time, have a friend pick up your box(es).

