



FARM NEWS

November 2-5, 2009

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Around The Farm

This is the last week of our summer vegetable shares! Thanks for taking this journey into eating seasonally and locally with us. We believe in what we do and believe that through being more mindful of how and what we eat, we can make a big impact on our health and the health of the planet. We also love farming and are passionate about our land, the processes and the food that we grow. Without your support as CSA members, we would not be able to continue farming so keep it up and so will we!

Reflecting back, it feels as if it was a successful season with a few of the inevitable challenges. The spring was one of those challenges with the flooding out of some of our earliest crops. Late spring into fall has been abundant and it seems we've had something new and different to offer each week. We lost our garlic and our potatoes but much of that was due to our own neglect and mismanagement. One of the most stimulating things about farming is that even after years and years of doing it, you never can assume it will turn out as it always has. Each year brings newness and there's always more to learn. Something that John and I love to do is visit other farms to get new ideas and learn better ways of doing things. Hopefully as we proceed on our farming journey we can stay humble, open to newness and generous with our abundance.

Beautiful fall days this week should make for a very pleasurable ending to our farming season. Though this will be the final days of harvests, we will have a few more weeks of clean up, wrapping up unfinished projects and reviewing the season crop by crop. After all that, our treasured crew of interns will head out and we will take some rest until January when we will begin again with the work for the next season. I would like to acknowledge our committed crew of interns and work traders who toughed it out rain or shine and helped make the season possible. Firstly, our interns: Jeff, Jessica and Rachel. We love you. Thanks for your commitment, your laughter, and your support. Secondly, our work traders: Grog, Julia, Judd, Kirsten, Wendy, Edith, Roger, Rusty, Solan, & Mary. Extra kudos to those of you who stayed with us all season long!

In your boxes this week you'll be seeing pie pumpkins, butternut squash, collards, turnips, hopefully our beautiful cauliflower (we may have to cut them in half cause they're so big!), scallions, cilantro and carrots.

Reminders

Don't forget to sign up for the winter share. Our friend's Tim and Trini of River Dog are amazing farmers and have inspired us and many other farmers across the country. They're true leaders in the organic farming movement. Remember, the winter share starts Nov. 25, so there will be 2 weeks off! Thanks again for supporting Mountain Bounty farmers!

Cooking the Harvest

Ruth Reichel's Pumpkin Soup recipe

Take a whole pumpkin and you hollow it out, and you fill it with slices of good bread and grated cheese (like Gruyere or Parmesan), and then you make a mixture of half-and-half and chicken stock. And you fill it up, and you put the whole thing in the oven. And so when it comes out, it's got its own tureen. It's this gorgeous pumpkin, and it's so delicious.

Citrus Collards with Raisins Adapted from: *Grub: Ideas for an Urban Organic Kitchen* by Anna Lappé and Bryant Terry

Coarse sea salt
1 large bunch collard greens, cut into chiffonade
1 tablespoon extra-virgin olive oil
2 garlic cloves, minced
2/3 cup raisins
1/3 cup fresh orange juice

Bring 3 quarts of water to boil in a large pot over high heat and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Prepare a large bowl of ice water to cool the collards. Remove the collards from the heat, drain, and plunge them into the ice water to stop the cooking and set the color. Drain. Warm the olive oil in a medium sauté pan over medium heat. Add the garlic and sauté for 1 minute. Add the collards, raisins, and a 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently, until the raisins are plump. Do not overcook—the collards should be bright green. Add the orange juice and cook for an additional 15 seconds. Season with additional salt to taste if needed and serve immediately