

WINTER CSA 2016-17 WEEK 17

Don't forget to pickup your CSA this week~

It's the last week of winter fruit and the first week of spring flowers... veggies end May 17, don't forget to renew for summer!

MOUNTAIN BOUNTY FARM NEWS

The spring flowers are my favorite blooms of the entire year. Ranunculus, anemones, poppies, tulips. They're so fabulous and long lasting that it's hard to believe they are real. This winter has been a challenging one to be managing crops growing in high tunnels because of the wet and windy weather we have had. Thankfully, my tunnels have survived and the flowers have done pretty well, considering. Sadly, I've had some significant losses in my tulips from gophers but otherwise it should be a very bountiful spring flower share with tons of gorgeous flowers for you.

This week in your share you will get lots of ranunculus, poppies and anemones. Your bunches of blooms are meant to be taken apart and spread around the house as I find a few blooms of these flowers can make a very impressive statement in itself. The poppies stems have been seared by a torch and thus it's best if you don't re-cut the stems of the poppies- if you do, just re-sear the stems with a flame for 5 seconds. The other flowers can and should be re-cut to fit into your vessel of choice.

Thank you so much for supporting my flower growing endeavor and please feel free to send any questions you have along to me at info@littleboyflowers.com and do follow me on instagram for more photos of the farm and our flowers <https://www.instagram.com/littleboyflowers/>

Happy Spring!

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Little Boy Flowers

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THIS WEEK'S CSA 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
- Red Butter Lettuce- [Pinnacle Organics](#), San Juan Bautista
- Spring Onions- [Terra Firma Farm](#), Winters
- Red Cabbage- [Super Tuber Farm](#), Nevada City
- Red Russian Kale- [Riverdog Farm](#), Guinda
- Garnet Sweet Potatoes- [Coke Farm](#), San Juan Bautista
- Collard Greens- [Riverdog Farm](#), Guinda
- Leeks- [Terra Firma Farm](#), Winters
- Cilantro- [Pinnacle Organics](#), San Juan Bautista

Small Box:

- Carrots- [Mountain Bounty Farm](#), Nevada City
- Red Butter Lettuce- [Pinnacle Organics](#), San Juan Bautista
- Spring Onions- [Terra Firma Farm](#), Winters
- Red Cabbage- [Super Tuber Farm](#), Nevada City
- Red Russian Kale- [Riverdog Farm](#), Guinda
- Garnet Sweet Potatoes- [Coke Farm](#), San Juan Bautista

Fruit Share:

- Gold Nugget Mandarins- Lee Family Farms, Reedley
- Cara Cara Pink Navels- Lee Family Farms, Reedley
- Pink Lady Apples- Smit Farms, Linden
- This is the last week of winter fruits, don't forget to renew for your summer fruit shares~ begin June 6.

Flower Share:

- This is the first week of the spring flower share~ through May 3.
- Join anytime~ just give us a call or reply to this email for a prorated subscription.

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)

RED CABBAGE, APPLES, SWEET POTATOES

I tried my first corned beef last week, and it was so good! Here's a few recipes to get you ready for St. Patty's day this week. Use your sweet potatoes in place of regular for a CSA-box inspired treat:

- [Braised Red Cabbage and Apples](#)
- [Not your Nana's Corned Beef & Cabbage](#)
- [Beer-brined Corned Beef & Cabbage](#)

CARROTS, SPRING ONIONS

Here's a traditional recipe for Thoran, a south Indian curry with coconut. It can be made with all manner of veggies, so save this recipe for when you need some inspiration. Serve with rice and a green salad:

- [Carrot Spring Onion Thoran](#)

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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