



FARM NEWS

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

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com

Around The Farm

The past week it's been feeling more and more like summer. I've been unearthing all of my light weight summer work clothes and have become wedded to my big straw hat once again. The fawns have started to appear and all the juvenile birds are clumsily taking to the air. The farm is situated in a beautiful low lying meadow which is surrounded by oak and pine woodlands and lots of habitat for creatures. The other night something mysteriously got into our little brooding hen house and ate a few of our chicken's eggs. Later that next day we realized that there was a skunk asleep in the house with the hen- it was obviously trapped inside. Luckily she still has 5 eggs which we are hoping will all survive to become little chicks. We already have a flock of 9 laying hens which we rotate through the finished fields. They have a movable coop that fits on the forks of the tractor and electric fencing around them. These hens have been providing us with some needed protein this season and we're excited about growing the flock a bit. Monica Bell, one of our interns, has been taking great care of the chickens and doing her best to feed them well and house them safely. Thanks Monica for the tasty eggs! Also new this year are two pigs, Porgy and Bess our compost munchers. They eat up all our excess vegetable waste and kitchen compost. They're cute and friendly and seemingly very content here on the farm, just like the rest of us.

This week we'll hopefully get another corn planting in as well catch up on some much needed weeding. We're also going to harvest the rest of our garlic. We have amazing garlic this year which we are very proud of and you should be seeing it in your boxes soon. The tomatoes, cucumbers and peppers are all starting to grow more vigorously with the warm weather and we're all eager for the tasty treats of summer. For now, we should enjoy the last few weeks of tender spring greens. Soon the heat will toughen everything up. Today we're picking our beautiful bulbing fennel. This vegetable is one of our spring favorites. It's refreshing taste is great raw in salads or sautéed, roasted or caramelized. It makes a great addition to pasta and works really well with tomato sauce and some olives. Kids tend to love fennel raw. Noah, John's son, is crazy for it and

will sit in the field and devour an entire bulb. Also in your boxes you'll find lettuce, and the last of the spinach and turnips till the fall. Enjoy all the goodness!

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.

Cooking the Harvest

Fennel Salad with Avocado and Grapefruit
From The Mountain Bounty Farm Kitchen

This is one of my favorite spring salads. It's simple and refreshing and people love it!

1 fennel bulb
1 ruby grapefruit
1 avocado

A handful of arugula or lettuce leaves. Olive oil, red wine vinegar, salt and pepper. Serves 2-4 (add more lettuce and grapefruit for more people)
Cut the fennel bulb in half and trim off the top ribs. Take out the tougher middle core of the bulb. Cut into quarters and slice very thinly. Cut the top and bottom off of the grapefruit and skin with a sharp paring knife. Remove the flesh. Cut the avocado into wedges. Clean and prepare the greens of your choice and place them on the bottom of a platter. Make a dressing with 4 tbs olive oil, 1 tbs vinegar, and salt. Toss the fennel, grapefruit and avocado with 2/3 of the dressing then place on top of the greens drizzle with the rest of the dressing.

Pasta with Carmalized Fennel and Olives
From Mt. Bounty Farm Kitchen

Prepare water for pasta. Melt 2 tbs of butter or oil of choice to sauté pan. Add one bulb thinly sliced (see above recipe) fennel to the heated sauté pan. Keep heat at medium and stir frequently to caramelize. Add salt to taste. When fennel is finished cooking, add crushed garlic and a handful of kalamata olives. For more fennely taste, add a few fennel seeds. Add pasta sauce or just plain canned tomatoes. Let simmer for 5-10 minutes. Serve over pasta with parmesan cheese and a green salad.

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).