



# FARM NEWS

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## *Around The Farm*

The summer crops are really starting to fill in after this week of good warm weather. The melons are sending runners out across the beds, the beans are starting to flower and the tomatoes have grown a foot it seems. Our farm offers the challenge of having multiple sites which makes keeping track of the crops challenging. Yesterday I took the time to walk around and check up on most of the sites and everything's looking really good. The weeds of course are thriving and keep us feeling adequately challenged but overall the farm is doing great.

The Broccoli has been beautiful and tasty. I hope you've been enjoying it since you'll be seeing a bunch more over the next weeks. This week we're going to start planting out our Broccolis for the fall. It's hard to believe it's already time for that. The lettuces are still sweet and wonderful. Right now we're harvesting some of our baby lettuces which we grow at a closer spacing (6 inches apart). This forces them to mature when they're smaller which often results in a more tender lettuce. A few of our favorites are Little Gem, a baby romaine type and Dancine, a baby butter lettuce. Napa Cabbage is going to be harvested this week. These tender Chinese cabbages are great used raw in salads or very lightly cooked in a stir fry. They have a nice succulent midrib which many of the Asian greens have and thus are best only lightly cooked to maintain the good crunchy texture. And at last we are beginning our carrot harvest. From now on throughout the season we'll be harvesting lots of carrots as long as all goes as planned. Enjoy all the good food and happy Summer Solstice.

## *Cooking the Harvest*

### Napa Cabbage Salad

from the Mountain Bounty Farm Kitchen

1-1/2 of a Napa Cabbage, chopped finely.  
2 grated carrots  
Handful of cilantro, finely chopped

For Dressing: 2 tablespoons rice wine vinegar, juice of 1 lemon or 2 limes, 1/4-1/2 cup sesame and/or olive oil, dash of sugar or Agave Nectar (to taste), dash of salt and grated ginger. Combine the ingredients into a jar and shake it up.

Add more salt or sweet depending on your preference (I like it fairly sweet). Dress the salad then add the toppings. For Toppings: Strips of baked or fried tofu or chicken, toasted sesame seeds and avocado.

## Steamed Broccoli with Garlic, Butter and Lemon From The Art of Simple Food by Alice Waters

Cut the thick stems from a large bunch of broccoli. Peel and trim the stems and cut them in pieces. Cut the tops into florets. Steam the prepared broccoli until tender. While the broccoli is steaming, melt a few tablespoons of butter in a small heavy pan; add 2 or 3 garlic cloves, chopped or pounded, and some salt. Cook just until the butter starts to bubble. Turn off the heat and add a big squeeze of lemon juice. Remove the broccoli from the steamer to a serving bowl, pour the flavored butter over the plated broccoli, and serve. For variety, add chopped marjoram, or oregano to the hot butter. You can also use half butter and half olive oil.

## Pan Fried Summer Squash from the Mountain Bounty Farm Kitchen

Slice one or two zucchini or other summer squash lengthwise into 1/4 inch thick steaks. Put them into a bowl with a splash of olive oil and salt. Heat a heavy bottomed pan generously coated in your favorite high heat oil. Place the squash steaks into the pan and cook at med/high heat till they start to brown. Then turn them over and cook the other side. When starting to brown on the edges, remove from heat and add freshly ground pepper and grated parmesan. Serve as a side or on a slice of good bread.

## *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).



## *Thanks for Your Help!*

We have reached our goal of members for the season- thank you so much for spreading the word! We may be able to add a few more members as the season goes on so please have your interested friends call or email us and we can put them on the waiting list. Thanks again!