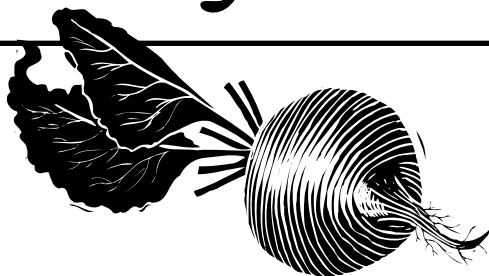




Mountain Bounty Farm



Community Supported Agriculture
Welcome Booklet 2010

PICKUP SITES - DAYS - TIMES*

(see detailed directions on page 6)

Grass Valley 100 Cornish Court	Mondays 5 – 9 p.m.
San Juan Ridge 15203 Tyler Foote Road	Mondays 5 – 10 p.m.
Nevada City 575 East Broad Street	Thursdays 5 – 9 p.m.
Truckee Glenshire 15389 Crown Circle	Thursdays 5:30 – 8 p.m.
Truckee Downtown 10075 Jiboom Street	Thursdays 5:30 – 9 p.m.
Truckee Forest Lane 11360 Forest Lane	Thursdays 5:30 – 9 p.m.
Tahoe City 484 Grove Street	Thursdays 6:00 – 9 p.m.

**Please note: produce is donated promptly at the close of these pickup hours. If you can't make it in time please have a friend pick up your box(es).*

CALENDAR

Final Pickup Day for Winter Shares	May 19
First Pickup Day for Summer Vegetables & Fruit	
Grass Valley, San Juan Ridge, some Nev City*	May 31
Truckee, Tahoe City, some Nev City*	June 3
First Pickup Day for Flower Shares	
Grass Valley, San Juan Ridge, some Nev City*	June 14
Truckee, Tahoe City, some Nev City*	June 17
Fall Harvest Celebration at the Farm	Sept 18
Last Pickup Day for Fruit Shares	
Grass Valley, San Juan Ridge, some Nev City*	Aug 23
Truckee, Tahoe City, some Nev City*	Aug 26
Last Pickup Day for Flower Shares	
Grass Valley, San Juan Ridge, some Nev City*	Oct 11
Truckee, Tahoe City, some Nev City*	Oct 14
Last Pickup Day for Summer Vegetables	
Grass Valley, San Juan Ridge, some Nev City*	Nov 8
Truckee, Tahoe City, & some Nev City*	Nov 11

If you are unsure whether you signed up for Mon or Thurs in Nevada City, you **must call 292-3776 to confirm.*

Mountain Bounty Farm

Fresh, locally grown produce since 1997

14579 Blind Shady Road • Nevada City, CA 95959 • (530) 292-3776
E-mail Info@MountainBountyFarm.com

WELCOME!

We look forward to providing you the freshest, best tasting produce throughout the 24 weeks of the summer share program—our 13th season of sustainable farming on the beautiful San Juan Ridge. Please contact us if you have any concerns or questions! We recommend that you save this booklet for reference through the season. It's also on our web site at www.MountainBountyFarm.com.



Your 2010 Farm Crew: (clockwise from bottom left) Diane Ginney, Monica Bell, Megan (a friend), Angie Tomey, John Tecklin, Jeremy Mineau, and Patrick Bollinger.

WHAT YOU DO

Note that pickup dates and times are different from our winter share!
You selected a pickup site when you signed up—the full details and directions are on pages 6-7. If you want to change your site, you must get confirmation from the farm office by contacting us at least a week beforehand.

All shares are boxed and stacked for your pickup via the good old-fashioned honor system. Make sure that you and your family all note the difference between the vegetable and fruit boxes and pick up the correct number and type of share(s). The boxes are filled identically, so please do not open or sort through the other boxes.

Vegetable Shares: Please bring your own bag or box to the pickup site. Empty your share into your own re-usable bag, and then unfold, flatten and stack the empty box at the pickup site (taking care not to rip it). These boxes need to stay indoors and out of the sun. While we do reuse the plastic cherry tomato baskets—stack them neatly at the pickup site—you should reuse all other packing materials (bags, rubber bands, twist ties) at home to keep the pickup sites clean. For vegetable storage tips see page 7.

There will be extras in the Free Choice Area almost every week (arugula and hot peppers for example). All vegetable share members should feel free to help themselves to as much as they will use. If you have any produce from your box that you would like to give away, you can add it to this area.

Fruit Shares: Use the boxes provided to carry your fruit home since it can bruise easily, but please bring your box back each week. Please do not unfold these boxes when you return them, just stack them neatly. For tips on storing your fruit, see page 8.

