

WINTER CSA 2016-17 WEEK 16

Spring flower shares begin next week~

MOUNTAIN BOUNTY FARM NEWS

Dear Farm Members,

As you are all aware, this winter has been a real doozy. While we welcome all that water, we also could use a little warm and dry here and there. At this point we haven't sustained much direct damage from storms. We are pleasantly surprised that all our greenhouses are still standing. One pinch we are starting to feel is a delay in planting due to wet and cold soils. This pinch has also been happening for our partner farms in the usually warmer and drier areas just downhill from us. So far we feel very fortunate that the winter boxes have been consistently full of good quality produce – and still with some coming from our farm! However, the planting challenge could be noticeable in your box over the next couple of months.

I'm happy to announce that a large coalition of CSA farms nationwide have gotten together to create a CSA charter. This charter is a way for CSAs to express our shared values and strengthen our commitments to core CSA values. We see this as especially important at a time when many new online services are proliferating that we worry may dilute fundamental CSA ideals. We are proud to join this group and endorse the CSA charter. You can read the full text of the charter [here \(link\)](#).



Thanks for your support,

John Tecklin

THIS WEEK'S CONTENTS

*Disclaimer: This list is what you will *likely* receive in your boxes. The*

contents can always change according to the actual harvest.

Regular Box:

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- Carrots- [Mountain Bounty Farm](#), Nevada City
- Purple Sprouting Broccoli- [Mountain Bounty Farm](#), Nevada City
- Lettuce- [Coke Farm](#), San Juan Bautista
- Spinach- [Heirloom Organic Gardens](#), Hollister
- Butternut Squash- [Riverdog Farm](#), Guinda
- Cilantro- [Riverdog Farm](#), Guinda
- Chard- [Riverdog Farm](#), Guinda
- Rutabaga- [Riverdog Farm](#), Guinda
- Yellow onions- [Pinnacle Organics](#), San Juan Bautista
- Green Garlic- [Full Belly Farm](#), Guinda

Small box:

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- Carrots- [Mountain Bounty Farm](#), Nevada City
- Lettuce- [Coke Farm](#), San Juan Bautista
- Spinach- [Heirloom Organic Gardens](#), Hollister
- Butternut Squash- [Riverdog Farm](#), Guinda
- Cilantro- [Riverdog Farm](#), Guinda
- Rutabaga- [Riverdog Farm](#), Guinda
- Yellow onions- [Pinnacle Organics](#), San Juan Bautista

Fruit Share:

- Pink Lady Apples- Smit Farms, Linden

- Red Flame Grapefruit- Sunset Ridge, Newcastle
- Cara Cara Pink Navel Oranges- Lee Family Farms, Reedley

Flower Share:

- Begins next week, March 15 through May 3
- Join anytime, just give us a call or reply to this email.

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)

RUTEBAGAS & CARROTS

Rutabagas are one of those underrated roots of midwinter, but the flavors in these recipes are so great they're guaranteed to be a hit on your table this week:

- [Carrots and Rutabagas with Lemon and Honey](#)
- [Greek Style Oven Roasted Rutabaga](#)

GREEN GARLIC & SPINACH

Green garlic is a wonderful spring crop that can be used wherever you'd use regular bulb garlic or green onions, but it has a slightly "green", more mild garlicky flavor. Add raw green garlic to salads, dressings, and sauces, or try this risotto:

- [Saffron Risotto with Green Garlic](#)
- [Egg, Spinach and Spelt Salad with Green Garlic Dressing](#)

PURPLE SPROUTING BROCCOLI

This wild-looking cousin of broccoli can be used in the same way. It resembles raab and rapini, and should be prepared much the same: trim any woody stem ends or tough leaves with a knife. Divide into small, individual florets, each with a short stem, and diagonally slice the thicker stems (peel if needed). Boil, steam, or stir-fry until tender.

- [Purple Sprouting Broccoli with Sesame and Garlic](#)
- [Purple Sprouting Broccoli with Poached Eggs and Hollandaise](#)
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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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