



FARM NEWS

June 29-July 2, 2009

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Around The Farm

This heat is pushing the summer crops along nicely but we're all feeling a bit sluggish. The cool spring has not adequately prepared us for these ninety degree days but we're adjusting pretty quickly. I've unearthed all my light weight summer work clothes including cotton pants and long-sleeved shirts (the thinner the better) and am now fully devoted to my big straw hat. The less skin that is exposed to the sun the better. Jeff, our irrigation maestro, is super busy these days trying to keep everything wet and happy. The greens are all watered using little overhead sprinklers which helps them deal with the hot days. The rest of the farm is all irrigated using drip tape which drips water every eight inches. Though the drip tape is easy to run, our moveable sprinkler chains are tricky at times so Jeff is becoming skilled at the art of sprinkler wrangling.

A lot of the early season crops are ready to harvest now including cabbage, beets and more broccoli. This cool spring has translated into great broccoli and lots of it. We plant 4 successions of spring broccoli and it's rare to have them all work out. This year we're lucky. Enjoy it while it lasts because with this heat it won't last long! Beets will be in the boxes today as well. We grow a handful of different varieties with our favorites being Chioggia, a striped white and red beet from Italy, and Early Wonder Tall Top, an open pollinated (non-hybrid) type which grows especially well in the cooler ends of the season. Roast them and add them to your salads for a splash of color and sweetness.

A reminder for you fresh grain lovers: Our friend Reed Hamilton of Grass Valley Grains, is still accepting members for his grain CSA. He grows wheat, rye, oats, corn for polenta and cornmeal, beans and rice and delivers them freshly milled to most Mountain Bounty pick-up site locations. Please contact him at reedhamilton38@yahoo.com for more information.

Enjoy!

Cooking the Harvest

Cabbage, Beet & Dill Salad from Mt. Bounty Farm
1-1/2 head of green cabbage, very thinly chopped.
1 bunch beets trimmed and cut into quarters
2 tablespoons of fresh dill, chopped
2 cloves of garlic, smashed
1 tablespoon each of lemon zest and juice
2 tablespoons red wine vinegar
Dash of sugar or agave nectar to taste.
Olive Oil, Salt, and freshly ground pepper

Heat the oven to 400. Trim and quarter the beets. Place them in an earthen or glass baking dish. Toss them with a splash of olive oil and salt. Place about an inch of water in the pan and cover with foil or lid. Roast in the oven for about 20-30 minutes, till you can pierce with a knife. Remove and let cool. Then slip the skins off and slice into wedges. Add one tablespoon of the vinegar to the beets and toss. Make the dressing with the rest of the vinegar, lemon juice, salt, tad of sweetner, lemon zest, garlic and olive oil. Chop the dill and add to the beets. Mix the beets and the cabbage together and toss with the dressing. Serve with freshly ground pepper.

Seared Broccoli with Lemon from The Italian Country Table by Lynne Rosetta Kaspar

Trim off one inch of the broccoli stalks from one large bunch of broccoli. Split the thicker stalks lengthwise into thirds, slender ones in half. Steam for 1-3 minutes. Set the broccoli aside to cool and dry. Heat olive oil in a heavy bottom sauté pan over med-high heat. Sauté until the broccoli is speckled with brown on one side. Adjust the heat to prevent it from burning. Sprinkle the broccoli with salt, pepper, zest from 1 lemon, and turn the stalks over and sauté to brown on the other side. Serve with lemon wedges.

Reminders

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