



FARM NEWS

Sept. 28- Oct 1, 2009

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Around The Farm

As hot as it's been its hard to believe that it's going to be cold by tomorrow. The forecasters are calling for a 30 degree drop in temperature, which in a way I'm excited about but on the other hand it seems just a bit too extreme. Well, it's got to happen one way or another I guess. The farm is lovely right now and will seem even more lovely when it's not so downright hot. We've got lots of food in the fields and we're starting to plan out the last 6 weeks of harvests to make sure we get it all out to you in good form. The melons are coming on and hopefully all the varieties will get a chance to ripen up before it gets too cold. We have a lot of carrots and we're starting to pick from some of our primo beds so hopefully they'll be sweet and tasty.

For the next 6 weeks of harvests, kids from our nearby school, Grizzly Hill, will be coming out and helping us harvest. They also have their own pumpkin patch which they planted in the spring which they'll be picking and selling for a fundraiser for the garden program there. It's always nice to have these kids on the farm and to see them get excited about eating vegetables out of the fields.

This week besides harvesting, we'll continue cleaning up the old fields to get them ready for planting cover crops. We also have some bits of weeding to do in the new greens. Soon we'll be prepping one of our fields for garlic planting. We had a complete crop loss of our garlic this year which has resulted in us having to buy large quantities of seed garlic. The up-side of this is that we are trying some new varieties which we've been eager to grow and the seed garlic we bought from our friend is amazingly beautiful! This year we're going to nurture our garlic and give it exactly what it needs—we've learned our lesson the hard way.

In your box today you'll likely be seeing the last of the eggplants, more carrots, lettuce, melons, sweet corn, chard and hopefully our last round or green beans. Enjoy the last tastes of summer!

Cooking the Harvest

SUMMER CORN BREAD

3 tbsp.	butter
1 1/2 cups	milk
2	eggs
1/4 cup	vegetable oil
1 cup	corn kernels
1 tbsp.	fresh sage, finely minced
3 tsp.	baking powder
1 tbsp.	sugar
1 tsp.	salt
3/4 cup	yellow cornmeal
1/2 cup	flour

Preheat oven to 400 degrees. Put butter in a heavy cast iron skillet and place it in the oven for at least 10 minutes. In a bowl, whisk together the milk, eggs, and vegetable oil. Stir in corn kernels, sage, baking powder, sugar and salt. Stir in cornmeal and flour to make a batter. Remove the skillet from the oven and place on a padded surface. Swirl the melted butter to coat the sides of the skillet. Pour batter into hot skillet and bake for 30 to 35 minutes, until bread is golden and sides are crispy and pull away from the pan.

Eggplant recipe from Chef Gabriela Forte in Pacific Grove: I dice eggplant & onions (and sweet bell peppers if I have them), and add walnuts & currants. Sprinkle it all with salt and pepper and extra virgin olive oil. Bake it in the oven until the eggplant is cooked, remembering to toss them once in a while as it bakes and add little tad more of olive oil if needed. Whenever I am in a hurry I start it off on the stove, on a pan that can go straight to the oven, and finish it off there. We enjoy it on crostinis (toasted bread), alongside a giant green salad. This eggplant dish is good both hot and cold, and it tastes great on a pita bread sandwich the next day.

Reminders

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[http://mountainbountyfarm.com/news.cfm!](http://mountainbountyfarm.com/news.cfm)