



# FARM NEWS

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## *Around The Farm*

Hope everyone had a great Fourth of July weekend, perhaps with some grilled summer squash or fresh veggies to help fight the heat.

It's been another hot week here on the farm - with plenty of evening trips to the river to keep us cool. The plants, however, can't seem to get enough of this sunshine! Their growth has been explosive, to say the least. Unfortunately, so has that of the weeds, which means we're never short of things to do around the farm. We've given a lot of love to our young crops this past week. Seeding in the greenhouse, thinning carrots, and liberation of the plants from the prolific weeds filled most of our non-harvest hours. We have even started to prepare a brand new field for planting!

We all went on a field trip to Filaki Farm in Oregon House where we get our fruit shares. We had a lovely dinner with Eve and Juan Jose & got a tour of the orchard. It looks like peaches are ripening nicely.

We just started to harvest the basil & it is wonderfully fragrant and tasty for all sorts of salads, sauces and dishes. The fennel bulbs are erupting out of the ground and look delicious and enormous this year. Its tender subtle flavor is excellent raw, thinly sliced with a little lettuce as a salad and completely morphs into onion-like sweetness in a roast with other veggies.

The first of our cherry tomatoes, Sungolds, began to ripen this week. We've taken great pleasure in hunting down the few bright red treats on the big bushy plants and savoring the sweet bursts of flavor that are the rewards. It won't be long before the little tomatoes are pouring off the vines and into your boxes, so go ahead and start salivating! Luckily, there are lots of delicious things to enjoy in the meantime.

Happy Eating!

## *Reminders*

Find our newsletters and recipes online at [http://mountainbountyfarm.com/news.cfm!](http://mountainbountyfarm.com/news.cfm)

## *Cooking the Harvest*

### Lemon Fennel Soup

From Ani's Raw Food Kitchen by Ani Phyto

Juice of 2 lemons	3 cups water
½ cup extra virgin olive oil	1 ½ tsp sea salt
1 clove of garlic, minced	1 scallion, sliced
½ fennel bulb, thinly sliced	

In a large bowl, whisk together lemon juice, water, oil and garlic. To serve, pour soup base into smaller bowls & top each with sliced scallions & fennel. With a fresh salad it's great for a light lunch on hot days!

### Zucchini Hummus

From The Eat Clean Diet Cookbook by Tosca Reno

2 c. chopped, unpeeled zucchini	¼ c water
¼ c. chopped fresh parsley	2/3 c. tahini
¼ cup chopped fresh basil	Juice of 2 lemons
2 cloves of garlic	½ tsp sea salt

Place all ingredients in a food processor. Puree and serve with pita, crudité or fresh veggies.

### Oven-Roasted Veggies

From The Mountain Bounty Farm Kitchen

- 1 lg sweet onion, cut in chunks
- 2 lg carrots, cut in chunks
- 1 lg bulb Fennel, sliced ¼ in. thick
- 3 beets, cut in chunks
- 5 sm potatoes, quartered
- 2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp crushed dried rosemary
- 2 cloves garlic, minced
- ¼ cup pine nuts
- Goat cheese
- Sea salt and black pepper to taste

Preheat oven to 375. Toss pine nuts and all the vegetables in oil, rosemary, balsamic vinegar and minced garlic. Arrange vegetables in a large roasting pan lightly greased with olive oil. Cover tightly with aluminum foil. Bake for 35 minutes. Uncover & turn the vegetables with a large spoon or spatula. Add salt & pepper and roast at 425 for another 20-30 minutes until all veggies are cooked thoroughly but the edges not burned. Crumble goat cheese on top and enjoy!