Flower Shares: The flower bouquets will all be together in a bucket of water. Please bring a plastic bag to transport your bouquet home and do not take the bucket even if you forget your plastic bag. For tips on storing your flowers, see page 9.

MEMBERS WHO SPLIT A SHARE

Plan your pickup carefully to avoid duplicating pick ups and thereby causing shortages for other members.

Plan A: One of you picks up, and the box contents are divided at your homes.

Plan B: The first partner to arrive brings a labeled bag or basket for the other partner and divides the contents of the box. Use a large marker for the label. Move the bag or basket to an agreed-upon spot far away from the pile of boxes for other members. The second arriving partner takes the labeled bag or basket, instead of a box.

WHAT HAPPENS IF YOU FORGET TO PICK UP?

All boxes remaining at the end of the pickup hours are donated to the pickup site hosts and/or needy families. If you can't make it on time, please have a friend pick up your share(s) for you. We ask that you please respect this system and refrain from contacting the pickup site hosts or the farm if you miss your pickup.

HOLIDAYS, VACATIONS AND BAD WEATHER

Harvest will happen regardless of "bad" weather or holidays. Also, please plan ahead for times when you'll be away on vacation by having a friend or relative pick up your food. Be sure to tell them what type of share to pick up for you, and ask them *not* to pick up fruit or flowers if you aren't signed up for them.



NEWSLETTERS

We will include a simple newsletter in your box every week. This one-page letter will include farmers' notes and news, and recipes for the week's harvest. Don't forget to look for them! If you miss your newsletter, they will also be posted on our web site: www.MountainBountyFarm.com/newsletter.cfm.

THE HARVEST FESTIVAL

On Saturday September 18th, come celebrate the harvest with us! See the farm in all its glory, snack on gourmet treats provided by our farmer/chefs, and bring the kids for special games and tours. Show your kids where their food REALLY comes from!

NEVADA CITY PILOT PACKAGING PROGRAM

Last year we tried a pilot program at the Nevada City pickup site using recycled plastic boxes. We have decided not to use them this year because our members found them sharp and difficult to open. Thanks for your feedback!

WHAT TO EXPECT: YOUR VEGETABLE SHARE

Harvests will be light the first few weeks, primarily consisting of various beautiful greens, beets, radishes etc. By mid to late June, harvests will start to increase, with peas, carrots, cabbage, and broccoli starting to come on. By early to mid July, the harvest will include beans, onions, garlic, squash, and the first early tomatoes. A little after that, there will be basil, many more tomatoes, cucumbers, corn, eggplants, peppers, potatoes, and melons.

By late September and October, many of the warm season crops will be replaced by more greens, leeks, winter squash, and pumpkins. The last pickups can be some of the best and are loaded with tasty treats like spinach, sweet red peppers, butternut squash, salad mix, the best carrots of the year, and more.

For tips on how to handle and store your veggies, please see page 7.

WHAT TO EXPECT: YOUR FRUIT SHARE

Real tree ripened fruit presents both pleasures and challenges not encountered with store-bought fruit which is always picked unripe. Deciding when to pick fruit is a subtle and at times controversial choice. We endeavor to provide you with a mixture of ripenesses each week. We ask that you take a few moments to look over each box and sort it so that you are always eating fruit that is as close to your optimum as possible.

We hope you enjoy and make the most of this special opportunity to taste fruit as it should be, in all its transitory glory.

For tips on how to handle and store your fruit, please see page 8.

WHAT TO EXPECT: YOUR FLOWER SHARE

Each week's bouquet will be about the same size, but the flowers will change through the season making each week a different array. We'll start in the early spring with flowers like larkspur, sweet peas, and snapdragons and by the mid season we'll be adding things like sunflowers, zinnias, and lilies.

For tips on how to handle and store your flowers, please see page 9.

A NOTE ON “WASTING” PRODUCE

If at times the amount of produce overwhelms you, or you just don't get to it in time, our advice is: please try not to worry about it. Many people hate to waste food, but unless you are superhuman, some waste is inevitable.

Console yourselves with the knowledge that our small farm is extremely efficient, and very little is wasted on the farm. Large-scale farms that sell on the wholesale market (i.e., what you buy at Briarpatch or SPD), are far less efficient and commonly waste tons more than we produce in a season! Consider the fact that produce bought at the store is also sometimes wasted, and usually has bad parts that must be cut off and “wasted.”

In purely economic terms, even if you miss a couple of pickups or let a few items spoil, you are still getting a good deal because the cost of buying equivalent produce at the store is higher. So enjoy the lively flavors of truly fresh food that is harvested locally and seasonally, and don't sweat a little “waste.” You are actually wasting much less by engaging in our alternative food system.



Planting at Mountain Bounty Farm.

