

Summer CSA 2016 WEEK 15

Farm News, Box Contents, Recipes

Dear Farm Members,

BIG CHANGES TO OUR WINTER VEGGIE SHARE

New and exciting starting this fall, we are changing up our winter veggie share option. Instead of the boxes coming from Riverdog Farm, we will now be packing the boxes ourselves. Although our mountain location is inherently limited when it comes to winter growing, over the years we have been slowly extending our season and experimenting with pushing the limits of what we can grow. 10-15% of the winter veggies will now come from our farm! This is a huge and exciting change for us. We are continually innovating and we are proud to be at the cutting edge of farming in our area. We will be going out to gather the remainder of the produce from a small handful of trusted Northern California organic farms that we know, and that can do winter production. In addition to a handful of others, we will be primarily working with Pinnacle Organic Produce in San Juan Bautista and Route 1 Farms in Santa Cruz – both farms have been growing year-round for many years and are known for high quality organic produce. In each newsletter we will share information about who grew what. With this new system, we expect the boxes to be more generous and diverse than has been possible in the past. Another result of this change is that we are now able to offer a limited number of small boxes for the winter share. Winter share signups start October 1. Please look for more winter share announcements coming later in September.

Thanks for supporting Mountain Bounty,
John Tecklin

IN YOUR VEGGIE BOXES THIS WEEK

Regular Box: Note: we've had tomatoes in your boxes since early July, but they are really going crazy now, and we can't help sharing the bounty with you. Hopefully it won't be too much. I'm guessing no one

is sick of them yet?

- Cucumbers
- Zucchini/Summer Squash
- Garlic
- Super Sweet Corn
- Onions
- Savanna Green Beans
- Large bunch Collard Greens
- Little Gem Lettuces
- Red Slicing Tomatoes
- Heirloom Tomatoes – this year we are growing “only” two varieties of heirlooms (in the past it’s been a dozen or more varieties): Striped German and Copia. Striped German has marbled yellow and red flesh and more irregular stripes, and tastes a little sweeter. Copia is the one with thin green and yellow zebra-like stripes and a zingier, more acidic flavor. Heirloom tomatoes are fun and beautiful, but very finicky and generally low yielding. We are experimenting with growing larger amounts of two of our favorites in order to perhaps be able to offer more of them in the boxes as well as making it easier to explain what you are getting. Our red slicers are equal or better tasting, but cannot match the visual appeal of these amazing tomatoes.

SMALL BOX Note: we’ve had tomatoes in your boxes since early July, but they are really going crazy now, and we can’t help sharing the bounty with you. Hopefully it won’t be too much. I’m guessing no one is sick of them yet?

- Garlic
- Super Sweet Corn
- Onion
- Red Slicing Tomatoes
- Savanna Green Beans
- Small bunch Collard Greens
- Little Gem Lettuce
- Heirloom Tomatoes – this year we are growing “only” two varieties of heirlooms (in the past it’s been a dozen or more varieties): Striped German and Copia. Striped German has marbled yellow and red flesh and more irregular stripes, and tastes a little sweeter. Copia is the one with thin green and yellow zebra-like stripes and a zingier, more acidic flavor. Heirloom tomatoes are fun and beautiful, but very finicky and

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FRUIT SHARE NEWS

This week's fruit CSA features the last of the European pears from Steamboat Acres in Courtland, CA. We will begin serving up some great Asian pears starting next week!

From Lee Family Farms we have loaded the box with a bunch of Fairtime yellow peaches and September Snow White peaches, along with a few Majestic Sweet yellow nectarines.

Enjoy, Greg Lewis - Sunset Ridge Fine Fruits
7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [\(916\)663-9158](tel:9166639158)

FLOWER SHARE NEWS

I can't believe it's almost September. The days and nights are starting to cool off and so it seems fall is around the corner. As the cooler nights set in, the flowers start to slow down as does the pace around the farm. With much of the fieldwork behind us, we have an eye towards the fall and spring. My bulbs are all ordered as I plan for the early spring CSA shares that were so successful last year.

My late planting of flowers are thriving and the field is super beautiful right now. For now most of our daily chores revolve around keeping up with the harvesting and watering in this field. All of my flowers are irrigated with drip tape though my shrub plantings are irrigated on micro sprinklers. Most things are watered twice a week and sometimes 3 times a week when it's super hot. We're fortunate to have a fairly consistent and productive well here at our home site (where my late planting is..) but by late summer our well struggles to keep up with all of our water needs and we have to be careful with how much we can water. With this cooler weather, we'll be able to start watering less, thankfully.

Today in your bouquets you'll see more dahlias. Lots of dahlias, scented geraniums, zinnias, amaranth and sahara rudbeckias. Enjoy.
Enjoy!! — Angie Tomey

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Connect.



RECIPES

TOMATOES

Here's a fun site to help you with all those tomatoes!

- [**28 Things to Do With Too Many Tomatoes**](#)

CSA-SPECIFIC RECIPE WEBSITES

One of the most important skills you need to succeed at eating more locally is the confidence and ability to cook with the seasons-- in other words, with what you have! Once you know a few simple tips and techniques, stock your pantry well, and have some reliable recipes for each season, you can make incredibly delicious meals with anything the farmers put in your box, year 'round. I've come across some interesting foodie sites customized for CSA members, so I've gathered them for you to check out. Let me know what you think!

Here's a great article with cooking tips, recipes, and extensive notes on how to stock a CSA-friendly pantry.

- [**Getting Hooked on Cooking with CSA**](#)

This is a seasonal recipe service to help you make the most of ingredients from your local farms:

- [**Local Thyme - Cook your way through CSA**](#)

This is the author of the previous article, her site offers classes, recipes and resources for healthy, delicious, and quick meals geared toward CSA farms & locally-sourced ingredients:

- [**Cook With What You Have**](#)

This one is a link to an online cooking class all about GREENS! She's a health coach, chef, and mother, who wants to help you enjoy all the delicious benefits of leafy greens. For the price of a cooking class, you get an entire system to green your plates and change your lives. I have one 80% off coupon for this class I'll give to the first person who responds to me about this!

- [**GREEN your plate, CHANGE your life**](#)