

# Summer CSA 2016 WEEK 17

*Mark your calendar:*

*Earlybird discount signups begin October 1 for the new winter share - we'll be growing some of the winter produce at our farm this year!*

*We're very excited about the new changes, read more [here](#).*

## **Farm News, Box Contents, Recipes**

Dear Farm Members, Recently, among many other things on our to-do list, the crew is working on the dry bean harvest. The farm's focus has always been growing vegetables, but we can't seem to resist going on a few tangents. 7 or 8 years ago we started fooling around with planting dry beans in small quantities. We grew small amounts of Tiger's Eye and Calypso beans for a few years until 4 or 5 years ago, when one of our especially enthusiastic farmers, Jake, began to agitate for more dry beans. Each year since then we've increased the planting and most of you have probably found the beautiful black and white Calypso beans in your CSA boxes a few times. This year we planted over half an acre of two varieties: Jacob's cattle and Hutterite. Since we don't have a combine, and most combines wouldn't fit in our fields anyway, we harvest them using a simple ancient technique: thresh and winnow. Just as the pods start to dry, the bean plants are cut and stacked on big tarps to finish drying. Next we thresh by driving over them with a tractor which does a good job of shattering the pods. After threshing, we winnow by dumping 5 gallon buckets of beans in front of the large exhaust fans on one of the greenhouses. The chaff blows away and the clean beans fall into big containers. This is kind of a crazy way to deal with this many beans, but it seems to work. We'd like to grow more as they are fairly easy to grow, they make their own fertilizer by gathering nitrogen from the air, they mature at a point in the season just before our water supply starts to get tight, people seem to like to eat them, and they store well. In order to grow more, we'd need a special expensive machine...but who knows maybe we can get creative somehow...same old farming story. Thanks for supporting Mountain Bounty, John Tecklin

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

### **REGULAR BOX**

- Rainbow Chard – looking so lush with the cooler nights!
- Sweet Peppers – finally! We are mostly growing our two favorite varieties, Gypsy and Carmen
- Tomatoes
- Lettuces
- Beets
- White Supersweet Corn. This is our last planting. There may be some more left for next week, but enjoy it while you can.
- Cilantro
- Red Cabernet Onion
- Jalapenos
- Green Beans
- Garlic
- Carrots

### **SMALL BOX:**

- Rainbow Chard – looking so lush with the cooler nights!
- Sweet pepper – finally! We are mostly growing our two favorite varieties, Gypsy and Carmen
- Tomatoes
- Lettuce
- Beets
- White Supersweet Corn. This is our last planting. There may be some more left for next week, but enjoy it while you can.
- Cilantro
- Red Cabernet Onion
- Melon

## **FRUIT SHARE NEWS**

This week in your CSA we have Gordon apples from the G-Bar-G Ranch in Half Moon Bay. They have been growing quality organic apples for many years on a beautiful coastal location.

We also have Shinko Asian pears, Attic Snow White nectarines and Summer Sweet peaches from 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 cooler nights have slowed everything down quite a bit but thankfully all of our late plantings are still on track to keep producing before it gets too cold. Last week we prepped beds and planted out some of our overwintered flowers such as foxgloves, lupines, campanula and delphiniums. There's still lots of clean up to do that I've been avoiding but hopefully we can get to that in the next week or so. This week we're seeding our sweet peas which will also get planted this fall and will overwinter. The ranunculus and anemone corms are also going to get soaked and start sprouting for planting in mid-October! Lots to do!!!

This week we are harvesting our next round of queen red- lime zinnias, explosion grass and a few other grasses, lots more dahlias, 3 varieties of rudbeckia, and the next round of vanilla marigolds.

Enjoy.

Angie Tomey

Web: [littleboyflowers.com](http://littleboyflowers.com)

Phone: [530-277-5877](tel:530-277-5877)

Email: [info@littleboyflowers.com](mailto:info@littleboyflowers.com)

*Connect.*



## RECIPES

Recipes may sometimes call for more or less of a certain item in your boxes, or a fresh herb or other ingredient you might not have on hand. The key to succeed in eating locally and seasonally is learning to adapt recipes and make delicious food with what you have on hand... if you get stuck, give me a call and I'll help you figure it out!

## BEETS

We love beets! They're on our logo and in John's heart. Here's a couple ways to get them into a picky eater (and give a boost of iron in their diet!):

- [Chocolate Beet Cake](#)

- [\*\*Dark Chocolate Beet Brownies\*\*](#)
- [\*\*Apple-Beet Crumble\*\*](#)

OK here's one that isn't so sweet:

- [\*\*Beet Hummus with Goat Cheese\*\*](#) (replace cheese with more olive oil if you want dairy-free)

And here's a few to pair with your fruit share (these recipes call for cooked beets, just do that by steaming or boiling them til they're soft. Cooked beets are a handy fridge staple, too!):

- [\*\*Beet-Apple Grilled Cheese\*\*](#) (don't worry about arugula microgreens, just put some lettuce or sprouts on your sandwich!)
- [\*\*Grilled Peaches & Beets with Honey-Lemon Ricotta\*\*](#)

## **CHARD**

You'll need to use your red onion instead of leek here, and you can easily sub the herbs called for with your cilantro, or omit altogether:

- [\*\*Savory Clafoutis With Corn and Swiss Chard\*\*](#)

Serve this one with a sweet little salad of your sweet peppers and chopped tomatoes:

- [\*\*Swiss Chard with Lentils and Feta\*\*](#)

## **CSA RECIPE WEBSITES**

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**