

Summer CSA 2016 WEEK 13

Farm News, Box Contents, Recipes

Dear Farm Members,

There is a lot of talk in the farm community about the threat to CSAs from the recent rise of food delivery services and produce aggregators like food hubs. Check out this link to a [NY Times article](#) and these others too: [Local Harvest](#) and [Small Farm Central](#). The increased consumer choice that these services offer should not be confused with the benefits of a real life CSA. CSA, Community Supported Agriculture, is the somewhat awkward acronym that defines what we do here at Mountain Bounty. The purpose of a CSA is to create a direct connection between and farm and a community. From my start in farming, CSA has been my main motivating purpose. By working directly with the people we serve, we are able to grow great food for our community AND sidestep some of the nastiest elements of the global market. Market forces make farmers fight each other for a few more cents a pound for our produce. The market is what causes farmers to abuse their employees, use up the land, and produce food that looks good and transports well, but lacks taste, nutrition and soul. Market forces, which can be summed up as a great collective desire to pay as little as possible, are what bring us, among other things, very cheap food from Mexico, at great social and environmental cost. I cannot overstate the difference CSA makes to us. In an average year, we do sell about 20% of our produce to local stores, restaurants, and at the Nevada City farmers market -- if we have produced more than we think CSA members can use. In a secondary way, these are all good outlets for us. But they all, to varying degrees, push us a step towards commodification. The CSA, on the other hand, is more about what really matters: working hard to create something beautiful, taking care of the land that sustains us, and taking care of each other. Thank you for participating in Community Supported Agriculture. And please share and discuss these issues with your friends! Thanks, John Tecklin Mountain Bounty Farm

IN YOUR VEGGIE BOXES THIS WEEK

REGULAR BOX

- Carrots
- Tomatoes
- Yukon gold potatoes! First potato harvest of the season. Many more to come!
- Italian parsley
- Zucchini/summer squash blend
- Shishito peppers -- These are the little wrinkly green guys. Super fun snack that my kids will literally fight over. See the recipe section for ideas.
- Red onion
- Sweet corn
- Melon – It's the luck of the draw. We grow a whole bunch of different varieties all at once so you could get one of several cantaloupe varieties, honeydew, Ananas, Galia, watermelon varieties, canaries, and more!
- Green bell peppers
- Garlic

SMALL BOX:

- Carrots
- Tomatoes
- Yukon gold potatoes! First potato harvest of the season. Many more to come!
- Italian parsley
- Zucchini/summer squash blend or Green Bell Pepper
- Shishito peppers -- These are the little wrinkly green guys. They are similar to the better known Padron, but without the threat of heat. Shishitos are a super fun snack that my kids literally fight over. See the recipe section for ideas.
- Red onion

FRUIT SHARE NEWS

This week's CSA includes summer sweet apricots from Coco Ranch in Davis, CA. This late summer apricot is juicy and sweet! You also will enjoy some Sweet Scarlett grapes, Emerald Beaut plums, O'Henry peaches and Majestic Sweet nectarines grown by Lee Family Farms. Enjoy,

Greg Lewis - Sunset Ridge Fine Fruits 7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [916-663-9158](tel:916-663-9158)

FLOWER SHARE NEWS

The summer is fading fast and you can smell fall in the air- especially in the flower fields. This time of year in our fields is a time of transition- from the lush, abundance of spring to the fullness of fall. The flowers change from delicate to sturdy and everything seems to be just a bit more hardened. Powdery mildew is beginning to plague our zinnias and our early rounds of dahlias. Some of our fields seem to have worse mildew than others but I pretty much expect it to come in near the end of the zinnias life. This morning we planted our last round of sunflowers and grasses. Yay! This week in your bouquets you'll see sunflowers, vanilla marigolds, purple lisianthus, purple lisianthus, grasses and dahlias! Enjoy!! -- Angie Tomey

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RECIPES

SHISHITO PEPPERS

Shishito peppers are the Japanese cousin to Spain's famed Padrón peppers. Delicately sweet and usually mild, they are an easy snack to throw on the grill, and make a great nibble with summer drinks. Simply toss with olive oil, cook on a hot grill, and sprinkle with coarse salt. The coarse sea salt gives them a nice crunch and burst of flavor. Try fleur de sel or Maldon salt; both can be found at gourmet grocery stores.

- [Sauteed Shishito Peppers](#)
- [Blistered Shishitos with Browned Butter, Lemon and Parmesan](#)

TOMATOES, ONIONS, PARSLEY, SQUASH

Put your summer produce to work in a vegetable gratin! This article details how to solve the problem of the watery summer vegetable gratin, and links to a great recipe for this week's box:

- [Building a Better Vegetable Gratin](#)

TOMATOES

Charring tomatoes briefly over hot coals enhances their natural

sweetness and adds a bit of smoky flavor. Use large tomatoes cut into thick slices, halve small tomatoes or thread whole cherry tomatoes on skewers. Paired with egg, anchovies, bread crumbs and a garlicky dressing, what's not to like?

- [Charred Tomatoes with Egg, Anchovies & Bread Crumbs](#)

POTATOES

Frittatas are great for a weekend brunch but are also an incredibly easy breakfast food for busy weekdays, since they can be eaten at room temperature. You can use any veggies, add cheese or herbs, or keep it simple like this version:

- [Spanish Potato Tortilla Espanola](#)