



FARM NEWS

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Around The Farm

We're battenning down the hatches in anticipation of this big rain coming. With virtually no rain for about 6 months, we have become accustomed to the dry life and have some serious piles to clean up, drying fruit to bring inside and straw bales to cover up. The fields will largely welcome the rain but we're just hoping it doesn't come down too hard otherwise we might have some erosion which is no good. Thankfully we got some of our fields seeded in cover crop so this rain should water them in nicely and spare us from having to run sprinklers. The garlic is still waiting to be planted which it looks like we'll have to wait until later in the week.

Last week we harvested the winter squash which was a fun, hard day of tossing squashes around and hauling heavy loads. We grew about 10 varieties of winter squash this year including 6 of our tried and true favorites and 4 or so trials of new and interesting ones. Our mainstays include butternuts which are the best keepers, buttercups which are dry-fleshed and make amazing soup, a kabocha type called 'sunshine', a beautiful acorn varietal called 'carnival', and 'delicata' which is our favorite just to bake and eat as is.

In your boxes this week you'll see some of these delicata squashes along with carrots, collard greens and hopefully some more turnips. The collard greens are sweet and extremely nutritious and can be used just as you would chard or kale although they take a bit longer to cook. They're excellent in soup because they hold their structure better than most other greens.

Enjoy the rain!!

Cooking the Harvest

Roasted Delicata Squash

From The Mountain Bounty Kitchen

Preheat the oven to 375. Cut one or two delicata squashes in half lengthwise. Scoop out the seeds and brush the insides with olive oil and sprinkle with a bit of salt. Place the squashes skin side up on a baking sheet and bake till they are soft to the touch ~ 20 minutes. (The skins of these squashes are soft enough to eat, so you can if you like.)

Collard Greens with Raisins, Pomegranate and Almonds

From The Mountain Bounty Kitchen

I like cooking collards with sweet, tart fruits like pomegranates or oranges. This time of year the pomegranates are coming into season.

Remove the central rib of the collard leaves and chop the

leaves roughly. Juice $\frac{3}{4}$ of a pomegranate and remove the seeds from the other piece for the garnish. Sauté one onion in olive oil or butter over medium heat until the onion is translucent and starting to caramelize. Add the chopped collard greens, a dash of salt, a handful of raisins, and a splash of water. Cover and cook over med/low heat, stirring occasionally and watching for burning. Add more water if needed. Cook for about 20 minutes, adding the pomegranate juice for the last 5 minutes or so. The collards should be soft and tender and not too chewy. Add the pomegranate seeds at the end and slivers of almonds. Taste for seasoning.

WINTER SHARES START IN JUST 6 WEEKS!

You can sign up online and find out more at www.MountainBountyFarm.com. Don't forget to send your check(s) to reserve your spot. You can also keep your eyes out for our sign up form in the mail later this week.

Reminders

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