



FARM NEWS

May 31 – Jun 3, 2010

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

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

Welcome to the 2010 summer season! It has been such an unusual spring (as you may have also read about in my recent email). Every farmer in Northern CA I've talked with is somewhat bemused and has been trying not to panic. In general it seems like most crops are about 3-4 weeks behind what we ordinarily expect. Today is a delightful warm day – but we still have not yet had one day that has reached 80 degrees which is the first time this has happened in our area since 1971. Nevertheless, I am very optimistic and excited about the season. This week we are going to take advantage of the perfect weather and finally plant our first successions of corn, beans, winter squash, melons and such which would ordinarily have been planted 3-5 weeks ago depending on the crop.

Luckily for all of us, our friends at Riverdog farm are able to help out and provide us with some produce to supplement the boxes for the first few weeks. While they too have suffered delays due to the weather, they are generally a few weeks ahead of us.

This week's box includes lettuce, beets, and radishes from our farm as well as kale, onions, and asparagus from Riverdog. Coming soon: zucchini from our hoophouses, chard and kale, carrots, spinach, our special turnips, and other tasty spring greens.

This newsletter will ordinarily be written by Angie, with occasional guest appearances by me and our intern crew. If you miss it in your box you can find it (and lots of old newsletters) on our website.

Thanks for your support,
John Tecklin

Cooking the Harvest

Beets

If Mountain Bounty farm has an iconic vegetable it is the Beet. We of course revel in our lettuces, melons, and tomatoes. But we return to beets. This week's variety, Early wonder tall top (cartoonish must be a convention in naming vegetable varieties. We also grow a "bodacious" sweet corn and "fat and sassy" bell pepper) is extra sweet and tender. And don't forget the abundant greens, they are the most nutritious and I would argue best tasting of the "cooking" greens.

We often prepare beets for salad in the style of Alice Waters:

Preheat the oven to 400. Cut off the tops leaving a little stem, and leave the tail. You don't want the beet to bleed out its flavor. Put them in a baking pan with a small amount of water covering the bottom. Cover with foil and bake until tender. Cooking time depends on the size and age of the beets. Tender young beets should be done in 20-30 minutes. Cool and easily peel off the stem, tail and skin. Cut into quarters. According to Alice: "sprinkle generously with vinegar and salt and pepper...Do not add any oil until the beets have sat for ½ hour and have had a chance to absorb the flavor of the vinegar. The beets will never be as good if the oil is added too soon. The vinegar brightens and accentuates the beet flavor; the oil should be added sparingly, for balance only."

Beet Greens can be cut coarsely, quickly cooked in a skillet with olive oil and drizzled with a little lemon juice or balsamic vinegar. Don't overcook. A little pecorino shaved on top, and enjoy!