

Summer CSA 2016 WEEK 6

Farm News, Box Contents, Recipes

Dear Farm Members, Thanks to all who came out to the farm festival on Sunday. Despite the heat, the event was a success! It was probably our best attended farm event in several years. The farm slide, straw bale fort and face painting booth were very popular. The fire breathing dragon, however, only attracted the bravest kids and adults. It's always great to get folks out to the farm and share what we are doing.



In the fields this week, we continue with many farm chores like tying up tomatoes, seeding, transplanting, and of course weeding. The weeding battle has started to shift in our favor, but will continue for the rest of the season. This week we'll pick the first bulbing onions of the season, the Walla Walla sweets. Last year we had an incredible bumper crop of these fatties. Those of you who were members last summer may remember receiving them in your boxes for over two months. This year it's the opposite and we'll be lucky to have two weeks' worth. Luckily, the main season onions are looking good and should be ready to harvest starting in late July or early August. In the meantime, for your allium pleasure we will have more scallions, garlic, and perhaps a few early leeks. This week's boxes are the final purely "spring" boxes of the season. Summer's heat is upon us and green beans and cherry tomatoes may be ready for next week. At the same time, the greens and brassicas (broccoli/cabbage family) are less happy about the heat and waning quickly. Corn and melons are just a few weeks away... Thanks for your support, John Tecklin Mountain Bounty Farm

IN YOUR VEGGIE BOXES THIS WEEK

REGULAR BOX

- Broccoli – last harvest until the fall.
- Kale
- Lettuces
- Carrots
- Walla Walla sweet onions
- Napa Cabbage
- Cucumbers
- Zucchini
- Arugula
- Oregano
- Basil

SMALL BOX:

- Small Broccoli – last harvest until the fall.
- Small bunch Kale
- Lettuce
- Carrots
- Walla Walla sweet onion
- Small Napa Cabbage
- Cucumber
- Arugula
- Basil

FRUIT SHARE NEWS

In the box this week we have a beautiful and delicious variety of Ice princess white peach. Also:

- Crimson lady yellow peach
- Kay pearl white nectarine
- Emerald gem pluot green
- Ebony rose Pluot black
- Honey blaze yellow nectarine

All of these come from Ken's Top Notch Produce farm in Reedley, California. We hope you enjoy all of these treats. Enjoy, - Your fruit packing friends of Sunset Ridge Fine Fruits [\(916\) 663-9158](tel:9166639158)
www.gotmandarins.com

FLOWER SHARE NEWS

Last week's heat pushed nearly everything into bloom and we're swimming in blooms right now (finally!). It's been a bit of a stressful, late spring for me so I'm super excited to see so many flowers opening up and ready to send out into the world. Crazy enough we still have some of the early spring flowers like sweet peas still hanging on whereas usually they are long finished by this time. I imagine after this week of high nineties, we will be pulling them out. This week we're planting the second half of our late season field which is full of dahlias, lisianthus, rudbeckia and asters right now. We have another huge planting of zinnias to put out as well as the rest of our chrysanthemums. Besides the weekly tasks of planting and harvesting we have to continually keep up with the weeds as well as stay on top of the greenhouse seedings. Lots to be done! We're looking forward to having our 3 interns who start next week! This week your bouquets will be abundant with all kinds of gorgeous blooms from godetia to zinnias, grasses and queen anne's lace and maybe the first sunflowers and the last of the sweet peas. A note about flower longevity. Some flowers will naturally fade before others. When making up your bouquets I try to compose them of a nice blend of short lived flowers (dahlias) and longer lived flowers (zinnias). In order to help your flowers last longer, make sure you change your water once or twice, keep it full, and remove dead and dying blooms. Recutting the stems may help. Most importantly keep them out of the sun. Enjoy, Angie Tomey Web: littleboyflowers.com Phone: [530-277-5877](tel:530-277-5877) Email: info@littleboyflowers.com

RECIPES

Walla Walla Onions These sweet onions are so easy to love. Bbq them with your zucchini and a dash of balsamic for an easy delicious side dish, or try these recipes:

- [BBQ Onion Steaks with Honey-Mustard Sauce](#)
- [Buttermilk Walla Walla Onion Rings](#)

More BBQ inspiration for this week's box:

- [Mediterranean Grilled Broccoli Napa Cabbage & Zucchini](#)

Napa Cabbage We gave you a recipe for kimchi a couple weeks ago, but this one is even easier. It's a delicious way to get probiotics into your diet and preserve the bounty of your summer veggies:

- [Quick Napa Cabbage KimChi](#)

These protein salads looks great:

- [Chinese Chicken Cabbage Salad](#) (Use your basil in place of the

cilantro this week)

- [Thai Grilled Chicken and Broccoli on Napa Cabbage](#)
- [Warm Lentil Salad with Broccoli, Napa Cabbage and Feta](#)

And another salad you can make from this week's box, replace the red onions with your sweet walla wallas:

- [Cucumber Carrot Onion Salad](#)

CSA-inspired beverages Try adding some of the stone fruits from your fruit box this week too!

- [Cucumber Basil Infused Water](#)
- [Cucumber Basil Margarita](#)
- [Cucumber Basil Martini](#)