

## **WINTER CSA 2016-17 WEEK 8**

Don't forget to pickup your CSA this week!

### **MOUNTAIN BOUNTY FARM CSA NEWS**

I hope everyone was able to stay dry and safe this past week. The heavy rain and high winds have done a lot of damage across the region.

Fortunately, the farm didn't receive too much, only a few downed tree limbs, a short power outage, and some very wet fields. The pounding rains make us ever more grateful that we were able to get our cover crop planted in a timely matter. It really helps to alleviate compaction and erosion in our fields. At the end of the day, all of this precipitation is greatly needed to replenish California's groundwater and reservoirs.

This week we are happy to have Butternut squash from a fellow Nevada County farmer, Johanssen Ranch in Penn Valley. It's nice to know that we have other supportive food producers so close to home. Enjoy your winter veggies!

Thanks,

Jake Benedict

### **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:**

- 
- Butternut Squash- [Johansen Ranch](#), Penn Valley, CA
- Leeks- [Riverdog Farm](#), Guinda, CA
- Carrots- [Mountain Bounty Farm](#), Nevada City, CA
- Collards- [Riverdog Farm](#), Guinda, CA
- Dino Kale- [Riverdog Farm](#), Guinda, CA
- Rosemary- [Mountain Bounty Farm](#), Nevada City, CA
- Rutabaga- [Riverdog Farm](#), Guinda, CA
- Radish- [Coke Farm](#), San Juan Bautista, CA
- Shallots- [Pinnacle Organics](#), San Juan Bautista, CA
- Arugula- [Pinnacle Organics](#), San Juan Bautista, CA

**Small Box:**

- Butternut Squash- [Johansen Ranch](#), Penn Valley, CA
- Leeks- [Riverdog Farm](#), Guinda, CA
- Carrots- [Mountain Bounty Farm](#), Nevada City, CA
- Collards- [Riverdog Farm](#), Guinda, CA
- Rosemary- [Mountain Bounty Farm](#), Nevada City, CA
- Rutabaga- [Riverdog Farm](#), Guinda, CA
- Arugula- [Pinnacle Organics](#), San Juan Bautista, CA

**FRUIT SHARE NEWS**

This week we are bringing you Navel oranges from Button and Turkovich

Farm, local kiwi from Triple B Ranch and Pink Lady apples from Smith Farms. Lemons and grapefruit are coming soon!

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)*

### RUTEBEGA, ROSEMARY

Check out the link to this article and a few recipes below... it begins: "Turnips, kohlrabi, celery root, rutabaga. Root vegetables all, and often left for last in the CSA box by otherwise enterprising cooks who are flummoxed by their ugly looks and famine-food reputations. Among these intimidating vegetables, rutabaga looms large — both because of its size, and because it is simply my favorite one of all to eat. I want to cajole you into giving rutabaga a chance. Here's why it deserves a place of honor right beside your potatoes and sweet potatoes..."

- [Why You Should Give Rutabega A Chance](#)

And this recipe is an obvious great choice for this week:

- [Roasted Rosemary Rutabega Fries](#)

### ARUGULA, BUTTERNUT, SHALLOT

Here's a few great riffs on the same salad for this week's box:

- [Quinoa with Roasted Butternut, Arugula and Pecans](#)
- [Roasted Butternut Salad with Walnuts, Cranberries & Warm Cider](#)

### Vinaigrette

- [Hearty Roasted Butternut Salad with Apples and Farro](#)

### CARROTS, SHALLOTS

I love this hot sauce recipe from Piece of My Heart cookbook~ it's inspired by the sauces my sisters served at their makeshift tamale stand in the Maui jungle. You can put it on everything if you're a hot sauce junky like me.

## KIPAHULU TACO SAUCE

Combine in a pan over medium-low heat:

1 shallot, chopped

1 tsp salt

2 Tbl oil

Cook about 10 minutes, until onions begin to color. Add:

2 cups roughly chopped, steamed carrots

3 cloves garlic, minced

3 canned or reconstituted dry chipotle chili peppers (or any hot peppers will do), chopped

Cover and cook over medium heat for 10-15 minutes, stirring occasionally. Allow to cool,

then place in a blender with:

2 limes, juiced (or 1/4 cup apple cider vinegar)

Purée and adjust salt, lime, and chili to taste (add water if necessary). The heat will mellow as it stands.

## 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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