



FARM NEWS

June 7-10, 2010

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Around The Farm

It's great to have this truly summery weather here on the farm. At last our crops are beginning to grow with great gusto. Now that the chance of a frost seems unlikely we are able to do the planting we've been waiting for a month or more to do. Melons, winter squash and corn have all been planted in the last week and this week we'll be getting our peppers and eggplants out as well.

After this spring of challenge, it now seems the season is just beginning. Now that harvest has started, we're getting into the groove of our new schedule of 2 harvest days and 3 days to get the rest of the field work done. For the last few weeks all the classes from our neighboring public school, Grizzly Hill, have come for work days on the farm. They've gotten to pick radishes, weed spinach, feed the pigs and whine about not wanting to get dirty! We love having the kids come to the farm. With the pace picking up around here we are especially grateful for our crew of enthusiastic interns. This year we have 5 interns, all of whom live here on the farm and share in all the work with both John and I. We really appreciate their hard work and positive attitudes!

Today in your box you will see a number of beautiful things from our fields including a few items from our friends at Riverdog Farm. Carrots, peas and onions are the likely Riverdog items and from us you will see spinach, chard, radishes, turnips and napa cabbage. The napa cabbage is not quite headed up and may look more like a head of romaine lettuce. We decided to harvest them because they are all beginning to bolt- or send up a flower head. This is due to the unusual weather we've been having. The whole head can be chopped and lightly stir-fried. It's very similar in flavor to bok choy. The hakurei turnips are a tender, sweet turnip meant for fresh eating although they can be roasted in the oven for a richer, more satisfying treat. We've found that kids love the fresh, raw turnips.

For those of you who are used to the winter share from Riverdog and the comprehensive list of veggies they include in the newsletter- we do not include such a list. This is because we harvest the day of the drop off and at times will adjust our harvest list according to the situation in the field. In essence, we want to have the flexibility to make changes in the harvest in order to pick you the best, most tasty produce. Look for the complete list of what's in your box on the white board at the pick-up site. Thanks!

Cooking the Harvest

Radishes are a spring treat around here. The warm weather brings out too much spiciness so our radish plantings are limited to spring and early summer. For those of you who are less fond of these spicy treats, here's a recipe that may make you love them.

Radishes and Turnips pickled in Rice Vinegar

Slice a half a bunch of radishes and turnips thinly Place in a bowl with ½ cup of rice wine vinegar, dash of sugar or mirin and a pinch of red pepper flakes if you like spice. Let them sit for at least 15 minutes before eating. *Optional: add a few tablespoons of toasted sesame oil for added flavor.*

Braised Baby Turnips and Carrots from Chez Panisse Vegetables by Alice Waters

Trim off the carrot tops but leave ½ and inch of the stalk and cut them long ways in half. Same with the turnips and cut them in halves or quarters. Put then in a saucepan with a little butter and water and stew gently until softened. Season with salt and pepper.

Caramelized Turnips from Chez Panisse Vegetables by Alice Waters

Preheat the oven to 425. Cut the turnips into halves or quarters and toss with olive oil and salt and pepper. Spread out in an even layer on baking sheet and roast for about 10 minutes, then toss them once. Roast for another 10 minutes or until they are fork tender and nicely caramelized.