

Summer CSA 2016 WEEK 21

Early bird discounts for new Winter Shares end Friday!

Next week is the last summer flower delivery, and summer veggie boxes end the week of October 31. Don't forget to renew for winter!

Farm News, Box Contents, Recipes

Dear Farm Members, This week we'll be starting to plant garlic. Garlic planting is a seasonal milestone; it's one of the last things we can plant each year. For me, there has always been something romantic about planting garlic. You plant individual cloves in the fall, it grows slowly all winter long, and by early summer each clove has become a full bulb. Every year we save a portion of the garlic harvest as "seed." This year, due to a sub-par harvest, we had to purchase about a third of our seed from a farm in Oregon. One of the varieties we purchased to supplement our own seed, "Inchelium," is an old favorite that I've been growing since before I started Mountain Bounty. The other, "Creole Red," is new to us and we chose it because it supposedly thrives in warmer weather. This week's box features Delicata squash. It's a popular fall/winter squash that is sweet and tender. Some people even eat the skin! Enjoy!

John Tecklin

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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

- Collard greens – We love our collards and we hope you will too! Please see the recipes below for more info on collards.
- Potatoes

- Delicata squash
- Celery
- Scallions
- Arugula
- Tomatoes
- Mizuna – This is the slightly spiky leafed bunched green. It has a mild mustardy flavor and works great in salads. You could cook it also, but it is so tender that you'd have to cook it for only an instant.
- Sweet Peppers
- Carrots
- Beets

SMALL BOX:

- Collard greens– We love our collards and we hope you will too! Please see the recipes below for more info on collards.
- Potatoes
- Delicata squash
- Arugula
- Tomatoes
- Sweet Peppers
- Carrots
- Beets

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! ~Mielle (530) 292-3776

COLLARD GREENS Collards are nutritional superstars-- their awesome strong "green" flavor provides more than your daily allotment of vitamins K and A, and they're a great source of folate, manganese, iron, and calcium. Studies have shown that eating collard greens, kale, mustard greens, and other dark leafies on a daily basis can lower the risk of cardiovascular disease and cancer. I like to steam the greens until they're soft but still bright green, and dress with a little lemon or vinegar and oil to increase iron absorption. There are a lot of great traditional recipes around the world for collards, try your hand at one of these this week:

- **West African "Creamed" Collards with Peanut Butter and**

Chile

- Ethiopian Collards with Spiced Butter
- Brazilian Pork & Bean Stew with Collards (Feijoada)

This kind of recipe below is "new" traditional in the vegetarian, raw foods, and simple-eating realms. Omnivores can add roasted meat too! You can grate and chop the other veggies from your box this week for this recipe:

- Fast-Food Collard Wraps with Peanut Sauce

DELICATA Here's a delicious recipe to celebrate these beautiful autumn days:

- Roasted Delicata Squash with Pomegranate-Pistachio Relish