

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.

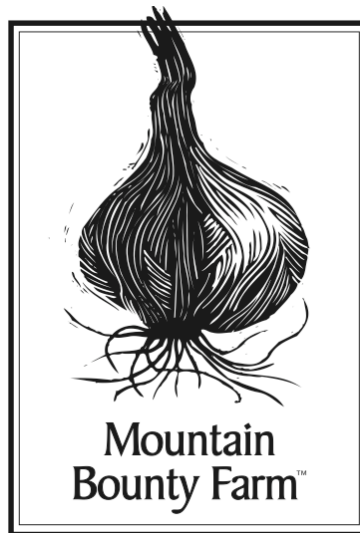
How are we doing?

Questions, Comments? Call or write to one of the addresses below.



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FARM NEWS

July 14 - 17, 2008

Around the Farm

Our summer crops are coming into fruition! Last week we snacked on the first of our sweet, Sungold tomatoes and how sweet they were. The first cucumber was also consumed rapidly upon discovery; so it won't be long till you all are enjoying these sweet, crisp tastes of summer. Of course for the past few weeks you've been seeing the summer squashes which are always the quickest of our summer crops to yield and soon the rest will follow including tomatoes, eggplants, melons and lastly peppers. Though we seed our peppers in February, it takes them a long time to grow. They love the long, hot days and really don't come into full production until late August. Though late to produce, they keep the peppers coming almost up until the first frost in late October.

Our potatoes are flowering prolifically now and will soon be ready for digging new potatoes- otherwise we won't dig the full-sized tubers until the plants begin to die back in another month or so. One crop we're harvesting now which has been long in the waiting are Walla Walla onions, our main season sweet storage onions which make us very happy. Growing onions is very time consuming- we start our seeds in flats in late August, overwinter them in flats then plant them out as small onion "sets" in early March.

Finally they've sized up fully and are finished growing. At this point, we knock the above ground



leaves over, turn off the water and let them cure in the ground for a few weeks. Now they're ready for eating. There's nothing like a fresh crisp onion- it's so juicy, sweet and flavorful. They're a great addition to almost anything.



Enjoy the fresh vegetables!



Cooking the Harvest

Chilled Beet Gazpacho

from *Vegetable Harvest* by Patricia Wells

4 servings

2 large beets, scrubbed
4 cloves of garlic
1 onion, peeled, halved and thinly sliced
1 teaspoon imported French mustard
1 tablespoon sherry-wine vinegar
Fine sea salt
Several teaspoons finely minced fresh chives

1. Steam the beets: Bring 1 quart water to a simmer in the bottom of a steamer. Place the beets on the steaming rack. Place the rack over the simmering water, cover and steam until the beets can be pierced with a sharp knife, about 20 minutes for baby beets and up to one hour for larger beets. Drain and let cool just long enough so you can handle them.



Peel the skins off. Cut off the root end and dice.

2. In a food processor or a blender, combine the beets, garlic, onion, mustard, vinegar, and 2 cups cold water. Process thoroughly to blend to a very smooth-textured puree (this may have to be done in batches). Cover with plastic wrap and refrigerate for at least 2 hours.
3. At serving time, reblend the soup. Taste again for seasoning and garnish with chives.



Zucchini La Ponche

from *Vegetable Harvest* by Patricia Wells

4 small zucchini (or any other summer squash)
12 thin shavings of Parmigiano-Reggiano cheese
4 teaspoons balsamic vinegar
½ teaspoon fleur de sel (or other nice sea salt)
Freshly ground black pepper

With a sharp knife, slice the zucchini crosswise into very thin rounds. Arrange rounds of zucchini, slightly overlapping on a platter or on 4 dinner plates. Arrange shavings of cheese over the squash. Drizzle with vinegar, then sprinkle with the salt and pepper. Let marinate for about 10 minutes before serving.

