

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.

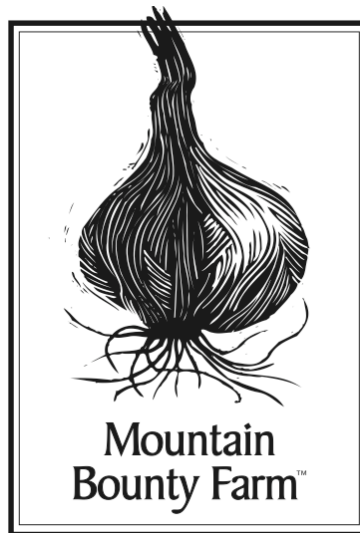
How are we doing?

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



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www.MountainBountyFarm.com



FARM NEWS

June 2 - 5, 2008

Around the Farm

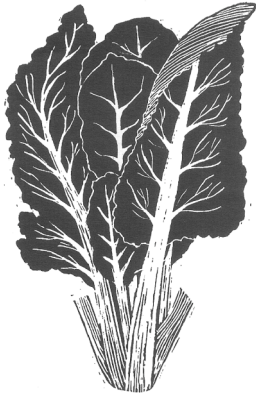
The cool weather has seemingly reinstated spring here on the farm. We’ve all been digging out our rubber boots and rain gear again after having retired our typical spring garb early this year. Thank goodness!

Taking advantage of the milder temperatures, we transplanted most of our summer Solanums this week. Solanums refer to plants in the Solanaceae family or Nightshade family. This family includes all the typical summer favorites like peppers, eggplants and tomatoes. Though all these fruits (they are indeed actually fruits of the plant) look different, the similarity of their flower structure is what links these plants into this genetic line. Peppers are one of our favorite crops here and this year we’re growing more varieties than ever. I think I counted 14 types of hot peppers and about 10 kinds of sweets. Our mainstay in the pepper world are Gypsy peppers, a sweet medium sized red pepper which seems to produce the best and not get too sun burnt. Sun burning is a challenge when you grow peppers and thus it’s important to get your plants big and healthy before planting them and also being careful to plant them fairly close together so they can shade each other. Alright, let’s not get too excited about peppers yet, it will be a while before we get to enjoy their fruits. Back to the greens.

Our fields of greens have been happy with this cool weather. These succulent greens you’ll be getting for the next couple of weeks are about as good as greens get, so savor them. Once it gets hot, all the leafy greens toughen a bit to protect themselves from the elements. We do our best to keep the lettuces sweet

throughout the season but nothing in August tastes quite like the sweetness of spring. Including lettuces you'll be seeing Napa cabbage in the box today. This cabbage is commonly used in Asian cuisine and is lovely cooked lightly in stir-frys or eaten raw. Enjoy.

I want to say a fond farewell to our friend Polly who has been working with us on the farm for the past month.



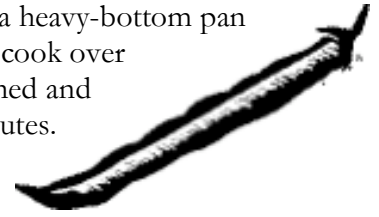
Thanks Polly, for pouring yourself into the work and working so darn hard. You are an inspiration, we love you!

Fusilli with Greens and Sausage

From The Art of Simple Food, Alice Waters

Trim and wash 1 large bunch of kale or chard. Chop coarsely and cook until tender in salted boiling water. Drain well. Take ½ pound of Italian sausage out of the casings and make into small balls. Heat 2 Tablespoons olive oil in a heavy-bottom pan and add the sausage and cook over medium heat until browned and cooked through ~ 6 minutes.

Remove the sausage and add 1 onion sliced thin to the pan. Sauté, until the onion caramelizes a bit. Season with salt and fresh ground black pepper and a pinch of dried chili flakes. Add the cooked greens and sausage and cook for a few minutes, adjusting the seasoning. Boil the water for ¾ pound fusilli or penne pasta. Cook and drain, tossing with olive oil and a bit of salt. Plate and top with the sauce and sprinkle with pecorino or Parmesan cheese.



Cooking the Harvest

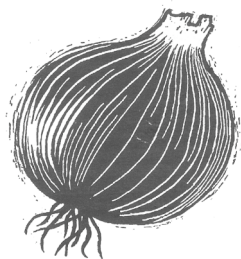
The Perfect Spring Salad

from Edible Sacramento, Spring 2008

Use head lettuce, spinach, salad mix and or arugula. Make sure to wash greens and dry them too before assembling the salad. Add avocado and or shaved Parmesan cheese for added richness.

For Dressing, whisk together:

¼ cup olive oil
2 Tablespoons lemon juice
2 Tablespoons sherry vinegar
1 Tablespoons minced shallots
½ teaspoon minced lemon zest
½ teaspoon Dijon mustard
Salt and freshly ground black pepper.



Napa Cabbage Salad with Cilantro

From the Mountain Bounty Farm Kitchen

For dressing:

2 Tablespoons tahini
2 Tablespoons of olive oil or raw sesame oil
Juice of one orange
1 clove of garlic, pressed
1 Tablespoon rice vinegar or lemon juice
Dash of honey or sweet rice wine
1 Tablespoon of grated ginger
Salt to taste
Optional: dash of cayenne, chopped hot chili.

Mix all ingredients together. If dressing is too thick add a bit of warm water or more orange juice.

Slice the cabbage thinly (julienned)
Toss with dressing and chopped cilantro
Add baked tofu, chicken, avocado or nuts for more depth.

