

Summer CSA 2016 WEEK 4

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



Summer Farm Festival!

Sunday June 26, 2016 • Noon til 5pm

Tacos, Beer, Coffee, & Treats
for purchase

Hay Fort & Farm Slide

Fire-Breathing Dragon

2pm Pinata

Face Painting

Contra Dancing 3pm

Farm Tours noon & 4:30pm

Ragged But Right
organic local bluegrass

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[Click here](#) for more info.

Farm News, Box Contents, Recipes

Dear Farm Members, This week's farm theme is "weeding forever." For the duration of my 22 years of farming, there has always been a period during the season (sometimes shorter, sometimes longer!) when the weeds go on a winning streak. It can be a little scary. I try to impress on the newer farmers that it's kind of like with zombies: they come after you, it's a total nightmare, you fight back, and eventually the good guys win! Typically the weeds are in retreat by sometime around mid-July. But they never really go away... We battle weeds in a variety of ways. We start with flaming; using a 30" wide, five burner propane torch to kill very small weeds that have germinated before our crop seed comes up. The beauty of flaming is that it doesn't disturb the soil, which means that other weed seeds stay down below and can't make it to the surface. Our next tool is a 1950 Allis Chalmers model G tractor. This unique spider-looking creature was only made for a few years and is highly sought after by small organic farmers like us. The G is very small, very light, and has the motor mounted behind the driver which allows us to see what we are doing and make precise adjustments. I converted our G to run on an electric motor. The G reduces hoeing and hand weeding by 50-75% depending on how well we time its use. And then we do a lot of hoeing. Finally, on crops that are more closely spaced or for a variety of other reasons, there is hand-weeding. We do a lot of hand-weeding too. The result: fields full of beautiful and easy to harvest Organic produce! Enjoy! John Tecklin

IN YOUR VEGGIE BOXES THIS WEEK

REGULAR BOX

- Scallions
- Lettuces
- Broccoli
- Beets
- Garlic
- Cauliflower – Cauliflower is difficult to grow in our climate, we aim for cauliflower once in the spring and once in the fall, and we see it as a bonus if it works out. Success!
- Carrots
- Cilantro

- Dino aka Lacinato kale
- Cucumbers – we grow mostly fancy and delicate Middle Eastern types – no need to peel like the tough and waxed cucumbers from the store. This week’s varieties: “Adam”, “Amiga”, and “Diva.”

SMALL BOX

- Small bunch scallions
- Small lettuce
- Small bunch beets
- Garlic
- Small cauliflower! – Cauliflower is difficult to grow in our climate, we aim for cauliflower once in the spring and once in the fall, and we see it as a bonus if it works out. Success!
- Carrots
- Small bunch Dino aka Lacinato kale
- Cucumbers -- we grow mostly fancy and delicate Middle Eastern types – no need to peel like the tough and waxed cucumbers from the store. This week’s varieties: “Adam”, “Amiga”, and “Diva.”

FRUIT SHARE NEWS

As we get into our second week of fruit we want to give some storage tips to help make your fruit last longer. The most important thing is to pick up your fruit CSA as soon as you can, and then get it to cold storage at home as soon as possible. Ripe fruit is already in the beginning stages of breaking down, so the sooner you can get the fruit into cold storage the better. Firm fruit can be left out at room temp for a while to help it soften, but watch them closely. Peaches are probably the fruit we prize the most and try to include every week. We think that the perfect peach is the best fruit of summer. But they are a delicate and fragile piece of fruit. They are the hardest fruit for us to pick, pack and deliver to you in the "just right" condition. We stress over and work hard to get you peaches that are just slightly soft to the touch. Hang time on the tree is key for a peach to ripen and flavor up properly. Picked too early and there is no flavor and they do not ripen/soften correctly. Picked too late or too much hang time on the tree and the fruit goes bad very quickly. We work with all growers to monitor each crop and variety of peaches to try and get it just right. The window to get in and pick at just the right time is a couple of days one way or the other. We want to provide you with peaches (and other

fruits as well) that are just right. We know that we will not always get it perfect. We are working hard to limit that experience. The fruit share is comprised of 7 pounds of organic fruit. Because we try to get you ripe fruit and not rock hard fruit, we know that some pieces of fruit will not hold up. Therefore we intentionally load up your boxes with extra fruit to 8+ pounds each week to try to compensate for fruit that may ripen too quickly. If you are ever dissatisfied with the quality of your box, please send Mielle an email and we are happy to give you a refund. In the box this week we have Sweet Scarlett Peaches and Zee Diamond Nectarines from Feather River Farms in Yuba City, plus Patterson Apricots from Blossom Hill Orchard. Enjoy. -The fruit packing crew of Sunset Ridge Fine Fruits [\(916\) 663-9158](tel:9166639158)
www.gotmandarins.com

RECIPES

Click recipe titles for links to the full recipes. **BEETS & DIPPING I** helped cater a wedding yesterday and this beautiful dip was on the appetizer table with crudite (raw veggies for dipping). It's a great way to add iron from the beets to an already nutrient-rich dip:

- [Hot Pink Roasted Beet Hummus](#)

Here's another delicious dip for raw veggies:

- [Garlic Aioli](#)

Whenever I use cauliflower, broccoli, or other tough veggies like green beans on a crudite platter, I always give them a quick blanch to make them more digestible, brightly colored, and nicer to eat:

- To blanch, immerse vegetables in boiling water briefly, then shock (see below). I usually salt the water heavily so that the vegetables take some on, helping their flavor stand out. The water should taste as salty as the ocean!
- To shock blanched vegetables, plunge them immediately into a bath of ice water. This important step stops the cooking process and keeps them bright and firm.

SCALLIONS, GARLIC, AND SALADS

- [Buttermilk Scallion Salad Dressing](#)
- [Roasted Garlic Salad Dressing](#)

CAULIFLOWER "Adding puréed cauliflower to an appetizer-sized soufflé gives the dish the heartiness to be a vegetarian main when served with a salad:"

- [Cauliflower and Goat Cheese Souffles](#)

KALE Here's a link to a blog by an inspired vegetable-lover who has

something to tell us about kale, including her recipes listed below:

- [How I Learned to Love Dino Kale](#)
- *Kale Salad with Apricots, Avocado, and Parmesan Easy Turkey Chili with Kale Spiced Lentil, Sweet Potato, and Kale Whole Wheat Pockets Braised Lentils and Chard Topped with an Egg (I use kale!) Savory Stuffed Sweet Potatoes with White Beans and Kale*