

WINTER CSA 2016-17 WEEK 1

Don't forget to pickup your first winter box this week!

MOUNTAIN BOUNTY FARM VEGGIE BOX NEWS

Dear Farm Members,

Welcome to our new winter share! We are very excited about this change and we think it will be better for everyone. For the first several weeks it looks like half or more of the box contents will be coming from our Mountain Bounty farm fields. After that, our produce will taper down to just one or two items, for another several weeks. In the spring we will again slowly increase our own harvests until we reach our full potential again sometime in May. We are excited about this new system because it will allow us to work more “organically” with the changing seasons. Instead of starting and ending our harvest seasons on pre-determined dates, and worrying that crops will either be ready too early or too late, we will be able to get you everything we can grow whenever it is perfectly ready.

By having more flexibility to fill out the balance of the winter boxes from a number of farms, we will be able to make more diverse and interesting boxes. Winter growing is even dicier than summer growing so it really makes sense to work with a number of farms. As of now, we are planning to gather produce from a handful of Organic farms in the Santa Cruz area as well as our friends at Riverdog and Full Belly Farms in the Capay Valley. We are excited to work with the Santa Cruz area farms because Angie and I go there regularly to visit the ocean and farmer friends. We hope you will be pleased with the results.

During the winter, our newsletters will be briefer, but as usual we will email you a pickup reminder that will include a list of what produce is in the boxes, where each item came from, and recipes to help spark your cooking.

Thanks for your continuing support!

John Tecklin
Mountain Bounty Farm
(530)292-3776
mountainbountyfarm.com

HELPFUL MEMBER LINKS

These links will always be at the bottom of your weekly newsletters from now on:

[Current Members](#)

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

[Pickup Sites Information](#)

(addresses & details)

[Winter 2016 Welcome Letter](#)

(policies & instructions)

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:

- Tatsoi-Mountain Bounty Farm (MBF) – this is the dark green with spoon shaped leaves. It's kind of like Bok Choy, mild and tender, so cook very briefly or eat raw.
- Carrots-MBF
- Broccoli-MBF
- Lettuce-MBF
- Hakurei Turnips-MBF, see recipe notes below
- Spaghetti Squash-MBF
- Onions-MBF
- Red Peppers: Some from MBF, some from Pinnacle Organics in San Juan Bautista
- Kale-Pinnacle
- Garlic-Pinnacle
- Cilantro-Pinnacle

SMALL BOX:

- Tatsoi-MBF– this is the dark green with spoon shaped leaves. It's kind of like Bok Choy, mild and tender, so cook very briefly or eat raw.
- Carrots-MBF
- Broccoli-MBF
- Lettuce-MBF
- Hakurei Turnips-MBF, see recipe notes below
- Spaghetti Squash-MBF
- Onions-MBF
- Cilantro-Pinnacle Organics in San Juan Bautista

FRUIT SHARE NEWS

Welcome to the first week of the winter fruit CSA! This week we have Satsuma mandarins from our farm here in Auburn, plus Fuyu persimmons, Pom Wonderful pomegranates, and delicious Shinko Asian pears from Lee Family Farms. Check the recipes below for a good one with your fruit share.

As we move into the Fall and holiday season we are thankful for your support of our family farm. If you would like extra mandarins for the holiday season you can contact us for special orders. We ship our fruit all over the country!

The annual Mountain Mandarin Festival is November 18th-20th at the Gold Country Fairgrounds in Auburn, CA. Our booth is near the main stage this year. We are also excited to host Orchard Days on December 3-4 and December 17-18 at our farm. On these weekends we'll be selling our pulled pork ranch beans for lunch with Mandarin Wheat beer tasting from Loomis Basin Brewing. We will also have live music and of course U-pick is available if you want to harvest your own fruit in the orchard.

We hope to see you soon!
Enjoy,

Greg and Sherry Lewis
Sunset Ridge Fine Fruits
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](tel:5302923776)) [292-3776](tel:2923776)

SPAGHETTI SQUASH, KALE, ONIONS, GARLIC, CILANTRO

This squash is such a friend to anyone trying to avoid wheat or grains... bake it whole or in half face-down with a little water til soft, then use a fork to scrape out the spaghetti-like strands of squash "noodles". Serve with cheese, butter, garlic, or your favorite pasta sauce. These nearly identical recipes are both gluten-free, and you can easily substitute your fresh cilantro for the basil, or omit the fresh herbs:

- [Baked Spaghetti Squash with Creamy Red Pepper Sauce](#) (with dairy)

- [Baked Spaghetti Squash with Creamy Red Pepper Sauce](#) (vegan version)

This one requires a substitution from your box as well (cilantro for parsley) and I guarantee it will be delicious:

- [Spaghetti Squash with Kale-Cilantro Pesto](#)

HAKUREI TURNIPS

Turnips?! Yes, turnips, but not just any turnip, Hakurei Turnips!

These babies are one of our favorites, and they will be yours too if you give them a chance. We love to eat them sliced raw in a salad or crudite platter, like a cucumber or very mild radish-- and not just because farmers enjoy unfamiliar veggies, but because these delicate roots are so mild, sweet, crisp and watery. They're sometimes called Japanese Salad Turnips or Tokyo Turnips. If you aren't crazy about them raw, try one of these methods below- their mild flavor will be even more so once they're cooked:

- [Glazed Hakurei Turnips](#)
- [Honey-Glazed Baby Hakurei Turnips with Apples](#) - sub your pears if you get the fruit share!

- [Roasted Hakurei Turnips with Israeli Couscous Salad](#)

GREENS & FRUITS

Here's a beautiful salad to try out with your fruit share this week:

- [Autumn Salad with Persimmon, Pear, Pomegranate & Walnut-encrusted Goat Cheese](#)

~

Mountain Bounty Farm

[\(530\)292-3776](tel:(530)292-3776)

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