

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.

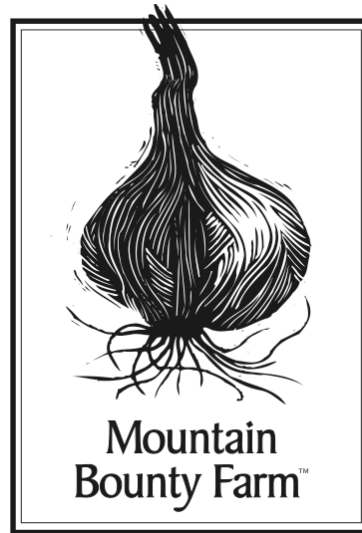
How are we doing?

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



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(530) 292-3776

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www.MountainBountyFarm.com



FARM NEWS

May 26 – 29, 2008

Around the Farm

Howdy ya'll. We're so happy to bring you our first harvest from our beautiful little farm up on the San Juan Ridge. We've been working hard for months preparing for this season and despite some unusual weather, the fields are looking great. Each season offers its different challenges and this one was definitely the lack of rain and the killer frost in April which blasted nearly an acre of our broccoli, cabbage and cauliflower. Luckily we grow such a diverse array of vegetables that many of our crops survived and are now thriving. Things are doing so well in fact- that the farm crew has been up to the big task of eating beds full of spinach, radishes, cilantro and salad mix. Finally you're here to help. Whew.

Naturally spring is a very busy time on the farm and we've been scurrying around trying to keep up with all the planting and weeding that needs to be done. Last week we got all our main season tomatoes planted as well as our basil and our first seeding of corn. Depending on the nature of the crop, some things are started in trays in the greenhouse and other things are direct-seeded right into the fields. This time of year our greenhouses are bursting forth with peppers, squash, melons, and eggplants all ready to head out into the big world. It continually proves to be challenging work making it all flow gracefully from greenhouse to field to harvest.

Despite the hard work, we have a lot of fun out there on the farm and for many of us, it has become a way of life: farming, cooking, celebrating our food, and sharing the harvest. Mountain Bounty Farm was started 11 years ago by John Tecklin, a master at the

art of farming and fathering. Today, the rest of the crew consists of our hard-working interns, Jessica Karadi, Bobbi Tomkiewicz and Ramsey Demeter. Kevin Bratton is our returning second year intern, Sandy Jansen is our miracle worker in the office and then there's me, Angie Tomey. Our creatures include Dahilia, the kitty and Fin, the dog (though he seems like a person most of the time) and a whole array of wild creatures which endlessly



entertain us (including the ever present Poco, the rattlesnake). On harvest days we have another whole group of work trade volunteers who come out to help with the harvest. It takes a lot of people to keep this farm going and we

certainly couldn't do it without the support of you, the members.

Have you ever munched on a raw turnip? Many of you probably think of turnips as being those huge, radish-like things you see in the store and glance over because they don't fall into your repertoire. But these Hakurai (the variety name) turnips are tender and delicious. Go ahead- take a bite. They're also incredible roasted in the oven with a little olive oil. These early spring boxes will be full of greens so take advantage of them and be sure to prepare them thoughtfully and lovingly. Enjoy and thank you for supporting our farm!



Cooking the Harvest

Sautéed Kale with Garlic and Vinegar

from *'Chez Panisse Vegetables'* by Alice Waters

1 bunch of kale
2 Tbs olive oil
Salt
1 clove garlic
1 Tbs red wine vinegar

Strip the kale leaves off their stems and cut away the tough midribs. Chop coarsely and wash and drain well. Heat a large sauté pan and add the olive oil and enough kale to cover the bottom of the pan. Allow these greens to wilt down before adding more. When all the kale has been added, season with salt, stir in the garlic, and cover the pan. The greens will take

anywhere from just a few minutes to 10 minutes to cook. When they are tender, remove the lid and allow any excess water to cook away. Turn off the heat and stir in the vinegar.

Pickled Radishes

from our Mountain Bounty Farm Kitchen

1 bunch of radishes
Rice Wine Vinegar
Mirin (or honey)
Chopped ginger
Chopped hot chili
Salt

Slice the radishes thin. Chop enough ginger and chili to fit your taste. Mix the three together in a small, deep bowl and pour enough vinegar over the top to nearly cover the radishes. Add a couple of splashes of mirin or honey and the salt. Mix together and let sit at least a few hours or overnight.



Braised Baby Turnips

From *'Chez Panisse Vegetables'* by Alice Waters

Wash and trim the turnips. Leave the bottom half of the turnip greens attached and cut them in half. Put the young roots in a saucepan with a little butter and water and stew gently, covered, until softened but not overcooked. Season with salt and pepper and serve.

