

Message Center



Save That Box!

Please return empty—flattened carefully, please—boxes to your pickup location or transfer your share(s) into another container upon pickup. We need to re-use all boxes.

Come & Get It!

Mondays:

Grass Valley: 100 Cornish Court
5-9 p.m.

San Juan Ridge: 15203 Tyler Foote Road
5 pm till late

Thursdays:

Nevada City: 575 E. Broad Street
5-9 p.m.

Truckee-Downtown: The Pourhouse
5:30 – 9 p.m.

Truckee-Glenshire: 15389 Crown Circle
5:30 – 8 p.m.

Free Choice!

Certain items are distributed as “Free Choice” almost every week to give Vegetable share members more variety. Feel free to help yourself to as much as your family will use. See the white board for this week’s items in the Free Choice area.

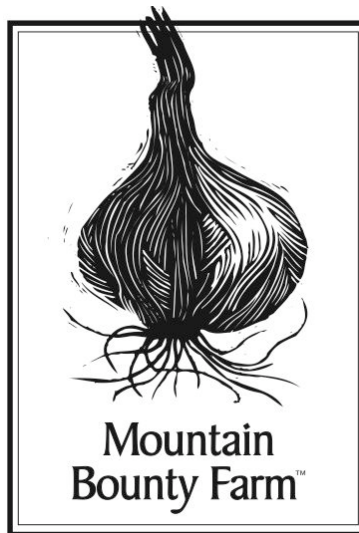
Need Extra or Old Newsletters?

Find all this year’s issues of the newsletter on our website! Navigate to “Weekly Newsletters”.



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FARM NEWS

Aug 4 - 7, 2008

Around the Farm

Hi there all! My name is Bobby and I am one of the four interns who work here at Mountain Bounty to bring you your veggies during the summer season. This week John and Angie are vacationing in Tuolumne, climbing some breathtaking rock walls and taking a well-deserved rest from the backbreaking acres, so you’ll hear from me. We’ve been a little short-handed this week consequently, but thanks to some extra help from friends and members of the community it’s all come together. The corn harvest from our first succession of sweet corn proceeds apace; we figure that in the last week we’ve plucked over 2,000 ears of corn and it seems there is at least another week’s worth there, after that it’s on to the next planting which is earing up now.

With all our largest plantings for the rest of the season in the ground, the greenhouse is looking relatively bare and we are all feeling accomplished, leaving us time to catch up on weeding, which we have done with almost two full days this week to ensure our fall onion planting sizes up. Our garlic is presently curing and will soon be on its way to your table.

I’d just like to close by saying that I’ve very much enjoyed living and working and learning here. It’s been quite different from what I expected when I was seeking employment on a farm. I expected it to feel much more monastic and isolated, but there is such a vibrant community of people here, and you’ve all been incredibly welcoming and outgoing. I’m glad to get acquainted with this place a little.

Lacking access to Angie's selection of cookbooks, I will just give a few recipes based on what I cook and eat here from the food I work to grow. I've been an avid cook and enjoyer of Indian cuisine for a few years now, so I'll also give a recipe for the south Indian sour "pancake" flatbread dosa you can prepare from rice and lentils, as well as its adjunct soup sambar, which you can prepare from ingredients in your CSA box.

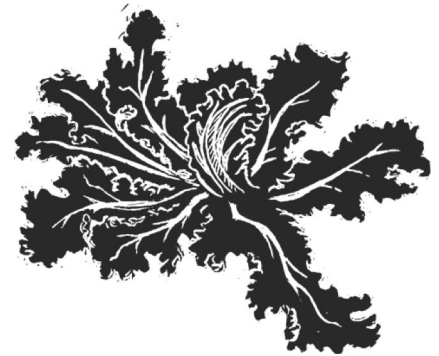


Sambar

First, prepare the sambar spice mixture. You can use pre-ground versions of the following spices, but the way that tastes the best is to get the whole versions of the seeds where possible and roast them in a dry (no oil) frying pan, then grind them in a mortar and pestle or coffee grinder. This is enough for several batches of sambar, and once you have this mixed up, the soup is a snap to make.

Sambar Powder

½ cup coriander seeds
1 Tbsp. cumin seeds
1 Tbsp. pepper corn
½ tsp mustard seeds
1 pinch of cinnamon
1 pinch ground clove
½ tsp. Turmeric powder



Cooking the Harvest

Dosa

2 cups rice
1 cup lentils (green or red, both work)
1 Tbsp ground cumin
salt to taste
1 cup whey, sour milk or yogurt

Ideally, you'll grind the rice and lentils into as fine a flour as possible with a mill (I encourage everyone to invest in a hand mill, it grinds most anything – from flour to coffee to grain for brewing beer, to soybeans for soymilk...), and then in a large mixing bowl add the whey, mixing the batter to a sponge-like consistency, to begin the souring process. Failing this, you can soak them for a day in water, then run them through a food processor. Add salt to your taste (a tablespoon or more) and the cumin and beat well. Cover with a cloth and leave to sit overnight. The following day, add more water (maybe about another cup) to produce a thin pourable batter. In a well-heated skillet (the pan is hot enough if you can drop a cumin seed in and it sizzles instantly) with as thin a layer of oil as possible on the bottom just to prevent sticking. Take a ladle-full of the batter and with one quick motion spiraling outward from the center of the pan make a wide flat circle of batter on the pan. It should be thin enough that it spreads outward nearly instantly. When the edges appear golden brown, remove it with a thin metal spatula. Flip upside-down onto a plate to show off your handiwork and serve immediately. Repeat, adding oil to the pan as necessary.

The batter will keep for a few days, getting more sour each day.

Soup:

½ teaspoon Turmeric Powder
2 teaspoons high-heat oil
Salt to taste
5 small dry red chilies (or one fresh green jalapeno, or to taste)
1 medium onion (shallots are preferable)
4-5 cloves garlic
¼ cubic inch or so of ginger
½ teaspoon mustard seeds
½ teaspoon fenugreek seeds
½ tsp peppercorn
1 large tomato or a basket of cherry tomatoes
2 Tablespoons sambar powder (see above)
¼ cup chopped cilantro
1 cup of a vegetable of your choice like green beans, grated carrot, squash, anything you want)

Chop the onion, garlic and ginger finely and saute in the oil in the bottom of a saucepan until they start to brown. Add the spices, followed by the tomatoes and mash until all are broken and the juice flows. Add the vegetable of choice, top to a soupy consistency with water and cover and stew until vegetable is soft. Salt to taste and serve hot.

On the second day it makes a good cooling soup like gazpacho.

