



FARM NEWS

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Around The Farm

Happy summer solstice! The longest day of the year is upon us. From now on, the days will begin to shorten gradually throughout the summer. That's why this is such a critical time to get our planting done. Most long season summer crops need long days for maturation. Thus, these crops like melons and corn need to be planted by mid July or so or they will not have enough time to mature before the shortening day lengths. Last week we seeded our second round of melons in the greenhouse so hopefully we can get those planted by early July. All of our Summer crops are growing pretty slowly because of this cool weather. I don't think we've had a day in the 80's yet- or maybe just one or two. This, as most of you know very well, is extremely unusual. The weather however has been really nice for working in and none of us around here are complaining about it. The spinach, which normally by this time of year would be bolting- or flowering, is happy as ever as are the rest of our leafy greens.

Last weekend, we all ventured down to Nevada City for the first Farmers Market of the year. It was a great market, packed with people, and we really enjoyed seeing our friends from past years. From now till the end of October, we'll be there every Saturday morning from 8:30-12:30. Come see us!

In your boxes this week you'll find beets, carrots, napa cabbage or tatsoi, spinach, lettuce, turnips and some other treats. The tatsoi is an asian green similar to bok choy so it should only be cooked lightly. The spinach is crispy and succulent- below is my favorite spinach salad recipe. Bon Appetit!

Cooking the Harvest

Spinach Salad with Marinated Beets

From The Mountain Bounty Farm Kitchen

Preheat the oven to 400 degrees. Trim the greens and tough tops on beets. Cut in quarters. Put them in a baking dish with a little water (1/8) inch. Sprinkle with salt and cover. Bake until they can easily be pierced by a knife- about 30 minutes. Meanwhile hardboil a few eggs. Once beets are finished, uncover and cool. Slip the skins off. Cut them into 1/4 inch thick wedges and sprinkle with 1 teaspoon balsamic vinegar and sprinkle with salt. Let stand a few minutes. Toss with a tablespoon of olive oil.

Wash and dry the spinach. Make a warm or cool dressing. Some folks like to "wilt" the spinach by pouring a hot dressing on top and tossing. Either way, make the dressing by placing 2 cloves of garlic in a press and pressing it into a jar. Add 1-2 tablespoons of balsamic (depending on how much you're making) and then add 3x that much olive oil. Add a dash of maple syrup or agave nectar, and salt. Mix up. Heat up if you wish. Toss into the spinach then add the beets, slices of egg and whatever else you wish- walnuts, feta cheese, and roasted red peppers are all great additions to this salad. Enjoy!

Turnip Soup with Gruyere Croutons

From *Vegetarian Cooking for Everyone* by Deborah Madison
4-6 medium turnips (about 1.5-2 pounds) with greens
3 small boiling potatoes
2 Tbsp butter
2 Leeks, white parts only, thinly sliced
1 garlic clove, minced
1/4 cup chopped parsley
4 thyme sprigs or 1/4 tsp dried
salt and fresh ground pepper
6 cups water or stock
1/2 cup cream or milk
Cheese Croutons (see below)

Peel turnips and potatoes (*ours won't need peeling*), quarter, and thinly slice them. Discard stems and any yellowed leaves from the greens. Wash the remaining leaves. Melt the butter in a soup pot. Add turnips, potatoes, leeks, garlic, parsley and thyme. Cook for 5 minutes, then add 1 1/2 tsp salt and the water or stock and bring to a boil. Lower the heat & simmer, partially covered, until the vegetables are tender, about 25 minutes. Puree all or part of the soup. Stir in the cream.

Chop about 2 cups of the turnip greens into small pieces. Simmer in salted water until tender, then drain and add them to the finished soup. Season with salt & pepper, and serve with cheese croutons on the side.

Croutons: Mix 1/2 cup grated gruyere cheese (or a good cheddar) with 1 tsp Dijon mustard, 1 Tbsp butter, and pepper. Toast 12 baguette slices. Mound topping on each, then broil until cheese begins to bubble and melt.

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).