

# Summer CSA 2016 WEEK 7

## Farm News, Box Contents, Recipes

Dear Farm Members, Today, as I write this, it's the 4th of July and we are harvesting for Nevada City, Grass Valley, and San Juan Ridge CSA members. Once we get into a harvest rhythm it can be hard to change the schedule. Years ago, we tried to adjust the harvest schedule around holidays and found that many more people missed their pickups when we changed to a different day of the week. Also, those darn veggies need to be picked when they are ready. I am sometimes surprised by how many people are surprised that we don't have the day off too. But most of us don't mind being nonconformists. In this America, farming is a pretty far out oddball activity anyhow! In the fall, when our work slows down, we occasionally take an extra day or two off and the crew will joke that such and such a day is our 4th of July or Labor Day! We had hoped that the cherry tomatoes might be ready for this week's boxes, but alas there aren't quite enough ripe ones yet. Coming soon! All of the tomato plantings are looking very good, and it should be a nice long tomato season starting soon and extending through October. Thanks for supporting Mountain Bounty, John Tecklin Mountain Bounty Farm

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

#### REGULAR BOX

- Broccoli – I know, last week was supposed to be the last...
- Green beans!!
- Little Gem Lettuces
- Cucumbers
- Carrots
- Chioggia beets – These are the Italian heirloom candy-striped beets that taste a bit sweeter and less beety than red beets. The greens are also excellent. Moonshink Ink magazine is featuring this week's recipes in an article about our Chioggias this month!
- Cilantro
- Garlic

- Rainbow chard or Yukina Savoy (tatsoi)
- Scallions
- Zucchini

SMALL BOX:

- Green beans
- Little Gem Lettuce
- Carrots
- Small bunch Chioggia beets – These are the Italian heirloom candy striped beets that taste a bit sweeter and less beety than red beets. The greens are also excellent. Moonshink Ink magazine is featuring this week's recipes in an article about our Chioggias this month!
- Cilantro
- Garlic
- Small bunch Rainbow chard
- Zucchini

## **FRUIT SHARE NEWS**

Friendly reminder to please leave your fruit share box assembled... do not flatten these boxes, only the veggies! From Wild River/Quinco farms in Marysville, Ca:

- Dapple dandy pluots

From Ken's Top Notch Produce in Reedley, Ca:

- Summer sweet white peaches
- Fire sweet yellow nectarines
- Kay pearl white nectarines
- Elegant lady yellow peaches

Enjoy, – Your fruit packing friends of Sunset Ridge Fine Fruits ([916](tel:9166639158)) [663-9158 www.gotmandarins.com](http://www.gotmandarins.com)

## **FLOWER SHARE NEWS**

This week we have 3 15 year old girls starting a month long internship working with us on the farm- Sienna, Grace and Ashley. I just love the energy of young teenagers and I'm really looking forward to sharing this month with them. Mostly they will be spending their days working alongside me and my two employees completing the tasks that keep this little operation going like harvesting, bunching, bouquet making, weeding, watering, seeding and planting. We will also be spending some time diving into the nuts and bolts of organic flower farming from crop planning to floral design. Big thanks to those members who

have sponsored the girls for this internship! Today in your bouquet you'll be seeing the first of the dahlias! Yay for dahlias! Also poppy pods, zinnias, queen anne-lace, and cosmos. Enjoy, Angie Tomey  
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## RECIPES

**Chioggia Beets, Cilantro, Scallions** These candy-striped beets are sweeter and less "beety" than regular red beets, so kids and beet-resisters might enjoy them more! Their greens are more lush & tender too. They'll lose their beautiful pattern if overcooked so go for quick-roasted, steamed, raw, pickled, or even quickly deep-fried to retain the pretty stripes. Interesting factoid: beets with some white color are sweeter... about 30% of commercial sugar is actually made from white "sugar beets", and 95% of those crops are genetically engineered to withstand use of glyphosate (Roundup)!

- **Chioggia Beet Carpaccio Salad with Farmer Cheese** 6 beets, tops cut off Lettuce or arugula Extra virgin olive oil Sea salt & freshly ground pepper 1/4 cup toasted pumpkin seeds 1 teaspoon thinly sliced scallions 1 Tbl cilantro leaves 4oz fresh farmer cheese (or ricotta) Dressing: 3 Tbl lime juice 1/2 tsp salt 1/2 tsp sugar 1/4 tsp cumin seeds, toasted & ground 4 Tbl olive oil

Preheat oven to 350F. Peel beets and slice into 1/8" rounds. Toss with olive oil, salt & pepper, place in a single layer on baking sheets, and roast until tender (about 25 minutes), rotating position of trays halfway through. Cool the arrange slices in a spiral pattern over a bed of lettuce or arugula. While the beets are roasting, dry toast the pumpkin seeds 8-10 minutes, and the cumin seeds 1-2 minutes (until fragrant)-- you can do this in a cast iron in the hot oven or stovetop. Grind the cumin seeds and combine with the dressing ingredients. Place dollops of the farmer cheese around the plate and drizzle on the dressing with a spoon. Sprinkle the pumpkin seeds, scallions, and cilantro over everything. Serve.

- **Candy-Striped Beet Chips with Cilantro\_Scallion\_Pesto Peel beets and slice 1/8 inch thick with a mandoline or very sharp knife (use the stems as handles).** Pour at least 3" of high heat oil into a medium sized heavy pot. Heat the oil to 350F. Fry the beets, in batches, for about 2 minutes, until golden. Flip them around in the oil frequently so they cook

evenly. First the slices will float to the top, then they will shrink and start to curl around the edges as they lose their moisture, and finally they will begin to turn golden. Drain them on paper towels and sprinkle with sea salt while they are still hot.

**Pesto can be made from any combination of ingredients! Check out this article that lays it all out for you: [How to Make Pesto Out of Anything](#).**

- **Quick-Pickled Chioggia Beets (also great for green beans & carrots!)** 1/2 cup mild vinegar – Rice, champagne, or apple cider 1/2 cup water 2-3 Tbl *cane* sugar 2 tsp salt Pickling spices (1 stick cinnamon, 2 cloves, 1 bay leaf, 6 peppercorns) 3 medium Chioggia beet peeled and sliced very thinly across the grain

In a sauce pan over medium heat, combine vinegar, water, sugar, salt and pickling spices to make a brine. Bring to a boil. Add the beets and remove from heat, allow to cool to room temperature. Place beets with brine in a jar and refrigerate. **And a few more recipes for the luscious greens:**

- [Sautéed Beet Greens with Garlic & Olive Oil](#)
- [Alice Waters' Beet-Green Pasta](#)

**Broccoli, Carrots, & Scallions** It's the 4th of July, let's eat some deep-fried food!

- [Deep-Fried Broccoli and Carrots in Scallion and Caper Beer Batter](#)