

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.

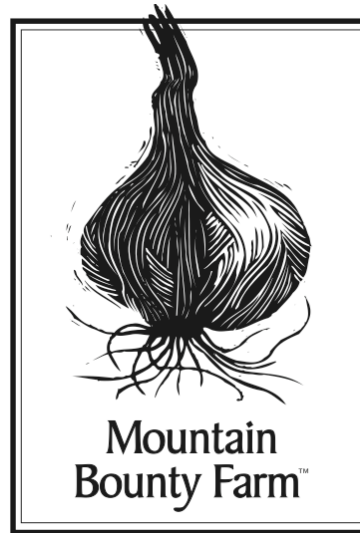
How are we doing?

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



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FARM NEWS

June 9 - 12, 2008

Around the Farm

Life on the farm has been fast and furious. In addition to all the harvesting, washing and packing that has to get done every week, we’re also racing around to keep up with the rapidly growing weeds and our weekly seeding and planting schedules. We never can get used to that feeling of being 3 steps behind and this time of year in particular, it can lead to a bit of anxiety.

This week’s attempts at triage have composed mainly of battling two of our worst weeds, amaranth and purslane. Yes, I know, they are edible plants but unfortunate for us they don’t coexist well with carrots, cilantro or beets. We always make our best efforts to hoe the weeds when they’re young and tender but every so often, we lose the window and they become big and especially difficult to remove. Weeding them can be tricky since they re-sprout if you don’t get all the roots out. And, of course, if you let them go to seed, they each produce thousands of tiny seeds which germinate readily in our lovingly prepared seed beds. Alas there is an ongoing war with the weeds on the farm.

Otherwise I’d say it’s pretty peaceful here. The farm is absolutely beautiful this time of year with the shockingly green rows, wild roses dotted with their delicate pink flowers and the Black-headed Grosbeaks singing to us from the tops of the pine trees. The farm continues to inspire us and enrich our lives. I hope it does yours as well.

This week you’ll be seeing more of the greens plus a few newbies like the scallions and dill.



Scallions or green onions are wonderful cut up in salads, used as garnish for Asian noodle dishes like Pad Thai or put into simple miso soups. They're also great used in egg scrambles. Dill is a lovely herb and is rather versatile. Its flavor pairs well

with certain foods such as potatoes, fish, yogurt, lemon and rice. It livens up simple vinaigrettes and freshens up drab potatoes. Enjoy the freshness from the farm!



Cooking the Harvest

Wilted Spinach Salad with Candied Pecans and Goat Cheese

From the Mountain Bounty Farm Kitchen
Will serve about 4 people

For Dressing

1/2 cup olive oil
3 Tablespoons balsamic vinegar
1 Tablespoon Dijon mustard
1-2 (depending on sweetness desired) Tablespoon honey or maple syrup
1 clove of garlic, mashed
Salt to taste
A good amount of fresh ground pepper
Optional: a dash of cayenne for spice

Toast the pecans in the oven at 400. To make the pecans, mix the nuts with a splash of olive oil, a dash of maple syrup or honey and a splash of soy sauce. Bake in the oven till toasted but not burnt~ 5-10 minutes.

Mix together dressing ingredients starting with the vinegar, garlic and mustard, then whisking in the olive oil, etc. Taste for seasoning and adjust it if you'd like it saltier or sweeter.

Wash the spinach and cut it up if you like. Allow it to dry on a dish towel. Place the dry spinach in a bowl. Place the dressing in a heavy bottom saucepan and put on medium heat. Heat it up until it starts to sizzle around the edges but not boil. Pour the hot dressing over the spinach and toss. Top with the pecans and pieces of goat cheese. **Other nice additions include: bacon, roasted red peppers and thin slices of red onion.**

Apple Beet Salad with Creamy Dill Dressing

3 Tablespoons red wine vinegar
3 medium beets, steamed, peeled, and julienned
1/4 cup plain yogurt
1/4 cup mayonnaise
1 Tablespoon minced fresh dill
1 small clove garlic, minced Salt and pepper
1 head romaine or leaf lettuce
1 small lemon
2 apples, cut into 1/8-inch slices
1/4 cup toasted walnuts, chopped

Drizzle vinegar over cooked beets; refrigerate overnight. Mix yogurt, mayonnaise, garlic, and dill in a small bowl. Season to taste with salt and pepper; set aside. Squeeze lemon juice over apple slices. Place greens on platter. Arrange apple slices and julienned beets over the greens; top with toasted walnuts. Drizzle salad with dressing and serve. Serves 4

Spinach and Bulgar Salad with Dill and Green Onions

2/3 cup bulgur wheat
0.5 lb spinach leaves, rinsed and drained
1/3 cup thinly sliced green onions
1/3 cup chopped fresh dill
4 oz crumbled feta cheese
1/4 cup red wine vinegar
2 T olive oil
Salt and pepper

In a small bowl, combine bulgur and 1-1/2 cups boiling water. Let stand until bulgur is tender to bite, about 15 minutes. Meanwhile, stack spinach leaves and cut into 1/4-inch-wide strips. Place spinach, onions, dill and cheese in a wide bowl. Pour bulgur into a fine strainer and press out the excess water. Add bulgur to bowl with spinach.

Mix vinegar and oil. Add to salad and mix. Season with salt and pepper to taste. Add baked tofu, chicken, avocado or nuts for more depth.

