

# Summer CSA 2016 WEEK 18

## Farm News, Box Contents, Recipes

Dear Farm Members,

While your "summer season" subscription still has 6 more weeks of veggie boxes, this week's box represents the last hurrah of high summer's bounty. The tomatoes and red peppers will keep coming for another few weeks, but this is the last of the corn, and probably the last of the melons and green beans. Enjoy our first broccoli this week, and expect more fall crops to show up starting next week: more greens and broccoli, cauliflower, various types of cabbages, winter squash, escarole, and the best carrots ever, to name a few.

We've been planning our winter veggie boxes and are excited to share our progress with this new year-round growing endeavor over the next few weeks as we prepare to transition into the winter season. Early bird discount signups begin October 1 for the new winter share, which starts the first week of November.

Thanks for supporting Mountain Bounty!

~ Mielle, CSA Manager

Mountain Bounty Farm

### IN YOUR VEGGIE BOXES THIS WEEK

**Disclaimer:** *this list is what you will \*likely\* receive in your boxes this week. The contents may change according to the actual harvest.*

#### **REGULAR BOX**

- Melon
- Broccoli
- White Onion
- Green Beans
- Red Radishes
- Sweet Red Peppers
- Tomatoes
- Kale

- Corn
- Thai Basil

### **SMALL BOX**

- Melon
- Broccoli
- White Onion
- Green Beans
- Red Radishes
- Sweet Red Peppers
- Tomatoes
- Kale

## **FRUIT SHARE NEWS**

*Fruit members, you have only 2 more boxes after this week... it's is a great time to get on board with the last few weeks of summer veggie boxes (through Nov.3)!~*

This week in the CSA fruit box we have delicious Gala apples from the G-Bar-G Ranch located in Half Moon Bay... great costal climate to grow apples. Gil Gossert and his wife have lived and farmed there for 20-plus years.

In addition, we have Shinko Asian Pears and Sweet Scarlett red grapes from the Lee Family Farms... a beautiful organic farm in Reedley.

Enjoy,

Greg Lewis - Sunset Ridge Fine Fruits

7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone 916-663-9158

## **FLOWER SHARE NEWS**

I went on a field walk this morning and the cool, moist air was still hanging low over the flowers. I often take walks into my fields on Monday morning to make a list of all of the things that need attending to that week. This morning I noticed a ton of preying mantis perched very stealthily on the flowers waiting for their next victim. Each fall I start noticing lots of these crazy creatures but this year I'm seeing more than ever. Hopefully that's a good sign.

In your bouquets today you'll see silver dollar eucalyptus, scented geranium, zinnias (lots of different kinds...), dahlias, gomphrena,

celosia and perhaps some amaranth or vitex seed pods.

Hopefully you won't have any preying mantis in your bouquets!  
Enjoy.

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Angie Tomey

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## 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!

### SWEET RED PEPPERS

This is one of my favorite recipes ever! It's a delicious dip for veggies and crackers, and will be a certain star of a potluck table. You can buy pomegranate molasses at Middle Eastern markets, or substitute as directed below. There's also a variation for a great pasta sauce at the bottom. From *Piece of My Heart* cookbook.

- **MHAMMARA RED BELL WALNUT DIP** Place in food processor & grind well: 1 cup walnuts, toasted Add: 1 clove garlic, pressed or minced 3/4 tsp salt 1 Tbl balsamic vinegar 1/2 lemon, juiced 1 cup flesh of roasted red bell peppers (about 3) 1/4 tsp cayenne 1/4 tsp cumin 1 tsp smoked paprika Several twists fresh ground black pepper 1 Tbl pomegranate molasses OR 1/2 tsp maple syrup + an extra splash of balsamic vinegar or lemon. Adjust salt and all seasonings to taste.
- **ROMESCO SAUCE VARIATION** To make a version of this Spanish sauce for pasta, polenta, or vegetables, add roasted tomatoes and a bit of olive oil.

- **HOW\_TO\_ROAST\_A\_RED\_BELL\_PEPPER** This is the most delicious way to prepare the last of your sweet peppers, and then you can freeze them for pasta or bruschetta.

## **TOMATOES**

As long as you're roasting your sweet peppers, throw your tomatoes in too and enjoy the intensity of their concentrated flavor! Soup, bruschetta, fritatta, pasta, sandwiches,

- **SLOW-ROASTED TOMATOES AND 10 THINGS TO DO WITH THEM**

**BROCCOLI & RADISH** If you get the fruit share, you could consider using fresh grapes in place of the raisins, and apples or pears would be a delicious addition too!

- **CREAMY BROCCOLI-RADISH SALAD**