

# WINTER CSA 2016-17 WEEK 10

Don't forget to pickup your CSA this week~

## IN YOUR VEGGIE BOXES THIS WEEK

*Disclaimer: this list is always what you will \*likely\* receive in your boxes this week. The contents can always change according to the actual harvest.*

### Regular box:

- Carrots- [Mountain Bounty Farm](#), Nevada City, CA
- Potatoes- [Mountain Bounty Farm](#), Nevada City, CA
- Spinach- partial [Mountain Bounty Farm](#) and [Full Belly Farm](#), Guinda, CA
- Cabbage- partial [Mountain Bounty Farm](#) and [Full Belly Farm](#), Guinda, CA
- Yellow onions- [Pinnacle Organics](#), San Juan Bautista, CA
- Dino kale- [Coke Farm](#), San Juan Bautista, CA
- Leeks- [Terra Firma Farm](#), Winters, CA
- Radicchio- [Coke Farm](#), San Juan Bautista, CA
- Sun chokes- [Coke Farm](#), San Juan Bautista, CA
- Parsley- JTF Organics, Hollister CA

### Small Box

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- Carrots- [Mountain Bounty Farm](#), Nevada City, CA
- Dino kale- [Coke Farm](#), San Juan Bautista, CA
- Leeks- [Terra Firma Farm](#), Winters, CA
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- Potatoes- [Mountain Bounty Farm](#), Nevada City, CA

- Spinach- partial [Mountain Bounty Farm](#) and [Full Belly Farm](#), Guinda, CA
- Cabbage- partial [Mountain Bounty Farm](#) and [Full Belly Farm](#), Guinda, CA
- Yellow onions- [Pinnacle Organics](#), San Juan Bautista, CA

## **FRUIT SHARE NEWS**

This week we're bringing you more delicious Cara Cara pink navels, Oro Blanco grapefruit from Lee Family Farms, and Navel oranges from Sunset Ridge. Please return the empty mesh bags for recycle/reuse, thanks!

Enjoy,

Greg and Sherry Lewis, Sunset Ridge Fine Fruits

[sunsetridge@gotmandarins.com](mailto:sunsetridge@gotmandarins.com) . [\(916\) 663-9158](tel:(916)663-9158)

*Organic mandarins, oranges, lemons, grapefruits, apricots, apples, plums, Asian pears, pomegranates, and more.*

## **RECIPES**

*Recipes may sometimes call for more or less of a certain item in your boxes, or a fresh herb or other ingredient you might not have on hand. The key to enjoy eating locally and seasonally is in learning to adapt recipes and make delicious food with what you have on hand... if you get stuck, give me a call and I'll help you figure it out! ~Mielle [\(530\) 292-3776](tel:(530)292-3776)*

### **CABBAGE, CARROTS, POTATO**

- [Veggie Potstickers](#)
- [Wilted Cabbage with Carrots and Bacon](#)
- [How to make cabbage soup with no recipe](#)
- [Rustic Cabbage, Potato, and White Bean Soup](#) (use onions instead of leeks)

### **SUN CHOKES**

This time of year, your boxes are heavy on the roots and greens... between the potatoes, carrots, parsnips, and turnips, it can be hard for a new winter CSA member to get used to eating regionally. But this week, we bring you a treat~ the

Jerusalem artichoke. These root veggies (also known as sunchokes and topinambour) taste a lot like an artichoke heart, but without all the hassle. And they're versatile, too. Jerusalem artichoke recipes can range from purees to soups, shaved salads to dumplings. Check out these few below:

- [Easy Roasted Sunchokes \(Paleo Fries\)](#)
- [Sunchoke-Kale Hash with Farro](#)
- [Sunchokes with Walnuts and Orange Zest](#)
- [Warm Salad with Jerusalem Artichokes, Bacon and Radicchio](#)
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## **HELPFUL MEMBER LINKS**

### [Current Members](#)

*(link to our website page for all your membership needs)*

### [Pickup Sites Information](#)

*(addresses & details)*

### [Winter 2016 Welcome Letter](#)

*(policies & instructions)*

### [Partner Calendar](#)

*(to help coordinate pickups between shared accounts)*

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**Mountain Bounty Farm**

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