PICKUP SITE DETAILS AND DIRECTIONS

Grass Valley • 100 Cornish Court • Monday 5 – 9 p.m.

From Empire St. take a soft left onto Pine St. (Miners Trail joins Empire St. at the same spot). The site is the garage of the house that fronts Pine St. on the corner of Pine St. and Cornish Ct. Produce boxes are on the north side of the garage, which you access through the Pine St. driveway.

Please don't disturb the house's occupants or let the friendly dog, Brownie, out. Be quiet as there is a massage office next door. Put your flattened box under the shelf or stacked neatly on top of the shelf if there's room. When you leave please drive around the block instead of turning around in neighbors' driveways.

San Juan Ridge • 15203 Tyler Foote Road • Monday 5 – 10 p.m.

This site is located between Sage's Road and the Sierra Family Medical Clinic on the south side of Tyler Foote Road. The produce is under the large carport. Please exit the way you came in; do not drive around the building.

Nevada City • 575 East Broad Street (The Outside Inn) • Thursday 5 – 9 p.m.

The boxes will be in a shed at the back of the motel's cul-de-sac. Please drive slowly and do not disturb Outside Inn staff—call us instead.

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

Take Glenshire Drive to Dorchester and make a left there. Take a left on Manchester, a left on Whitehorse, and a left on Crown Circle. The boxes will be in the mudroom to the left of the garage.

Truckee Downtown • 10075 Jiboom Street (The Pourhouse Wine Shop) • Thursday 5:30 – 9 p.m.

Please park directly in front of the Pourhouse on Jiboom Street. They have 3 parking spaces. Walk up the alley to the left of the wine shop and look for a plywood door with a padlock on it on your right. The combination is 0 - 9 - 7 - 2.

Put your empty flattened boxes on the shelf up and to the right. Do not disturb the wine shop staff (call us instead), but please do thank them and check out their wines!

Truckee Forest Lane • 11360 Forest Ln. • Thursday 5:30 – 9 p.m.

Coming from downtown Truckee on Donner Pass Road, turn right at the stoplight at Frates Rd. Then take a left on Forest Lane Rd. The house is on the right, and the produce boxes will be in the shed on the right just inside the gate as you come in the driveway. There's a gate that they will have open during pickup hours only.

Tahoe City • 484 Grove Street • Thursday 6 – 9 p.m.

From Truckee, drive through the light and continue through town. Turn left at Grove Street (at the pharmacy) and drive 2 1/2 blocks. The house is located on the right just past 480 Grove Street and is set back from the street. There is a gravel pathway leading to the house. It is across the street from the elementary school where Fairway Street ends. Walk up the path and veggies will be in the small, tall shed on your right. Bring a headlamp for the pathway.



Pumpkins from Mountain Bounty Farm.

VEGETABLE STORAGE TIPS

The quicker you pick up and care for your produce, the longer it will keep, especially during the hottest days of the season.

We recommend placing most vegetables (except pumpkins and winter squash) in a plastic bag in your refrigerator. For all greens, wash them in very cold water and wrap them in a damp cloth before putting them in a plastic bag in the fridge.

Tomatoes should not be refrigerated as their flavor depends on warmth (if you must refrigerate some, be sure to leave them out on the counter for a day or so before you plan to eat them). Basil does best treated like cut flowers—trim the bottoms and place in a cup of water on your windowsill.

We will be sharing lots of other veggie advice in the newsletters—feel free to call with questions!



Lucious fruit from Chaffin Family Orchards.

FRUIT STORAGE TIPS

Store your fruit in a cool spot, but **NOT** the fridge. For the most part it will taste better unrefrigerated.

If you receive more fruit than you will eat within the week, put some in the fridge to hold it, but be sure to give it time to warm up before you take a bite! Apricots, cherries, nectarines and peaches also freeze well. If you prefer them without peels, you'll want to peel them first, otherwise just pit them, slice them, and put them in a plastic bag in your freezer. Peach pie in December tastes fabulous this way.

Another option in our sunny climate is to dry some of the fruit. For peaches, simply slice them in half, pull the pit out and then slice them into 1/4 inch rounds or strips. Lay them out between two non-metal window screens for a few hours or a day (depending on the weather), and peel them off when they are fully dried but before they get crunchy. Delicious!



Angie, with her flowers from Mountain Bounty Farm.


FLOWER STORAGE TIPS

As soon as you get your flowers home, fill a large vase with lukewarm water. Re-cut the stems of your bouquet and put them immediately in the vase. Keep your vase clean, and re-cut the flowers often—the more often you re-cut them, the longer they will last. Keeping them out of the sun will also prolong their life.

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 Printed on recycled paper.