



# FARM NEWS

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## *Around The Farm*

What beautiful spring weather we've been having. That little bit of rain followed by the cloudy cool days has allowed us to lay off the irrigating for a while and put some of our energies elsewhere. Last week we seeded more of our fall broccoli in the greenhouse and the second round of melons. We grow two different successions of broccoli, one of which is beginning to come in now and one that's planted in July and harvested in September or October. Some of the broccoli varieties that we grow are non-hybrid types and thus have looser heads with a much more delicate, tender flavor. Most of our broccoli is just starting to head up so keep your eye out for it soon.

Beets abound! We have amazing beets right now. If you're not one to savor a beet then this is your chance. They're wonderful roasted in the oven or even grated fresh over a bed of fresh greens. Don't compost those beet greens either! They're very similar to chard (and full of vitamins and minerals) and are great sautéed briefly with a bit of oil and salt. I love them with pasta and Parmesan cheese accompanied by the beets and sausage. You'll also be seeing some more wonderful greens including kale, lettuce and more of our amazing turnips which are best eaten raw, roasted or pickled with rice vinegar, sugar, and ginger.

Recently we've been getting some inquiries as to why we don't include a list of what is in this week's box. Because we harvest the same day of the delivery, we often make changes to the harvest plan based on what's going on in the fields. We want to be able to be a bit flexible and harvest what is at its peak which sometimes means making changes to our harvest plan. We will however make a list of what's in your box at the pick-up site. We want you to know what you're eating! If there is no whiteboard at your pick-up site, we'll get one there soon. You can also call Carlyle at 292-3776—she loves introducing new veggies!

## *Spring Harvest Festival!*

Don't forget to come to the farm for a visit this Sunday from 4-7pm. We're having a farm open house party for our members and friends. We'll have farm tours, snacks,

and wine tasting with our friend, Grant Ramey, who makes some of the best organic wine around. Don't use Mapquest for directions! Visit our website instead: <http://mountainbountyfarm.com/directions.html>.

## *Cooking the Harvest*

Beet and Fresh Onion Salad from *The Savory Way* by Deborah Madison

4 to 5 beets, 2 handfuls of arugula, 2 small fresh onions, 2 hard cooked eggs, 1 tablespoon finely chopped parsley freshly ground pepper.

For the vinaigrette: 1.5 tablespoons red wine vinegar, 2 teaspoons balsamic vinegar, 1 teaspoon Dijon mustard, salt, 5 tablespoons olive oil.

Preheat the oven to 375. Trim the beets, leaving an inch of the stems and the tails. Put them in a pan with  $\frac{1}{4}$  inch water, cover with foil and bake until tender when pierced with a knife- about 35 minutes. Let them cool, then slip off the skins and slice into  $\frac{1}{4}$  inch

rounds or quarters. Wash and dry the greens and slice the onion into thin rounds. Quarter the egg and make the vinaigrette. Toss the sliced beets and onion together with all but a tablespoon of the vinaigrette. Lay the beets on a platter & set the greens around them. Garnish with the eggs & chopped parsley & finish with a grinding of pepper

## *White Beans and Kale*

2 cups of Cannelini beans (canned or freshly cooked), one onion, one bunch of Kale, hot pepper flakes, olive oil, salt and pepper.

Cook the beans till soft. Drain and let sit to dry a bit. Chop the Kale coarsely. Heat oil in a pan and add thinly sliced onions. Caramelize the onion. Add the beans, hot pepper flakes and salt. Cook till the beans are coated and starting to brown then add the kale till it's just cooked. Serve as a side or over pasta. Add fresh pressed garlic for more kick!

## *Reminders*

Find our newsletters and recipes online at <http://mountainbountyfarm.com/news.cfm>! 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).

## *WE NEED YOUR HELP!*

We still have 10 shares available (out of a total of 265) and need to find people to eat them so we can fulfill our farm budget. Please help us by telling your friends about our fabulous produce. Word of mouth is the most powerful tool that we have. Revv up your grapevine, folks, so we can survive these challenging economic times.