

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.

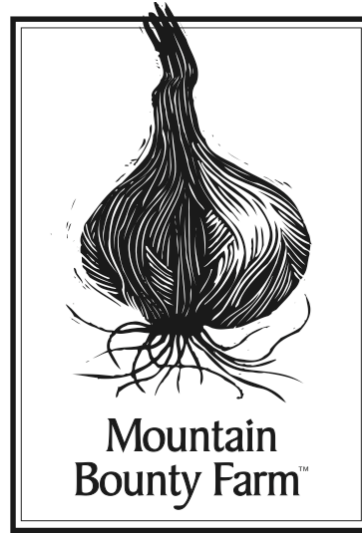
How are we doing?

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

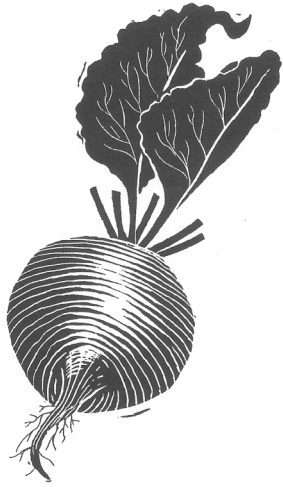
June 16 - 19, 2008

Around the Farm

Last week we finally planted our first rounds of cucurbits (things in the Cucurbitaceae family) like melons, cucumbers and squashes. Now most of our big plantings for the season are in. Our work isn't done by any means since each week we still have lots of direct seeding to keep up as well as some smaller plantings of lettuce, more basil, chard, etc. Our corn gets seeded regularly so that we have an abundance of corn to give out throughout the summer. So far the first crop is looking great! The tomatoes are flowering like crazy and the early Sungold cherry tomatoes are full of little green jewels—so tomatoes are not far around the corner. We're running around like crazy trying to keep all the succulent greens wet and cool so that they hold through these hot days. It's always a challenge once it gets hot to keep the greens happy but throughout the season our summer crops will begin to take the place of the spring greens we have been enjoying. It's ever changing.

A number of folks have been asking why we don't include a list of what's in the box in the newsletter. Unlike farms that harvest a day or two before the delivery, we harvest on the same day as the drop off and thus we're often making last minute changes to our harvest plan based on the ever-changing status of the crops. Though we know that a list in your box might be helpful to you, we feel it's most important to offer you fresh, high quality produce, rather than be tied to a plan which wasn't for the best. Each week, we take the time to write the box's contents on the white board at the pick-up sites, so please take the time to read it.

Behold the beets!
They are lovely and something worth getting into if you're not already turned on to them. Beets are genetically the same plant as chard (*Beta vulgaris*) but beets were selected for the roots and chard was selected for the leaves. Thus the leaves of beets are very similar to chard and can be used in the same way though they have a slightly more tangy taste. The roots of the beets are full of good stuff- fiber, folic acid (one serving has 25% of your daily folic acid intake and the cooked greens even supply more!), and they also contain significant amounts of vitamin C, Iron and Magnesium. Beets are wonderful grated and used raw in salads but I find the most pleasurable way to enjoy a beet is one that is roasted. Folks also enjoy roasting them with other vegetables in the oven- just beware that many veggies roast at different rates. Like beets, turnips are great roasted but since they have more water in them, they don't benefit from being covered. Just cut them up into chunks, coat them with olive oil and salt and roast them at 400 degrees till tender.



Eat well my friends.



Cooking the Harvest

Roasted Beets

Adapted from *Chez Panisse Vegetables* by Alice Waters

Heat the oven to 400 degrees. Depending on the size of the beets, cut into halves or quarters. Place them in a ceramic or glass baking dish and toss them with a splash of olive oil and a sprinkle of salt. Spread them out evenly in the pan and pour enough water in the dish to come up about 1/4 inch from the bottom. Cover with a lid or with foil and bake until you can pierce the beets easily with a fork ~ 30 minutes. Let cool and then slip the skins off. Now, eat as they are or cut them up into smaller slices if using on a salad and splash with a few tablespoons of red wine vinegar or balsamic (not oil first). Let sit for 5 minutes then add the olive oil and more salt if needed. These

marinated beets are great in a spinach salad with goat cheese or you can also add lemon or orange zest (and some juice) to the beets for an added zing!

Napa Cabbage Kimchee (pickled, fermented cabbage)

6 lb cabbage
1/4 cup Korean pickling salt or Kosher salt
8 scallions
1 1/2 cups shredded carrot
2 T grated fresh ginger
2 T garlic, peeled and finely chopped
2 T candied ginger (I use fresh ginger and add a bit more sugar)
2 t sugar
1/2 cup red pepper flakes
1 T salt

Remove limp outer leaves from the cabbage. Quarter the cabbage then cut across quarters into 1.5 inch-wide pieces. Put cabbage into large bowl with pickling salt. Toss to cover evenly. Let stand for 30 minutes, tossing a couple of times. Rinse with cold water and drain. Toss cabbage with remaining ingredients and pack into a large crock or covered pottery casserole. Add water to cover, about 3 cups. Let sit on counter for 1 to two days. Store in refrigerator, covered, in the crock or individual glass jars.

Note: this recipe can be adjusted to one 2-lb cabbage. Divide the remaining ingredients by one third.

See text for roasted turnip recipe!

