

Summer CSA 2016 WEEK 19

Early bird discount signups for the new Winter Shares begin Saturday, October 1!

Fruit Share members, you have only one more box after this week... this is a great time to get on board with the last few weeks of summer veggie boxes-- still lots of tomatoes and red peppers, and wonderful fall veggies are starting up!

Farm News, Box Contents, Recipes

Dear Farm Members, This week on the farm we are continuing with typical fall tasks. Here are a few highlights to give you a sense of what we are up to. In crops that are finished for the season, we are rolling up the drip irrigation and mowing what is left of the crop foliage. The fields are shrinking, with maybe only a third of our acreage still covered by irrigated crops. At this time of year we are eagerly waiting for the first significant rain so we can plant cover crop seeds in all these open fields. Crops to be cleaned up this week include the last of the winter squash and eggplant. We will also dig the last of the potatoes, a red called Desiree. It has turned out to be a good potato year, so it has taken a lot of work to get them all out of the field and our coolers are jam packed with huge mountains of potatoes. Although finding storage space has been a little stressful, there will be plenty of yummy spuds in the boxes this fall and winter. We also need to continue sorting and bagging onions. This is another seemingly endless task that is finally about done. We started the main onion harvest in early August so anything that takes us that long has got to be a giant project. Seeing the abundance of these storage crops, winter squashes, potatoes, and onions, is very satisfying in a country mouse kind of a way. For now, thankfully, we have plenty to eat.

Thanks for supporting Mountain Bounty, John Tecklin

Mountain Bounty Farm

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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

- Cilantro
- Tomatoes
- Lettuces
- Large bunch Kale
- Sweet peppers
- Red La Soda Potatoes
- Carrots
- Broccoli
- Scallions
- Shishito peppers
- Yellow onions

SMALL BOX:

- Cilantro
- Tomatoes
- Lettuce
- Small bunch Kale
- Sweet peppers
- Red La Soda Potatoes
- Carrots
- Broccoli
- Scallions

FRUIT SHARE NEWS

Fruit Share members, you have only one more box after this week... *now's a great time to get on board with the last few weeks of summer veggie boxes~ and winter signups begin next weekend!*

Fall weather is slowing showing up with some colder nights... Which helps bring good color to our fall and winter fruits. This week's CSA box is stocked up with Golden Delicious apples from G-Bar-G Ranch, an organic apple orchard on the coast in Half Moon Bay.

We also have Autumn King grapes and Red Scarlett grapes, along with Shinko Asian Pears from Lee Family Farms.

Enjoy eating healthy,

Greg Lewis - Sunset Ridge Fine Fruits
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FLOWER SHARE NEWS

The cool weather last week was such a welcome relief to the summer heat and we even got a small sprinkle as a thunder storm moved over the farm. This week we're back in the heat though projections are saying it's going to cool down a bunch by the weekend. In the fields, the long-awaited chrysanthemums, which we started from cuttings in March, are finally starting to show some buds. I've been hoping they would be ready for the last few weeks of the flower share and it looks like they will indeed. This week we're prepping all of our saved corms of ranunculus and anemones which will get trimmed, washed and soaked. Then they will go into the cooler for 2 weeks before they come out and get sprouted in coco peat.

This week in your bouquets you'll see celosia, gomphrena, the last of the lisianthus, cosmos, dahlias, vanilla marigolds and a variety of grasses.

Hope you enjoy!
-- Angie Tomey

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Connect.



RECIPES

Disclaimer: 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!

KALE

This humble green leaf is a powerhouse of calcium and so many other important nutrients, vitamins, folate and magnesium as well. It also aids in digestion and elimination with its great fiber content. I love it steamed and dressed with lemon, olive oil and crunchy sea salt with my eggs in the morning. Also soup, pizza, chips, quesadillas, dips... so many delicious ways to include kale in your diet:

- [**18 Unique Kale Recipes**](#)

TOMATOES, PEPPERS, SCALLIONS, ONION

This looks like such a scrumptious recipe but you'll need to get a little creative- consider this a guideline for making a really tasty salsa with fried peanuts! Use your regular tomatoes, and some spicy peppers in place of the Fresnos. You'll thank me when you're done!

- [**Oven-Roasted Tomato and Red Pepper Salsa**](#)

BROCCOLI, POTATOES, RED PEPPERS

Here's a good one for several items in your box this week:

- [**Twice-Baked Potatoes with Broccoli and Red Peppers**](#)