

Summer CSA 2016 WEEK 22

This week is the last summer flower delivery, and summer veggie boxes end on November 3. Don't forget to renew for winter!

Farm News, Box Contents, Recipes

Dear Farm Members,

As I write this Monday morning, we just received one of our best early rains in my recent memory: 6.4" at our modest 2600' elevation. I imagine those of you higher upslope got even more. I haven't seen anything like this in at least five years, maybe more. This is a whole bunch of good news for the farm and definitely puts a bounce in my step. The fall and winter crops love it. I was out walking around in the rain a bit and the greens and brassicas were so vibrant and happy looking. When the fall is dry and hot, aphids can be a big problem for us; this weather has the opposite effect. Half or two thirds of the fields have already been seeded to cover crops and those are now sprouting and will make good use of the moisture and coming warm days. Later this week we'll be able to plant the rest of the cover crops, which is great timing. Cover crops planted on time with favorable conditions means our fields are well cared for, which is our greatest hope and need in farming. Thanks for supporting Mountain Bounty, John Tecklin Mountain Bounty Farm [\(530\)292-3776](tel:(530)292-3776)
www.mountainbountyfarm.com

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

- Dino AKA Lacinato Kale
- Escarole!!! They are so big you can eat multiple salads from one head. For those of you new to Mountain Bounty, escarole is the large, frilly, light green head that looks like lettuce. It's got a lot more going for it than lettuce though! It's got more texture and

more taste (both slightly bitter and sweet). You can cook escarole, but most will enjoy it in salads.

- Spinach
- Napa Cabbage. Another XXL veggie. Try slaws and make Kimchee.
- Onions
- Sweet potatoes!!
- Parsley
- Fennel
- Radishes
- Tomatoes – getting close to the end here. It's been an amazing long and fat tomato season.

SMALL BOX:

- Escarole!!! They are so big you can eat multiple salads from one head. We tried to cut them smaller to fit the small box. For those of you new to Mountain Bounty, escarole is the large, frilly, light green head that looks like lettuce. It's got a lot more going for it than lettuce though! It's got more texture and more taste (both slightly bitter and sweet). You can cook escarole, but most will enjoy it in salads.
- "Smaller" Napa Cabbage, but still pretty big. Try slaws and make Kimchee.
- Onions
- Sweet potatoes!!
- Fennel
- Radishes
- Tomatoes – getting close to the end here. It's been an amazing long and fat tomato season.

FLOWER NEWS

Wow, what a crazy rain we had. Here on the farm our rain guage said 6.4 inches! I can't remember the last time we got that much rain this early into fall. Well, despite the complete pummeling to my flowers, it has been a welcome change here on the farm. Thankfully, I slipped out on Friday during a break in the storm, to snag the flowers that had not been too rain soaked and knocked over yet and my chrysanthemums are growing in the hoop house so they are high and dry, whew!

The flower share has been full of challenges for me this year and as a result, next year I'll be making some changes to accommodate the

shifting of my growing style. I've been feeling like it's difficult for me to put the the time into the bouquets that I want to with so many members and such a long season. Thus next year I'll be offering two shorter season shares- one in the spring (the super successful bulb share I offered last year) and a main season summer share which will be shortened to 10 weeks and will be a larger bouquet, with more interesting design elements included. I'm hoping that this shift will allow me to offer my customers an arrangement that more accurately reflects my style and attention to detail.

In the mean time, I hope you enjoy the last week of blooms. Hopefully, we can scrap together some fabulous flowers for your last bouquet of this season- I think with all of our hoop house flowers it should still be pretty darn awesome.

Thanks so much for your support and I hope that you'll sign up for our incredible bulb share this spring!!

Happy Fall!

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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! ~Mielle (530) 292-3776

SWEET POTATO, FENNEL & ONION

This recipe will warm the house and your bellies too. Adapted from Ina Garten's Potato and Fennel Gratin recipe, this is perfect as a side dish to accompany your perfect roast turkey for Thanksgiving dinner. Try it this week to test-run your holiday meal:

- **Sweet_Potato_Fennel_Gratin**

FENNEL, ESCAROLE & RADISH

These vegetables are just perfectly suited to be combined in this salad,

bursting with flavor thanks to the fennel. It calls for champagne vinegar, which is a delicate and wonderful vinegar. It has a sweeter taste than white wine vinegar, which can be used as a substitute if needed, especially if you add a little lemon or orange juice. A bit of sherry mixed with white wine vinegar can also be a champagne vinegar substitution.

- **Fennel, Escarole & Radish Salad**

ESCAROLE & SWEET POTATOES

Sauteed escarole is great paired with the recipe for Spice-Rubbed Turkey Breast with Sweet Potatoes, to get in the mood for Thanksgiving next month!

- **Sauteed Escarole**
- **Spice-Rubbed Turkey Breast with Sweet Potatoes**