



# FARM NEWS

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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*

Yesterday I was walking by the intern kitchen and saw all their raincoats still lined up prominently at the front of the kitchen- ready for the next soggy morning. It dawned on me that it hasn't been that long since we had such a morning. The long, warm days have quickly begun to dry out the land. All the puddles that our dog, Fin, loved to slurp out of are all but a hard hollow and finally, our pond is warm enough for evening swims. He likes the swims better than the puddles anyway. Summer is sure upon us now. I think we will all miss the moist morning air- till next time.

Our fields are starting to fill up with food. The crew has been working really hard to catch up on all the planting (and now weeding) that needs to get done. We finally got the rest of the winter squash planted last week as well as all of our sweet and hot peppers. We plant our sweet peppers close- 3 rows- 8 inches apart- to encourage them to shade each other, otherwise we get a lot of sunburning. Hopefully we'll get our next corn seeding in the ground this week as well as our dry and green beans.

This week your boxes will be filled with solely our amazing produce- we will not be supplementing from River Dog anymore. Thanks to them for helping us get through those first weeks. We're picking our first round of broccoli, zucchini from our hoop house, more beautiful spinach and lettuce as well as garlic scapes. What? Garlic scapes are a special treat. They are the flowering stalk of the garlic plant and when snapped off and fried up, they are a tasty treat. They're a bit tough so you have to cook them for a bit longer than say green onions but I think you'll enjoy their complex, garlicky flavor. Enjoy!

## *Cooking the Harvest*

Zucchini Fritters From Chez Panisse Vegetables

1 pound zucchini  
Salt and pepper  
1 clove garlic

Zest of a few lemons  
1 egg  
1 tablespoons potato starch (or 2 tbs flour)  
2 tablespoons olive oil

Grate the zucchini and salt them. Let stand for 30 minutes in a colander. Squeeze the zucchini dry with your hands or wring it out with a towel. Peel and chop the garlic fine, and grate the zest from the lemons. In a large bowl, combine the zucchini with the garlic, lemon zest, flour or potato starch, and the egg, lightly beaten. Heat the olive oil in a non-stick pan over medium heat. For each fritter, pour a generous tablespoon of zucchini batter into the pan. They will look like little pancakes. Turn them over after about 3 minutes, or when golden. Cook 2 minutes more on the other side. Drain on paper towels. Serves 4.

Creamy Broccoli Salad from  
The Enchanted Broccoli Forest by  
Mollie Katzen

1 bunch of fresh broccoli  
1 lemon  
¼ cup mayonnaise  
¼ cup yogurt or sour cream

Approx. ¼ tsp salt  
¼ tsp crushed tarragon  
2 finely minced scallions  
Lots of fresh ground pepper

Cut off the bottom few inches of the broccoli stalks and discard. Use a sharp paring knife or a vegetable peeler to trim the stalks, and to lightly shave off some of the tough outer skin. Cut these well-manicured stalks lengthwise into manageable-sized spears. Steam the broccoli until it is just tender and bright green. Remove from the heat immediately, and rinse under cold water. Drain. Combine the lemon juice with all the other ingredients. Toss the still- warm broccoli with this dressing until well mixed. Cover and chill.

## *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).

## ***WE NEED YOUR HELP!***

We still have 36 shares available (out of a total of 265) and need to find people to eat them so we can fulfill our farm budget. Please help us by telling your friends about our fabulous produce. Word of mouth is the most powerful tool that we have. Revv up your grapevine, folks, so we can survive these challenging economic times.