

# Summer CSA 2016 WEEK 5

## Farm News, Box Contents, Recipes

Dear Farm Members, In addition to our myriad normal farm tasks this week, we are preparing for this coming Sunday's farm festival! We're building a straw bale fort, setting up slides made from rolling conveyor tables (kids and the young at heart ride down these sitting in a farm harvest crate), making a piñata, watering down some of the dust, and gathering all the other kid activity stuff. Personally, I am most excited about the fire breathing dragon. It will a warm day so please bring sun hats and water bottles. For those of you who haven't yet visited our Birchville Road fields, many of the activities will be under a Giant oak tree that has plenty of shade. The fields are full of lush produce, so come check it out! Please see the poster below for more details. Hope to see you there, John Tecklin Mountain Bounty Farm

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

#### REGULAR BOX

- Rainbow chard
- Little gem lettuces
- Fennel
- Savoy cabbage "Alcosa"
- Middle Eastern Cucumbers
- Italian flat leaf parsley
- Garlic
- Yukina Savoy – this is a close relative of Tatsoi, a tender Asian green. You can eat it raw or very lightly sautéed, like bok choy
- Radishes
- Dill
- Scallions

#### SMALL BOX

- Rainbow chard—smaller bunch
- Little gem lettuce
- Small Fennel
- Small Savoy cabbage "Alcosa"
- Middle Eastern Cucumbers

- Italian flat leaf parsley
- Garlic
- Small bunch Yukina Savoy – this is a close relative of Tatsoi, a tender Asian green. You can eat it raw or very lightly sautéed, like bok choy

## **FRUIT SHARE NEWS**

Happy Summer Solstice all. This first day of summer kind of launches us into more and better summer fruit. The hot days and warm nights are what peach and stone fruit farmers need to have in order to ripened and sweeten their fruit. For week 3 of the Summer Fruit CSA we have a great variety of fruits from Ken's Top Notch Produce located in Reedley, Ca. The yellow peaches are Crimson Lady, the white peaches are Ice Princess. The yellow nectarines are called Honey Blaze, and white nectarines are Ice Princess. The pluots are called Ebony Rose. The Patterson Apricots in the box are from Blossom Hill Farm located in Patterson, Ca. We hope you and your family enjoy all these tasty fruits of the California summer. Enjoy, -The fruit packing crew of Sunset Ridge Fine Fruits [\(916\) 663-9158](tel:9166639158)  
[www.gotmandarins.com](http://www.gotmandarins.com)

## **FLOWER SHARE NEWS**

Yay, It's flower time!! Though the flowers have been a little late to come on this year, we are starting to get buried in blooms. All the flowers that are happening now were planted in February. We start all the blooms in our greenhouse and then they get transplanted out into the field. I do have a few hoop houses that we use mostly for our overwintered crops like ranunculus and anemones, though I do have the dahlias and chrysanthemums planted in one of them right now, as well as an early planting of zinnias. For the most part, by mid-summer it gets too hot in those hoop houses for the flowers. Other flower news is that we have three 15-year old girls participating in our month-long internship on the farm this summer: Grace, Ashlee, and Sienna. They start work in July and will be helping out 3 days a week plus doing some wedding work with us on the weekends. I'm really excited about passing on some of my wisdom about running a business, organic farming, greenhouse management, crop selections and floral design. We have 2 sponsors so far who have committed to paying the \$400 stipend for two of our participants so we are still looking for one more sponsor for Ashlee. If you're interested, send

over an email and I'll give you some more information about our program. See you at the Farm Festival this Sunday!!! Thanks for your support, Angie Tomey Web: [littleboyflowers.com](http://littleboyflowers.com) Phone: 530-277-5877 Email: [info@littleboyflowers.com](mailto:info@littleboyflowers.com)

## RECIPES

**FENNEL** I visited Italy all too briefly many years ago, where I had one of the best meals of my life. It consisted of mostly small plates of individually prepared vegetables, one of which was a savory braised fennel. Try your hand at it, at the second link below.

- [Mediterranean Mussel and Chickpea Soup with Fennel and Lemon](#)
- [Learning To Love Fennel: A Personal Journey](#) *"There are VERY few things I won't eat: olives, Nutella (I know, I know), and up until about a month ago, fennel. One whiff off those wispy little fronds was enough to send me running in the other direction. I thought I'd tried it every way: raw, roasted, sautéed in as much butter as I could use to mask its flavor. There was one cooking preparation, however, that until recently I had never tried..."*

**SAVOY CABBAGE - "ALCOSA"** From Martha Stewart: *Savoys have a more delicate flavor than basic green cabbages, and many cooks like to use them in recipes that call for green cabbage. The cabbages also stand out for their distinctive nubby leaves, which hang a bit loosely from the head. Because the leaves are broad, they work well as wrappers for ground meat and other stuffings.*

- [Sauteed Savoy Cabbage with Scallions and Garlic](#)
- [Stuffed Savoy Cabbage with Rosemary Brown Butter](#)

**HERBS** Parsley is such a nutritious herb, very high in vitamins, minerals and antioxidants. Italian flat-leaf parsley is more flavorful than the more bitter common curly type. You can use much more of this blood-cleansing powerhouse if you mince it very finely... sprinkle lots of it over salads, eggs, pasta, or anywhere you want a savory and nutritious boost.

- [Video: Two ways to chop parsley](#)
- [Sweet and Sour Cucumbers with Fresh Dill](#)

## YUKINA SAVOY & CHARD

- [Yukina Savoy with Sweet Chili Shrimp](#)
- [Sauteed Chard Agrodolce](#) *"Agrodolce is Italian for sour-sweet flavors typically created with vinegar and sugar. It's a perfect counterpoint to sautéed greens in this quick and simple side dish."*

- [Rigatoni with Swiss Chard](#) This recipe would be great with the Yukina Savoy too.