

Message Center



Save That Box!

Please return empty—flattened carefully, please—boxes to your pickup location or transfer your share(s) into another container upon pickup. We need to re-use all boxes.

Come & Get It!

Mondays:

Grass Valley: 100 Cornish Court
5-9 p.m.

San Juan Ridge: 15203 Tyler Foote Road
5 pm till late

Thursdays:

Nevada City: 575 E. Broad Street
5-9 p.m.

Truckee-Downtown: The Pourhouse
5:30 – 9 p.m.

Truckee-Glenshire: 15389 Crown Circle
5:30 – 8 p.m.

Free Choice!

Certain items are distributed as “Free Choice” almost every week to give Vegetable share members more variety. Feel free to help yourself to as much as your family will use. See the white board for this week’s items in the Free Choice area.

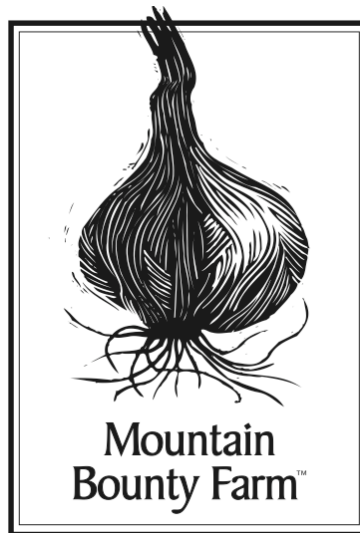
How are we doing?

Questions, Comments? Call or write to one of the addresses below.



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FARM NEWS

June 30-July 3, 2008

Around the Farm

Hopefully your vegetables won't taste smokey today. Of course I can't imagine that they would but this smoke does seem to be pretty pervasive. Working in the smokey haze has been less than fun, but the farm work has to get done so we've been sporting our masks and our bandanas at least some of the time. Last week amongst the smokey haze we weeded all our winter squash and pumpkins and boy are they looking good. We were in a hurry to get them weeded before they starting running all over the ground at which time it's nearly impossible to weed them without doing serious damage to their tender vines. Our summer crops are starting to really look good too - the sungold tomatoes are over my head and full of flowers, the basil was pinched last week and is filling out nicely and our summer squash is starting to pump out zucchinis and other soft-skinned varieties. We've also begun the garlic harvest which always is exciting, especially when you see the huge piles of bulbs displaying their different subtleties of color and shape drying in the shade house. It's a beautiful sight.

Today you'll be seeing more beets in your boxes and I found it appropriate to include this essay on beets that our beloved intern from last year, Maisie Ganz, wrote about her most beloved vegetable:

There is a sort of humble individualism that I admire about the beet. It is unlike the showier leafy vegetables that flaunt their supple greens, their vibrant flowers, their curling vines. The beet's beauty surpasses all the other crops, and yet it quietly grows beneath the soil, bragging to no one of its splendor. Sure there are other root vegetables, and while carrots have their charm, most are meekly hiding their blandness beneath the cover of earth – these parsnips, rutabagas, turnips, and potatoes.

They grow subterranean in order to escape the blinding sunlight on their starchy off-white bodies, ashamed to be such a boring addition to the vegetable kingdom. The beet's uniqueness is like a flash of genius in their world of topsoil and earthworm.

The beet, unlike its lesser root-cousins, is not hiding, it is waiting. Waiting to be plucked from the earth, to shine with vivid sparkling brilliance its reds, pinks, and oranges. Wash a beet and notice the way it seems to glow from the inside. Cut a beet and worship the rings of red, revel in the stained fingertips, meditate on the smell of earth's blood. Roast a beet and share it with a friend. Shred a beet and let it mingle in a marinade. Boil a beet and drink the tonic by yourself, in the woods, with the coyotes yapping drunk on moonlight.

Invading Roman armies took beets with them into northern Europe to feed their horses. John Muir went into the Sierras with nothing but a loaf of bread, his over-coat, and a beet. When Neil Armstrong took his first steps on the moon, there was a beet in his pocket. Einstein ate tender beet greens every day. Robert Frost found a field of beets when he took the road less traveled by. Jackson Pollock's favorite red paint? Susan B Anthony's middle name? Beet.

Beets. A gift from the gods, from the earth, from the farmers- to you.

Feel lucky. Feel alive. Eat more beets.



Cut the stems and leaves off the beets. Quarter them and toss them with a splash of oil, dash of salt and enough water to cover about an inch of the bottom of the pan. Roast them covered for about 30-40 minutes at 400 or until tender. The skins should slip right off after they cool. Cut them into ½ inch thick slices or rounds. Beat the crushed garlic into the yogurt and spread the mixture on a serving plate. Arrange the beet slices on top. Beat the lemon juice with the oil and a little salt and stir in the chopped herbs. Spoon over the beets.

Carrot Salad with Cumin and Garlic

from *Arabesque* by Claudia Roden

A Moroccan favorite

5 large carrots
4 tablespoons olive oil
4 garlic cloves, crushed
1 teaspoon ground cumin
salt and pepper
Juice of ½ lemon

Wash the carrots and trim. Cut them into quarters lengthwise and then cut each quarter into half to produce sticks. Boil in salted water for 10-15 minutes until tender but not too soft. Drain. In a large skillet, heat the oil and put in the carrots, garlic, cumin, and some salt and pepper. Sauté over medium-high heat, stirring and turning the carrots over until the garlic begins to color. Sprinkle with lemon juice and serve cold.



Cooking the Harvest

Beets with Yogurt from *Arabesque* by Claudia Roden

2 pounds beets
2 garlic cloves, crushed
2 cups strained Greek-style yogurt (or whole milk plain)
2 tablespoons lemon juice
6 tablespoons extra virgin olive oil
Salt
Handful of chopped mint or flat-leaf parsley

