



FARM NEWS

October 20 - 23, 2008

Around The Farm

This fall weather is wonderful to work in. The farm is in a cold pocket so the mornings have been very chilly but the days have been perfect for working. Last week we cleaned out all the irrigation lines in the tomatoes, peppers and eggplants which all got wiped out by that cold spell last weekend. We also started cutting down the tomatoes which we tie up to keep them from sprawling all over the place. Now we just have to finish pulling all the t- posts out and then we can mow them down and seed cover crops. Since no rain is in sight and we already seeded a lot of our cover crops, we're starting to get a bit anxious so we're going to start irrigating again. Hopefully the rain will come soon and the cover crops will have time to get established before it gets too cold.

This week you'll find a head of escarole in your boxes. Escarole is a member of the Chicory genus and is related to other similarly bitter greens like radicchio and endive. They are overlooked in our culture but are highly regarded in more evolved "foodie" cultures like Italy. They offer more complexities of flavors than lettuces and texturally they can even withstand being gently cooked or wilted. A nice way to use this head of escarole is to save the tougher, outer leaves for wilting and use the inner leaves for a salad. They offer a hint of bitterness which makes them pair nicely with fruits and cheese and sweeter vinaigrettes. To wilt the outer leaves, simply cut them into strips and sauté them in olive oil until they turn bright green and are wilted~2 minutes. Add salt and pepper and a splash of sherry or balsamic vinegar. Enjoy.



Cooking the Harvest

Beet Salad with Blood Orange, Escarole and Walnuts

Adapted from *Chez Panisse Vegetables*

2 pounds of beets
½ cup shelled walnuts
2 oranges
2 tablespoons red wine vinegar
2 tablespoons orange juice
Zest of ½ orange
¼ cup olive oil
Salt and pepper
½ head of the tender insides of a head of escarole

Preheat the oven to 400. Trim and wash the beets and roast them, tightly covered, with a splash of water. While the oven is on, put the walnuts on a baking sheet and toast them for about 5 minutes. With a sharp paring knife, trim off the top

and bottom of each orange. Pare off the rest of the peel, making sure to remove all the pith. Slice the oranges into ¼ inch rounds.

Make a vinaigrette by mixing together the vinegar, orange juice, and the zest, finely chopped, and stirring in the olive oil. Season with salt and pepper. When the beets are cool enough to handle, peel them and slice into rounds. Toss them gently with the vinaigrette, and arrange the beets on top of the escarole leaves along with the orange slices. Drizzle with any remaining vinaigrette and garnish with the toasted walnuts.

Hearts of Escarole with Apples and Roquefort

From *Chez Panisse Vegetables* by Alice Waters

1 head of escarole
1 medium sized tart apple
¼ cup shelled walnuts
3-4 tablespoons olive oil
1 tablespoon sherry vinegar
Salt and pepper
2 ounces Roquefort cheese

Preheat the oven to 350. Trim the escarole, discarding any tough outer leaves and wash and dry thoroughly. Peel, core and slice the apple. Toast the walnuts in the oven for about 5 minutes. Take the walnuts out of the oven and rub them in a towel to remove the loose skin, which may be bitter. Whisk together the olive oil, vinegar and season with salt and pepper. Toss the escarole and apple together with the dressing. Sprinkle with the Roquefort cheese, crumbled, and the toasted walnuts.



Reminders

Please return empty veggie boxes, (squeeze at the "hinges" to flatten) to a neat pile at your pickup location. Do not flatten fruit boxes...stack neatly, please.

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

Summer Fruit Share Subscribers: This is the 17th, your last fruit share box for this season. Consider signing up for our new Winter citrus fruit share grown by Chaffin Family Orchards.

Pick up Times

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



Mountain Bounty Farm
14579 Blind Shady Road
Nevada City, CA 95959

(530) 292-3776

info@MountainBountyFarm.com
www.MountainBountyFarm.com