

WINTER CSA 2016-17 WEEK 11

Don't forget to pickup your CSA tomorrow~

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
- Butternut Squash- [Johansen Ranch](#), Penn Valley, CA
- Tatsoi- [Full Belly Farm](#), Guinda, CA
- Kohlrabi- [Full Belly Farm](#), Guinda, CA
- Shallots- [Pinnacle Organics](#), San Juan Bautista, CA
- Cilantro- [Pinnacle Organics](#), San Juan Bautista, CA
- Broccoli- [Coke Farm](#), San Juan Bautista, CA
- Yellow Beets- [Coke Farm](#), San Juan Bautista, CA
- Chard- JTF Organics, Hollister CA
- Collards- JTF Organics, Hollister CA

Small Box

- Carrots- [Mountain Bounty Farm](#), Nevada City, CA
- Butternut Squash- [Johansen Ranch](#), Penn Valley, CA
- Tatsoi- [Full Belly Farm](#), Guinda, CA
- Shallots- [Pinnacle Organics](#), San Juan Bautista, CA
- Broccoli- [Coke Farm](#), San Juan Bautista, CA

- Yellow Beets- [Coke Farm](#), San Juan Bautista, CA
- Chard- JTF Organics, Hollister CA

FRUIT SHARE NEWS

This week we welcome the return of kiwi from Triple B Ranch, Fuji apples from Smith Orchards, and Navel oranges from Button and Turkovich Farms in Winters.

Enjoy,

Greg and Sherry Lewis, Sunset Ridge Fine Fruits

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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)

KOHLRABI

Part bulb, part bundle of greens, kohlrabi may seem one of the more intimidating items at the farmers' market, but it offers a delightful combination of familiar tastes. "It's got the texture of a radish and the sweetness of jicama, with a slight hint of broccoli," says food editor Sarah Carey. "The edible leaves are like a milder version of collards." Along with other cruciferous vegetables, kohlrabi is member of the brassica clan and is packed with vitamin C and potassium.

- How to Store: Cut off leaves, wrap them in a damp paper towel, and place in a plastic bag. Leaves can be refrigerated for three to four days; the bulb for several weeks.

- [5 Tasty Ways to Prepare Kohlrabi](#)

BROCCOLI, BEET, BUTTERNUT SQUASH, GREENS

This week's greens are interchangeable with spinach in these recipes below. Tatsoi has been called "the new spinach", and can be enjoyed raw or delicately cooked. Chard is a tender green that can be used anywhere you'd

use kale, spinach or any other leafy green veggie.

- [Broccoli Beet Salad with Shallot Vinaigrette](#)
- [Golden Beet Salad with Spinach](#) (use your Tatsoi instead this week!)
- [Butternut and Spinach Lasagne](#) (use your Tatsoi or Chard in place of spinach)

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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