



FARM NEWS

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

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

Last week we had some productive days full of planting and seeding. We seeded some more veggies for the fall like bok choy, radishes and cilantro, and transplanted our radicchios and escaroles. The newly seeded spinach and turnips are looking great as are the last rounds of carrots and beets.

Our harvest days have been extra busy with the laborious tomato and melon picking. We've had to start an hour earlier than normal to get it all picked, washed, packed and delivered on time.

This week we're excited about beans! We're picking two kinds of beans this week: fortex green beans (a pole bean), and edamame or fresh soybeans. The green beans are big and tasty. This particular variety retains its goodness even as the beans get bigger which is not always the case with green beans.

Edamame is a treat which we love to share with our members. We harvest the whole plant, cut a lot of the leaves off and leave it to you to pick the beans off as you're ready to eat them. To prepare them, pluck off the beans and place them in salty boiling water for 5-8 minutes, until the beans inside are soft. Cool and toss with soy sauce and a little squeeze of lemon juice. What a great snack!

It's hard to believe but our Harvest Festival is quickly approaching! We'll have great food, music, games and farm tours. We look forward to seeing you there on Saturday, September 19 from 3-6pm.

Cooking the Harvest

Green Beans with Tomatoes and Basil Asparagus to Zucchini, Madison Area CSA Coalition

- 1 1/2 pounds green beans, cooked
- 1 garlic clove, diced
- 1 small onion, thinly sliced
- 1 tbsp. olive oil
- 2 tomatoes or 1/2 basket of cherry tomatoes, coarsely chopped
- salt & pepper to taste
- 1 tbsp. chopped fresh basil
- 1 tbsp. chopped fresh parsley, or 1 tsp. dried

Cut beans into 1-inch lengths; set aside. Saute garlic and onion in oil in skillet until soft. Add tomatoes, salt and pepper, and cook 2 minutes. Stir in basil and green beans. Cover, reduce heat to low and simmer 3 minutes. Remove from heat, stir in parsley, and serve immediately. Makes 4-6 servings.

Fresh Tomato Gazpacho from Mariquita Farms CSA

- 5 pounds ripe tomatoes, any color
- 1-2 cloves garlic
- 2 Tbs. lime juice
- 2 Tbs. olive oil
- 1 Tbs. white wine vinegar
- 1 tsp. salt
- 1/2 tsp. dried or 1 TBS fresh oregano, chopped
- 6 green onions, thinly sliced
- 1 sweet bell pepper, red or yellow, finely chopped
- 1/4 c. finely chopped celery
- 1 cup finely chopped, seeded cucumber
- 1-2 jalapeno chilies, seeded and minced

Accompaniments: seeded, chopped red bell pepper, diced avocado, fresh chopped cilantro leaves, garlic croutons, thinly sliced radishes, thinly slivered cabbage, lime wedges, crème fraiche.

Seed and finely chop 1 tomato; reserve. Coarsely chop remaining tomatoes. Combine these w/ garlic in a blender (you may need to do this in two batches)-process until smooth. Press through a sieve into large bowl; discard seeds. Whisk lime juice, oil, vinegar, salt and oregano into tomato mixture. Stir in reserved chopped tomato, green onions, red pepper, celery, cucumber and chilies. Refrigerate, covered, at least 4 or up to 24 hrs to blend flavors. At serving time, stir soup well and ladle into chilled bowls, and let diners add their own accompaniments to taste.

Reminders

Find our newsletters and recipes online at <http://mountainbountyfarm.com/news.cfm>! If you can't make during pickup hours, don't forget to have a friend pick up your box(es).