



FARM NEWS

September 21-24, 2009

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

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

Whew, what a busy week we had last week preparing for the Harvest Festival and all. Thankfully it all came together and it was a successful event. The kids had fun wrangling with that piñata and playing around on the hay-bale fort. Thanks to those of you who came out and special thanks to our whole crew of interns who worked hard to make it happen. We love you!

Happy Equinox! The supposed end of summer is here but it sounds like this week is going to be a hot one. Though none of us are stoked about this, at least the second round of melons will be happy. They're almost ripe and hopefully they'll sweeten up nicely with this heat. We humans aren't the only ones suffering in this heat; so are the fall broccolis, collards and cabbages. They are not happy, but hopefully they'll be perking up again when the cooler days come on. On the bright side, many of the crops are thriving and doing quite well. We have beautiful carrots and lots of them. Our turnips, radishes, bok choy's and beets are amazing and the peppers are prolific and as sweet as ever. The tomatoes are slowing down a bit but the first lady's and early girl's are still rockin'.

This week we'll be harvesting some more of our potatoes as well as getting our fields ready for planting winter cover crops. As soon as we can, we'll be seeding these cover crops in fields that are finished producing, the sooner the better. The cover crops give us essential soil protection through the rainy winter as well as providing large amounts of organic matter and nutrients to the soil. Within the next few months, everything on the farm will be mowed down and planted into cover crops except for a few overwintering crops like garlic, onions and a few flowers.

Today in your boxes you'll be seeing some of those awesome carrots along with some napa cabbage, lettuce, basil, red peppers and onions. The next succession of corn may be ready and certainly there will be some tomatoes as well.

Enjoy the good food!

Cooking the Harvest

Skillet Carrots with Fresh Sage from The Italian Country Table by Lynne Rossetto Kasper

1 to 2 tablespoons olive oil
11/2 pounds carrots, peeled and cut
Diagonally into 11/2 inch long pieces
1/4 medium onion, cut into long thin slivers
10 large fresh sage leaves
Salt and freshly ground black pepper
1/2 cup dry white wine
1/2 cup chicken or vegetable broth

Heat the oil in a 12-inch skillet over medium high heat. Sauté the carrots, onion and sage about 10 minutes to brown the onion. Season with salt and pepper as the vegetables cook. Pour in the wine and broth, adjusting the heat to a gentle simmer. Cover and cook 15 minutes or until the carrots are tender when pierced with a knife. As they cook, check for scorching, adding a little water if necessary. Before serving, uncover and simmer off any liquid, leaving only enough to cloak the carrots in a moist glaze. Taste for seasoning and serve hot.

Pepper and Onion Salad
from *Chez Panisse Vegetables* by Alice Waters

Seed and slice thin some sweet red or yellow peppers. Slice a small to medium sweet red onion very thin. Toss the two together with some pitted nicoise olives and a spoonful of capers. Make a vinaigrette with red wine vinegar and good olive oil and season it with chopped garlic, a jalapeno pepper and red pepper flakes. Taste and season with salt and pepper. Cut basil leaves into chiffonade and sprinkle over the salad. Taste and adjust the seasoning if necessary

Reminders

Find our newsletters and recipes online at [http://mountainbountyfarm.com/news.cfm!](http://mountainbountyfarm.com/news.cfm)
Produce is donated promptly at the close of pickup hours. If you can't make it in time, have a friend pick up your box(es).