

# WINTER CSA 2016-17 WEEK 9

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:

- Spinach- [Mountain Bounty Farm](#), Nevada City, CA
- Garnet Sweet potatoes- [Coke Farm](#), San Juan Bautista, CA
- Cauliflower- [Coke Farm](#), San Juan Bautista, CA
- Green Curly Kale- [Riverdog Farm](#), Guinda, CA
- Rapini- [Riverdog Farm](#), Guinda, CA
- Choi (either Joi Choi or Bok Choi)- [Full Belly Farm](#), Guinda, CA
- Tokyo turnips- [Full Belly Farm](#), Guinda, CA
- Parsnips- [Pinnacle Organics](#), San Juan Bautista, CA
- Onions- [Pinnacle Organics](#), San Juan Bautista, CA
- Spring Onions- [Terra Firma Farm](#), Winters, CA

### Small Box

- Spinach- [Mountain Bounty Farm](#), Nevada City, CA
- Garnet Sweet potatoes- [Coke Farm](#), San Juan Bautista, CA
- Cauliflower- [Coke Farm](#), San Juan Bautista, CA
- Green Curly Kale- [Riverdog Farm](#), Guinda, CA
- Choi (either Joi Choi or Bok Choi)- [Full Belly Farm](#), Guinda, CA
- Parsnips- [Pinnacle Organics](#), San Juan Bautista, CA

- Onions- [Pinnacle Organics](#), San Juan Bautista, CA

## FRUIT SHARE NEWS

This week's CSA fruit bag is packed full of vitamin C, with a wide variety of great winter citrus from our region! First up we have Meyer lemons and Cara Cara pink navels from our own trees here at Sunset Ridge, plus Navel oranges from Button & Turkovich Farm and delicious Oro Blanco grapefruit from Lee Family Farms.

Enjoy,

Greg and Sherry Lewis, Sunset Ridge Fine Fruits

[sunsetridge@gotmandarins.com](mailto:sunsetridge@gotmandarins.com) . (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:5302923776)*

### MEYER LEMONS

These spectacular lemons are nothing like a regular lemon- they're sweet and lend a mysterious, floral note to dressings, desserts, chicken, etc. You can make curd out of any citrus, so perhaps use your Cara Caras there if you use all your lemons in the risotto and chicken!

- [Meyer Lemon Risotto](#)
- [Meyer Lemon Roast Chicken](#)
- [Meyer Lemon Curd, and Lemon Tart](#)

### CAULIFLOWER, PARSNIP, KALE

These are a match made in heaven. If nothing else, just toss the starchy veggies with olive oil & salt, roast until soft, and toss with lightly steamed kale and your favorite dressing. The first recipe here details a great recipe if you don't like to wing it:

- [Kale Salad with Roasted Parsnips & Cauliflower](#)
- [Cauliflower & Parsnip Puree](#) or try [this one with Roasted Garlic](#)
- [Gratin of Cauliflower with Gruyere](#) or [this one with Cheddar](#) or [this one without dairy](#)

## **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**

[\(530\)292-3776](#)

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