



FARM NEWS

August 31-Sept 3, 2009

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

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

We had quite a busy week at the farm, culminating in a beautiful wedding for our farmers John and Angie. It was a gorgeous wedding decorated with Angie's flowers, and fed with delicious Mountain Bounty Farm veggies. Man, are we lucky! Needless to say, John and Angie are on their honeymoon this week, so I'll be standing in to write the newsletter for you.

It's hard to believe that summer is going so quickly, but it's time to sign up for your Winter Vegetable Share! We're opening the sign-ups for our current members first, since we'd really love to have you back for another season. If you'd like a share, please call 292-3776 or download a 2009 summer sign-up brochure and send it in (there is a space there to sign up for the winter vegetable share). Remember that the Winter Shares are delivered on Wednesdays at all of the pick-up sites.

We'll have an online sign-up form soon (I'll email you when it's ready), and we will also be sending a reminder in the mail in the next month. We are working out the details for the winter citrus share (thanks to the great positive feedback from our first season last winter!), and we'll share the details with you as soon as we have them settled.

If you've never tried our Winter Veggie Shares, they are a real treat. You can find more details at: <http://mountainbountyfarm.com/shares.html>.

Remember to save Saturday, September 19th, 3-6pm for our fall Harvest Festival. In honor of the harvest festival's salsa competition, I'm including my husband's simple salsa recipe here to inspire you. If you have your own favorite recipe (fresh or cooked), just bring a big bowl of it to the festival to enter the competition. We will all get to be the judges. Mmmh!

Your CSA Manager,
Carlyle

Cooking the Harvest

Chris' Fresh Salsa

From the Mountain Bounty Farm Kitchen

2 large tomatoes, diced 2Tbsp finely diced onion

2 Tbsp chopped cilantro 1-2 Tbsp lemon juice
½ - 1 Tbsp cumin salt to taste
1 Anaheim or small bell pepper (optional)
1 jalapeno or serrano pepper (optional)

Remove the seeds from the hot pepper and dice finely. For a milder salsa, you will want to use less than the whole pepper. If you don't have a hot pepper, you can use a couple of dashes of cayenne. Mix all the ingredients together and drain the excess liquids. The only "trick" to this simple salsa is making sure to use incredibly fresh, ripe tomatoes. We'll give you a hand on that count! Serve with chips, burritos, breakfast omelets, huevos rancheros, or anything else that sounds yummy...assuming that it lasts that long!

Zucchini Parmesan Chips

from *The Food You Crave* by Ellie Krieger

1 lb zucchini (~2 medium zucchini)
1 Tbsp olive oil
¼ cup grated parmesan
¼ cup bread crumbs
1/8 tsp salt and black pepper to taste

Preheat oven to 450°F. Slice zucchini into ¼ inch thick rounds. Toss the zucchini in a medium bowl with olive oil. Combine everything else in a small bowl. Dip each round into the parmesan mixture coating evenly on all sides. Place in a single layer on a greased baking sheet. Bake until browned and crisp 25-30 minutes. Serve immediately.

Confetti of Radishes & Carrots

Asparagus to Zucchini by Madison Area CSA Coalition

3 medium radishes, peeled
4-6 medium carrots, peeled
8 oz feta cheese (or substitute fresh chevre)
¼ cup extra virgin olive oil
2-3 Tbsp rice wine vinegar
2 Tbsp each chopped fresh mint and dill
1 Tbsp chopped fresh parsley
salt and pepper to taste

Grate radishes & carrots and toss with remaining ingredients. Chill and serve (8 servings).