



FARM NEWS

September 7-10th, 2009

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Around The Farm

Fall is in the air! The days are cooler and shorter, the nights are longer (we're already waking up in the dark on our harvest days!), our harvest festival is coming up, and kids are heading back to school.

Although the heat of summer is winding down, we're really at the height of the harvest here at the farm. Everything is at its peak, and there are so many excellent veggies to come that we're really excited. Soon your boxes will be even heavier with tons more corn, sweet peppers, potatoes, and pumpkins. The tomatoes are doing so well that we expect them to fill your boxes from now until the first frost. As Shana, our crew manger, put it "I think that one of our basic purposes as humans is to eat food. How amazing that we get to do it so well at this time of year!"

Another indicator of where we are in the season is that our greenhouse is completely empty except for next year's onions. Everything else is already in the ground, and from here on out, it is just harvesting and maintaining the fields (no small task!).

This week you'll find some fresh onions in your box. These are a variety called Ailsa Craig, a delicious yellow onion. If you've never had fresh onions before, be aware that they're much stronger than the ones you get at the store that have been dried/cured.

Cooking the Harvest

Vegetable Fajitas from *Edible Offerings, the Vernacular of the Seasons* by Jennifer Mampara

Fajitas:

Yellow and red onions Green/Red peppers
Zucchini and/or yellow summer squash

Marinade:

Toasted sesame oil Soy sauce
Honey Cayenne pepper
Salt and pepper garlic cloves, minced

Accompaniments:

Big flour tortillas Shredded cheddar cheese
Sour cream (or yogurt) Guacamole
Salsa (see last week's newsletter online for a recipe)

Pinto Beans:

1 can Pinto beans 1-3 Tbsp cumin

1 yellow onion (diced) 2 cloves garlic (minced)
Cayenne pepper, pepper & salt to taste

Chop the vegetables into long strips. Mix marinade ingredients according to your taste. (Use sesame oil as the base, and add the other ingredients until you are happy with the flavor.) Add vegetables and set aside to marinate (for as long as you can).

Make the pinto beans by sautéing the onion until it's almost translucent. Add the garlic and cook 2 more minutes. Drain the pinto beans, but reserve the liquid. Add beans to onions along with a little bit of the liquid. Add cumin, cayenne, salt and pepper—add more bean liquid if the pan is too dry.

Heat another large pan over high heat. When it is very hot, add the marinated vegetables. Cook and stir until they begin to char. Remove from the pan. Serve rolled up in tortillas with the other ingredients.

Balsamic Beets and Beet Greens In Greens, Glorious Greens, by Johnna Albi & Catherine Walthers

1 vidalia or red onion, sliced into thin half moons
¼ cup toasted walnuts 6 (or so) beets with greens
2 Tbsp fresh lemon juice 1 Tbsp balsamic vinegar
2 Tbsp olive oil sea salt to taste

Preheat oven to 375°. Spread walnuts in a baking dish and toast for 5-7 minutes. Chop & set aside. Cut beet leaves off at the base of the leaf. Wash & cut them into strips about ½ inch wide, then set aside. Scrub beets well. Place unpeeled in a steamer & cook until tender, approx. 30-40 min depending on size. Slip off their skins while running under cold water.

Cut the beets into quarters and cut each quarter into ¼ inch thick slices. Place in a bowl and toss with lemon juice, balsamic vinegar, 1 Tbsp olive oil & salt.

In a large skillet, heat 1 Tbsp olive oil over med. heat. Add onions and sauté for 3 minutes. Add sliced greens and cook, covered, for 5-7 minutes, until wilted. Just before serving, add beets to the greens and heat through (1-2 min). Place on a platter and serve garnish with toasted walnuts.

Reminders

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