



# FARM NEWS

October 19-22, 2009

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

(530) 292-3776

[info@MountainBountyFarm.com](mailto:info@MountainBountyFarm.com)  
[www.MountainBountyFarm.com](http://www.MountainBountyFarm.com)

## *Around The Farm*

It's been lovely on the farm. The rain brought renewed life to the land, cleaned out the trees and gave us all a burst of energy and excitement. Everything seems so much more vibrant- everything besides the sad, droopy tomato plants and the flattened corn and cosmos. The fall crops though are radiant and we're grateful to have all the abundance that we do right now. With only three weeks to go, we're beginning to savor each day our crew is still together, for soon our interns and work traders will all move on to new winter time projects. We'll miss them all.

For now we're still gathering great food out of the fields. This week we're dolling out our potatoes. Unfortunately our potatoes did very poorly because of water limitations in one of our remote sites and so this is it for the spuds. Normally we give out weeks and weeks of potatoes so we're sorry for the lack of potatoes in your boxes this year. For those of you signing up for the winter share, they always include really nice potatoes throughout the season. In your boxes this week you'll also get more of our amazing carrots. This variety we're picking right now is an heirloom variety which is beautiful and supremely sweet.

Also, we'll be plucking our leeks from the soil. These leeks have been in the ground for 5 months or so and are finally ready for eating. Leeks are sweet onion relatives and are great sautéed and used as a base for soups or caramelized and served with pasta. A tip for cleaning leeks: slice them lengthwise then wash to get the dirt out of all the layers. The beautiful winter squashes in your boxes are called 'sunshine' and they are our very favorites. Be sure to eat them rather than setting them on your counter top for months. Halve them, brush with oil and a dash of salt and bake them in the oven (375), skin side up for about 30-40 minutes, until they feel soft to the touch. Eat them cut up just like that or use them as a base for soups or curries- they're great with coconut milk! Our celery is amazing too. It's leafy and nourishing and great for stock or juicing. It sure seems like this week we should all eat soup!

## *Cooking the Harvest*

Winter Squash Soup with Cinnamon, Cloves and Mint from The Savory Way by Deborah Madison

2 pounds dense winter squash (like Sunshine)  
Olive oil or other oil of choice  
12 coriander seeds  
12 peppercorns  
2 cups milk or cream (or full fat coconut milk)  
1-3 inch cinnamon stick, broken into pieces

8 cloves  
a small handful of mint leaves, roughly chopped  
1 jalapeno pepper or 2 small dried red chilies.  
2 tablespoons butter  
1 onion, finely diced  
Salt  
2 teaspoons finely chopped mint and cilantro for garnish

Bake squash as noted in text.

Let it cool. While squash is baking, make an infusion with the herbs and the milk. First lightly crush the coriander seeds and peppercorns; then put them in a saucepan with the milk or cream, cinnamon, cloves, mint leaves and chilies. Heat the mixture slowly, turning off the heat just before it comes to a boil. Melt the butter in a soup pot and add the onion and salt lightly. Gently cook the onions until they begin to soften, about 5 minutes. Add the squash and 1 quart water. Bring to a boil; then lower the heat and simmer until the squash is broken up, about 25 minutes. Pass the soup through a food mill or blend it (or just use a potato masher to break up the chunks). Return the soup to the pot and add the milk, pouring it through a strainer. Taste for salt. Serve garnished with cilantro and mint.

## *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).

### *WINTER SHARES START IN JUST 5 WEEKS!*

You can sign up online and find out more at [www.MountainBountyFarm.com](http://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.