



FARM NEWS

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Mountain Bounty Farm
14579 Blind Shady Road
Nevada City, CA 95959

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

It was great to see a lot of you at our spring open house this weekend. Thanks for coming and supporting the farm. We're continuing to enjoy the cool days but it's starting to get a bit disturbing by now. Thankfully, the forecast is calling for warmer temperatures this week. Though we love the cool weather, the crops are suffering and we can't be having that!

Last week we got caught up on a lot of weeding. The onions were rescued and we cleaned up the tomatoes, peppers and eggplants. The tomatoes are flowering and setting a little bit of fruit but that will pick up with the warmer days and nights. The summer squash is setting little fruits too so likely next week we'll be harvesting some of our first zucchinis of the season.

This week we were plucking our perfect Cherriete radishes from the ground. They're beautiful and amazing. Slice them thinly in salads or dip them in a little salt and eat whole. I also love to marinate them sliced in rice wine vinegar and sugar. We'll also be harvesting scallions, outstanding broccoli and chard. Chard is a wonderful green which is a great substitute for spinach in any recipe. Just coarsely chop it and sauté it with a bit of oil till wilted. It's great with eggs in the morning! Enjoy.

A note about the boxes: We encourage you to bring a bag or a basket to the pick-up site to transfer your produce into. I know that a lot of you already do this and it seems to work really well, then you won't have to bother with getting your box back to the pick-up site which can be a challenge. Thanks!

Cooking The Harvest

Chard Frittata from *The Art of Simple Food* by Alice Waters.

Wash and separate the stems from 1 bunch of chard. Cut the stems into ¼ inch slices. Coarsely chop the leaves. Heat in a heavy pan, over medium heat: 1 tablespoon olive oil Add: 1 medium onion, peeled and sliced thin. Cook for 5 minutes and add the

chard stems. Season with salt. Cook for 4 minutes and add the leaves. Cook until tender, adding a splash of water if the pan dries out. Turn out of the pan onto a plate. Crack into a large bowl: 6 eggs. Add salt, 2 teaspoons olive oil, fresh ground pepper, a pinch of cayenne and 4 garlic cloves, chopped. Beat lightly. Gently squeeze the chard with your hands, wringing out most, but not all, of the liquid. Stir the chard into the beaten eggs. Thoroughly preheat a 10 inch heavy or nonstick pan over medium low heat. Pour in: 2 tablespoons olive oil. After a few seconds, pour in the egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath. Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate and pan upside down to turn out the frittata onto the plate. Pour in: 1 teaspoon olive oil and slide the frittata back into the pan. Cook for 2 or 3 more minutes. Slide onto a plate and serve warm or at room temperature.

Arugula Salad with Parmesan from *The Art of Simple Food* by Alice Waters

Trim off any rough stems from 4 large handfuls of arugula, wash and spin dry then keep cool. Make a vinaigrette by mixing 1 tablespoon red wine vinegar, salt and black pepper. Whisk in 3 to 4 tablespoons olive oil. Start with the smaller amount of oil and taste the dressing with a leaf of the arugula. Add more oil and salt to taste. When ready to serve, toss the arugula with the vinaigrette. With a sharp, sturdy vegetable peeler cut thin curls of Parmesan cheese or other hard grating cheese like Peccorino. Scatter the cheese curls over the top of the salad and serve.

Reminders

Find our newsletters and recipes online at [http://mountainbountyfarm.com/news.cfm!](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).