



FARM NEWS

October 13 - 16, 2008

Around The Farm

We had our first light frost on the farm last night. Affected were the tenderest of our warm weather crops like basil and peppers. Tonight they're calling for a much harder freeze so we spent the day gathering the remainder of the mature fruits from the peppers, tomatoes, cucumbers, eggplants and squash. It seems earlier than usual for a frost but I guess it always feels that way. The farm will undoubtedly look different tomorrow.

Besides mourning the loss of our summer, last week we planted all of our garlic and got most of our cover crop seeded. Harvests have been as laborious as ever with all the bunching of radishes, beets, carrots and turnips but it's all worth it when you put together such beautiful boxes.

With all the tender summer crops coming to an end, it's time to honor the hearty fall crops we have in abundance now. Napa cabbage is one of our favorites and this week you'll be seeing one of these large Chinese type cabbages in your boxes. It's great stir fried or eaten raw in a salad (or pickled and made into kim-chee.) Also, the winter squashes in your box are called Delicata. They're one of our favorites--they cook quickly and are delightful to most. Enjoy.



Cooking the Harvest

Kale and Potato Soup

From *The Art of Simple Food* by Alice Waters

Remove the tough stems from the leaves of **1 large bunch of kale**. Wash, drain well, and coarsely chop. Heat in a heavy soup pot: **¼ cup olive oil and 2 onions sliced thin**. Cook over medium heat, stirring occasionally, until soft, tender and slightly browned. While the onions are cooking, peel, cut in half, and cut into ¼ inch thick slices: **1 pound potatoes**. When the onions are cooked, stir in: **4 garlic cloves, chopped**. Cook the garlic for a couple of minutes, then add the potatoes and chopped kale. Stir then add: **A large pinch of salt**. Cook for 5 minutes, stirring occasionally and pour in: **6 cups of chicken broth**. Raise the heat, bringing to a boil, then immediately reduce the heat to a simmer and cook for 30 minutes, or until the kale and potatoes are tender. Taste the soup and add more salt if necessary. Serve hot and garnish each serving with: **Extra virgin olive oil and freshly grated Parmesan cheese**.

Variations: Add sausage to sautéing onions or garnish with croutons: cut bread into ½ inch cubes, toss with olive oil and salt and bake until golden in a 350 oven or add ½ cup of cooked white beans 10 minutes before the soup is finished.

Chinese Chicken (or tofu) Salad

From Fine Cooking

- 2 bone-in, skin-on split chicken breasts (or substitute tofu)
- Salt and pepper
- 8 wonton wrappers
- ½- 1 head of Napa cabbage, trimmed and cut crosswise into ½ inch wide strips
- 3 large scallions
- Sweet and spicy dressing
- 2/3 cup sliced almonds, toasted
- 1 Tbs toasted sesame seeds
- Cilantro for garnish
- (Add shredded carrots for more color)

Heat the oven to 425. Season the chicken breasts with salt and pepper. Roast for about 40 minutes. Let cool and shred the meat. If using tofu, marinate it in dressing below and cook in pan til browning. Reduce the oven to 375. Cut the wonton wrappers in ½ wide strips. Place on an oiled baking sheet and flip over to get both sides oiled (or use spray) Sprinkle lightly with salt and bake til golden. In a large bowl, place the cabbage and cilantro. In another bowl, add the chicken or tofu and scallions and ¼ cup of the dressing. Add the chicken to the napa cabbage and then add the almonds and sesame seeds. Toss with enough of the remaining dressing to coat well and garnish with the baked wonton strips.

Sweet and spicy dressing:

- ¼ cup rice vinegar
- 1-1/2 Tbs, tamari or soy sauce
- 1 Tbs sweet Asian chile sauce
- 2 medium cloves of garlic, finely chopped
- 2 tsp minced ginger
- ½ tsp salt
- ½ tsp hot Asian chile sauce
- ¼ tsp black pepper
- ¼ cup peanut oil (or other vegetable oil)
- 1 Tbs sesame oil.

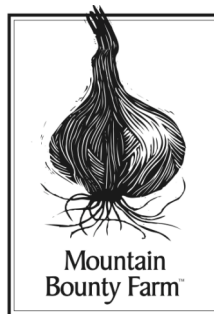


Reminders

Find all this year's issues of the newsletter with all the recipes on our website! Navigate to "Weekly Newsletters".

Pick up Times

Mondays:	Grass Valley	5-9 p.m.
	San Juan Ridge	5 pm till late
Thursdays:	Nevada City	5-9 p.m.
	Truckee-Downtown	5:30 – 9 p.m.
	Truckee-Glenshire	5:30 – 8 p.m.



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