



# FARM NEWS

October 5-8, 2009

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## *Around The Farm*

The end of the summer has come crashing down on us here on the farm. Suddenly it went from hot to cold and some of our crops have been damaged by frost already. The farm is situated in a low spot on the land and thus we often get some of the first bits of frost around. Sunday evening in anticipation of a very cold night, we spent a few hours covering our peppers and green beans with row covers. This will hopefully help keep a light frost from harming the still bearing plants but won't do much for a heavy frost. Let's hope it works.

At a certain point we'll have to let go of the summer crops altogether, but it is a bit early for us to do that yet. We still have another round of corn which may or may not make it depending on the weather over the next few weeks. Our tomatoes are pretty much over with although if it warms up, we may get a few more out in the boxes. For now, we're grateful for all the cold hardy crops that we have been planting and caring for over that last few months.

Last week we harvested our pumpkins and dry beans. The dry beans we only grow a smattering of so it won't be enough to give out to our members but if you are interested in locally grown dry beans you should contact our friend Reed Hamilton of Grass Valley Grains (477-0757), he's doing an excellent job growing grains and beans for his grain CSA. The small pie pumpkins will be going into your boxes later this month and we'll be selling the bigger ones (which wouldn't fit into your boxes) at the Nevada City Farmers Markets on Saturdays from 9-1 which run until October 31<sup>st</sup>. This week we're hopefully going to plant garlic which is unfortunately going in a little later than normal but will still be fine.

In your boxes this week should be a nice assortment of roots including beets and turnips. Our beets are

beautiful right now and so are the turnips. It's nice to be eating these sweet turnips again after a mid-summer hiatus. Remember you can eat them raw, marinated in rice wine vinegar or roasted in the oven.

## *Cooking the Harvest*

Roasted Turnips, Beets and Carrots  
From The Mountain Bounty Kitchen

Preheat the oven to 400. Wash and trim the roots, leaving about ¼ inch of the tops attached to the turnips. Cut the turnips into halves or quarters and the beets into slightly smaller wedges. The carrots should be cut into similar sized chunks or wedges as well. Place the prepared roots into a bowl and drizzle with olive oil and season with salt and pepper (you can also toss other herbs in at this time if you wish like thyme or sage). Spread them out onto a baking pan, in a single layer and roast uncovered, stirring and tossing occasionally until they are cooked, about 45 minutes.

Pickled Turnips  
From The Mountain Bounty Kitchen

Cut the turnips in halves or quarters and slice them thinly (1/8" thick). Place them in a bowl and add rice wine vinegar, a splash of agave nectar or warmed honey, a chopped hot chile if you like, a few slices of ginger, and a dash of salt. Let them sit and marinate for about 30 minutes before eating.

## *Reminders*

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

### ***WINTER SHARES START IN JUST 7 WEEKS!***

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