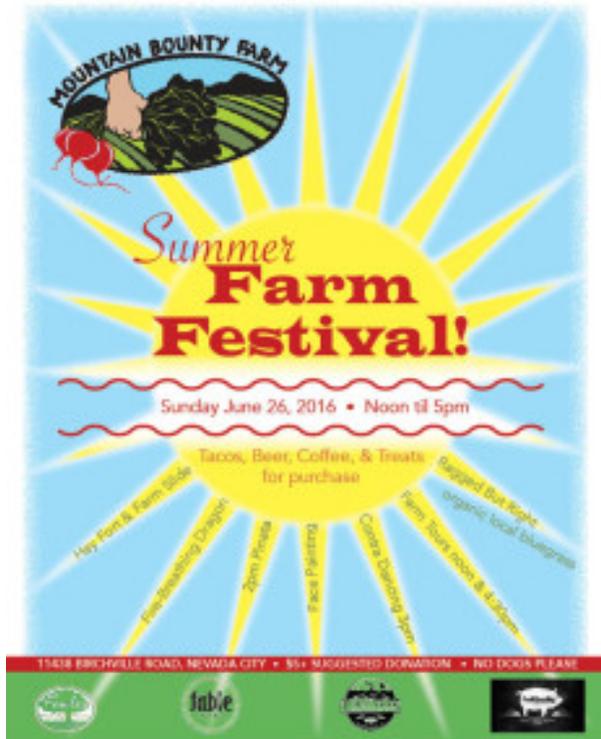


# Summer CSA 2016 WEEK 3

Mark your calendars for the return of our fabulous Summer Farm Festival on Sunday, June 26... it's a super-fun family event!



[Click here](#) for more info.

## Farm News, Box Contents, Recipes

Dear Farm Members, This week on the farm, we will be planting out our final tomato succession of the season. We plant this late succession to make sure that you have plenty of tomatoes in the fall when the earlier plantings (coming soon!) begin to wind down. Tomatoes require a lot of ongoing maintenance since they grow so quickly. All of our tomatoes are trellised by placing steel t-posts every second or third plant and then tying horizontal strings every week to push the plants up into a hedge. This way we can keep the tomatoes

neatly up and off the ground and also walk between the rows to harvest. Later this week, we will also seed many trays of broccoli, cauliflower, and kale for the fall. I've probably mentioned this multiple times in past years, but I am continually interested in how seasons overlap. Just as summer is barely beginning, we are already preparing for fall. Thanks for your support! John Tecklin

## **IN YOUR VEGGIE BOXES THIS WEEK**

### REGULAR BOX:

- Garlic – see last week's newsletter for notes on the garlic
- Lettuce
- Broccoli
- Red Russian Kale
- Hakurei salad Turnips
- Bok choy
- Basil
- Zucchini
- Green cabbage
- Cucumbers
- Spinach

### SMALL BOX:

- Garlic -- see last week's newsletter for notes on the garlic
- Lettuce
- Broccoli
- Red Russian Kale
- Hakurei salad Turnips
- Bok choy
- Zucchini
- Green cabbage

## **FRUIT SHARE NEWS**

Welcome to the first box of our 18-week summer CSA fruit share. We will be bringing you a variety of fruits from the foothills and the valleys this summer. First up are Rainer Cherries from Mountain Sweet Farm in Oregon House. We are fortunate to get ahold of these cherries because the cherry harvest season was hammered by spring rains. Enjoy...we don't know yet if we'll be able to locate more. Next we have Patterson Apricots from Blossom Hill Orchards in Patterson...great for eating, drying, etc. We also have Springtime yellow peaches, Arctic Mist White Nectarines, and Roseanne Pluots from Feather River Farms

in Yuba City. Enjoy these tastes of summer! -The fruit packing crew of Sunset Ridge Fine Fruits ([\(916\) 663-9158](tel:9166639158) [www.gotmandarins.com](http://www.gotmandarins.com))

## RECIPES

*Click recipe titles for links to the full recipes.* **HAKUREI SALAD**

**TURNIPS** These are one of those specialty crops that you will probably only find in your CSA... because farmers know what's good to eat! These turnips are sweet and tender, nothing like their strong-flavored winter cousins. I love to eat them sliced and plain-- they're sweet and crunchy like a cucumber. This link has a few suggestions for using them in recipes along with their mild greens:

- [Hakurei Turnips Tips and Recipes](#)

Here's another Japanese-inspired recipe that also looks tasty:

- [Hakurei Turnips on Soba Noodles](#)

Or try them pickled, always a hit:

- [Pickled Hakurei Turnips](#)

**BOK CHOY** Either of these recipes would be a great side dish with an Asian-inspired meal, perhaps the Kung-Pao Chicken in the first link (or sub tofu for vegetarians).

- [Stir-Fried Sesame Bok Choy](#)
- [Bok Choy with Garlic, Honey and Sesame](#)

**CABBAGE** Fermented foods are a great way to add probiotics to your diet, and are delicious and easy to make with all kinds of produce from your CSA box. Once you learn the basic method, you can add all kinds of different veggies and seasonings.

- [Basic Sauerkraut](#)
- It's also very easy to [Make Sauerkraut in a Mason Jar!](#)

Here's a couple more inspirations for your head of cabbage this week:

- [Simple Asian Peanut Coleslaw](#)
- [North Carolina-Style Coleslaw](#)