



FARM NEWS

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Around The Farm

Holy Hotness! It's really feeling like summer now. We've been working our booties off and have mostly gotten our fall plantings done. Thanks to our great crew for making that happen last week. Harvests are going well and we're keeping a close eye on the tomatoes, eggplants and melons which are all nearly ready. I love finding the first ripe tomatoes of the season- it's always such a pleasure after not having had a fresh tomato for almost 10 months! I don't know about you, but I refuse to buy tomatoes in the off-season. I just can't bear the tasteless tomato. The tomatoes are definitely something to look forward to in the coming weeks.

For now, we have great green beans! I love crunching on green beans hot out of the field. We also have a new round of red beets we're gathering. Don't forget to eat the greens which are similar to chard and packed full of vitamins. The long, pink radishes you've gotten for the past few weeks are a Chinese variety called Shunkyo. They're a bit spicy but this can easily be remedied by slicing them thinly and soaking them in rice wine vinegar with a bit of sugar or agave nectar and a dash of salt. They're a wonderful snack and kids even like them this way too. Enjoy the goodness.

The bags we're packing the beans in were donated from a friend. They are biodegradable, so you can compost them after reusing them. Also, please remember to leave the boxes at the pick-up site and bring something to carry your produce home in. This is especially important for the Nevada City pick-up folks who are part of our pilot program to see how well the re-usable boxes work. These boxes cost us \$10 each and we're hoping to use them for 5-6 years as opposed to 5 uses for the waxed cardboard. Thanks for working with us on this!

Cooking the Harvest

Beets with Yogurt from Arabesque by Claudia Roden
1 bunch of beets
2 garlic cloves
2 cups Greek style yogurt
2 tablespoons lemon juice
6 tablespoons olive oil
Salt and a handful of chopped mint or parsley

Cut the stems off the leaves about $\frac{3}{4}$ inch above the beets (save the leaves for cooking later). Roast or boil the beets (roasting retains more of the flavor but takes a bit longer).

If boiling, place them whole in salted water and boil for about 30 mins until they can be easily pierced with a knife. To roast them, place them on foil on a baking sheet and cover with foil. Roast them at 400 degrees for about 2 hours, until you can pierce them easily with a knife. Cut the roasting time down by cutting the beets into halves or quarters. When cool enough, peel and cut the beets into rounds less than $\frac{1}{2}$ inch thick or half moon slices. Beat the crushed garlic into the yogurt and spread the mixture on a serving plate. Arrange the beet slices on top. Beat the lemon juice with the oil and a little salt, stir in the chopped mint or parsley, and spoon over the beet slices.

* A Lebanese version uses 1 $\frac{1}{2}$ tablespoons of tahini beaten into the yogurt. This, too, is delicious.

Nicoise Salad

from *The Art of Simple Food* by Alice Waters

This summery salad is based on a recipe from Provence. Use any vegetables that you have available and substitute them for what I've recommended.

Soak and fillet : 3 salt-packed anchovies. Cut the fillets lengthwise into strips and coat them with a bit of olive oil. Blanch in salted boiling water until tender: $\frac{1}{4}$ pound green beans, trimmed. Drain and lay out to cool. Peel and cut into wedges or slices : 2 medium or 1 large cucumber. Wash and prepare a head of lettuce (keeping the leaves large), set aside. Add a few more vegetables: carrot slices (which should be blanched like the beans), tomatoes, cooked potatoes or zucchinis are all good. Place 2 eggs in a saucepan of water and bring to a boil. Cook at a gentle boil for 15 minutes, then cool in cold water. Mix together in a small bowl : 1 $\frac{1}{2}$ tablespoons red wine vinegar, Salt, Fresh ground black pepper, 1 clove garlic. Stir to dissolve salt and then let sit a few minutes to macerate. Then whisk in: 4 tablespoons olive oil and 5 basil leaves, chopped. Taste for salt and acid and adjust as necessary. Peel the eggs and cut them into quarters. Season the vegetables with salt and toss with $\frac{3}{4}$ of the vinaigrette. Arrange on a plate the lettuce and drizzle with the last of the vinaigrette. Pile the vegetables on top and garnish with the eggs and the strips of the anchovies. Variations: Add grilled or pan seared tuna, leaving it quite rare. Break the tuna into pieces and dress with a bit of the vinaigrette and arrange with the eggs.

Reminders

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