



Mountain Bounty Farm

# FARM NEWS

May 25-28, 2009

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## *Around The Farm*

Welcome to the new season! The farm is looking lush and vibrantly green. I am particularly excited about our new crew: a fun, hardworking, wacky (this is somewhat of a requirement), and altogether lovely group. Over the past several months we have been madly planting our great diversity of crops to offer you the best possible food. As usual we are trying lots of new and exciting varieties. Last week we transplanted endless trays of onions, peppers, eggplant, summer squash, lettuce, celery, and parsley. This week we'll plant more onions and leeks, cucumbers, melons, winter squash and potatoes, as well as ongoing succession plantings of corn, lettuce, carrots, beets, arugula, edamame, and snap beans. We're already sowing trays full of broccoli, cabbage, and cauliflower for the fall!

In some ways it has been a difficult spring on the farm. We had periods of unseasonal heat and dryness followed by dramatic late rains. The climax was the first weekend of May when we received 5.7 inches of rain in 3 days, flooding our low lying fields and causing us to lose several early plantings. Some of these plantings were already late due to previous storms. When the soil is wet, all we can do is wait. As a result, we have had to supplement a portion of our first few boxes with produce from Riverdog farm (who many of you know from our winter share). This week the lettuce, carrots, and onions will be from Riverdog. The bok choy, radishes, and our famous Tokyo turnips (which are delicious sliced up raw with a little rice wine vinegar or in salads) are from us. Despite this rough start, the fields are now looking great and I anticipate a quick recovery and an excellent growing season ahead.

A note on the newsletter: it will ordinarily be written by Angie, and hopefully with guest appearances by other members of the crew. Enjoy it, laugh at it, marvel at it, but please read it – it may contain important information and farm updates.

Thanks so much for all of your support.

Your Farmer,  
John Tecklin

## *Cooking the Harvest*

### Simmered Choy Sum

From *Vegetarian Cooking for Everyone* by Deborah Madison

Cut 4 bok choy in half lengthwise, soak in water for 15 min., then rinse carefully, especially at the base. Place cut sides down in a skillet of simmering salted water and cook until bright green & tender, about 4 min. Remove & drizzle with toasted sesame oil or roasted peanut oil.

### Turnip Soup with Gruyere Croutons

From *Vegetarian Cooking for Everyone* by Deborah Madison

4-6 medium turnips (about 1.5-2 pounds) with greens

3 small boiling potatoes

2 Tbsp butter

2 Leeks, white parts only, thinly sliced

1 garlic clove, minced

¼ cup chopped parsley

4 thyme sprigs or ¼ tsp dried

salt and fresh ground pepper

6 cups water or stock

½ cup cream or milk

Cheese Croutons (see below)

Peel turnips and potatoes (ours won't need peeling), quarter, and thinly slice them. Discard stems and any yellowed leaves from the greens. Wash the

remaining leaves. Melt the butter in a soup pot. Add turnips, potatoes, leeks, garlic, parsley and thyme. Cook for 5 minutes, then add 1 ½ tsp salt and the water or stock and bring to a boil. Lower the heat and simmer, partially covered, until the vegetables are tender, about 25 minutes. Puree all or part of the soup. Stir in the cream.

Chop about 2 cups of the turnip greens into small pieces. Simmer in salted water until tender, then drain and add them to the finished soup. Season with salt & pepper, and serve with cheese croutons on the side.

*Croutons:* Mix ½ cup grated gruyere cheese (or a good cheddar) with 1 tsp Dijon mustard, 1 Tbsp butter, and pepper. Toast 12 baguette slices. Mound topping on each, then broil until cheese begins to bubble and melt.

## *Reminders*

Find our newsletters and recipes online at <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).

## *WE NEED YOUR HELP!*

We still have 36 shares available (out of a total of 265) and need to find people to eat them so we can fulfill our farm budget. Please help us by telling your friends about our fabulous produce. Word of mouth is the most powerful tool that we have. Revv up your grapevine, folks, so we can survive these challenging economic times.