

## 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.

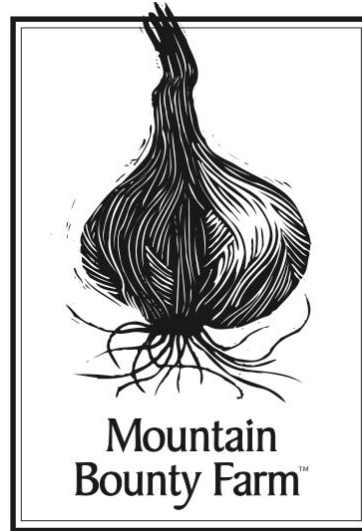
### How are we doing?

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



14579 Blind Shady Road  
Nevada City, CA 95959  
(530) 292-3776

info@MountainBountyFarm.com  
www.MountainBountyFarm.com



# FARM NEWS

June 2 - 5, 2008

## Around the Farm

This week we've been working hard to get one of our fields ready for planting our last round of corn and a whole assortment of beans including soybeans or edamame and some dry beans too. We also spent a bunch of time weeding as usual, thinning corn, tying tomatoes, and planting more lettuce. Our fall plantings of brassicas are almost ready to get planted which seems amazingly early- but it always does. If you plant fall crops much later than now, the plants won't have a chance to size up before the days become short, so if you're planning a fall garden, now's the time to plant.

In your boxes this week you'll likely be seeing broccoli and cabbage as well as carrots, basil and fennel. Hopefully you took a stab at using the fennel last time but if not, here's another chance. Remember that its lovely raw, sliced thinly in a salad or you can cook it as well.

Enjoy!



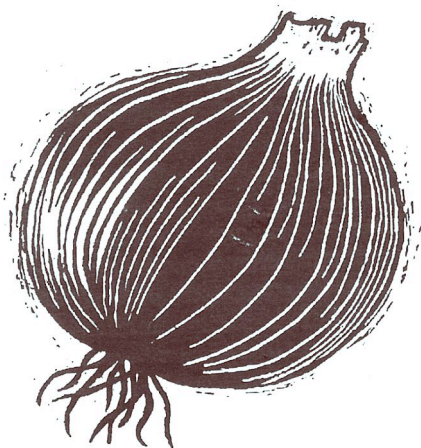
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## Cooking the Harvest

### Braised Florence Fennel

from *Chez Panisse Vegetables* by Alice Waters

Cut the leafy tops and stem ends off one large fennel bulb and peel away any bruised outer layers. Chop fine a few sprigs of the leaves and reserve. Cut the bulb in half lengthwise through the core and cut each half into 2 or 3 wedges. Put the fennel wedges in a saucepan with a good inch of water, a liberal dousing of olive oil, a generous sprinkling of freshly



ground fennel seed and the chopped reserved fennel leaves. Season with salt. Cover and cook over moderate heat for about 20 minutes, shaking occasionally until the fennel wedges are soft and can be pierced through easily with a knife. Add a little more water during cooking, if needed, to maintain a small amount of liquid in the bottom of the pan. The olive oil and water should emulsify into a flavorful, thick broth. Squeeze in some lemon juice to balance the olive oil. Serve with chicken, fish or rice.

### Spicy Broccoli and Vegetable Saute

from *Chez Panisse Vegetables* by Alice Waters

1 pound broccoli  
1 pound cauliflower (or cabbage)  
2 carrots  
1 small onion  
1 small knob of ginger  
1 serrano pepper  
4 cloves of garlic  
3 tablespoons clarified butter or coconut oil  
2 small dried chili peppers  
Salt and pepper  
1/2 teaspoon cumin seed  
1-1/2 teaspoons mustard seeds  
A few sprigs of cilantro or basil

Trim, peel and slice the stems of the broccoli and break the flowerets into small pieces. Trim the cauliflower and break into small flowerets. If using cabbage, cut into thick chunks. Peel and dice the onion fine. Peel and dice the carrots and parboil for about a minute. Peel the ginger and cut into thin slices (julienne). Chop the garlic fine as well as the Serrano pepper. Heat the oil or butter in a sauté pan. When it's hot, add the cauliflower and sauté until it has browned slightly. Add the dried chili peppers and sauté over medium heat, adding the broccoli and cabbage. Toss regularly. Salt and pepper the vegetables and add the cumin seeds and the mustard seeds. Keep tossing, letting the seeds pop. Add the carrots and the ginger and the chili and garlic. Garnish with cilantro or coarsely chopped basil.

