

# Summer CSA 2016 WEEK 24

**This week is the last summer delivery, don't forget to renew for winter!**

Downtown Nevada City, it's spooky out there tonight, so plan accordingly!

## Farm News, Box Contents, Recipes

Dear Farm Members, Thank you so much for joining us this season. It's been another big long glorious journey with all sorts of farming adventures along the way. And the season has ended capped by a lovely wet period that perfectly catapults us into winter mode. I feel grateful that we have had enough water this season, and relieved and happy that the soil is dark and wet. We seeded your first tomatoes in January and have been continuously seeding, planting, tending and harvesting for you until now. Harvests have been abundant, sometimes even overwhelming. It's very satisfying to see all those beautiful veggies grow and to have the good fortune that there are so many that want to eat them. Thank you. Please take a moment to reflect on how the season worked for you and share your feedback in the survey. Although the harvests have transitioned to fall veggies, don't forget about all those melons, tomatoes, and corn... And, we're not done! The farm will definitely quiet down a bit, but there are still crops out in the fields, greenhouses, and stored in the barns and coolers. So, onward to the new winter share, and please give us a call if you'd like to sign up. Your farmer, 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 can always change according to the actual harvest.*

## **REGULAR BOX:**

- Butternut squash! This guy takes a long time to grow and cure and almost always shows up in the last box. They are great to eat now and will taste even sweeter after a month or two of storage.
- Potatoes
- Carrots
- Onions
- Thyme
- Broccoli
- Radicchio – this is the elongated and sometimes pointy Treviso type, which we prefer to the rounder types. Its stunning deep red and white leaves are great mixed into salads with lettuces or other milder greens. More adventurous cooks may want to try cooking it, which may intensify the bitter flavor. I like it cut in half the long way, thoroughly soaked in olive oil, salted, and grilled.
- Cauliflower
- Lettuce
- Radishes
- Bok Choy

## **SMALL BOX:**

- Butternut squash! This guy takes a long time to grow and cure and almost always shows up in the last box. They are great to eat now and will taste even sweeter after a month or two of storage.
- Potatoes
- Carrots
- Onion
- Thyme
- Broccoli
- Lettuce
- Bok Choy

## **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](tel:5302923776)) [292-3776](tel:5302923776)*

## **BUTTERNUT SQUASH, THYME, ONION**

Risotto is one of those comfort foods that can be elevated to an impressive main course for both vegetarians and omnivores. The process may seem intimidating but it's very simple and easy to master. The first recipe is classic, with the constant stirring. The second is a newfangled Martha version where the risotto is baked instead, freeing you up for other tasks. It calls for kale but your bok choy in this week's box would substitute just fine.

- [Butternut Thyme Risotto](#)
- [Butternut Squash Baked Risotto](#)

## **BROCCOLI, POTATO**

This is not your average broccoli soup. Instead of merely boiling the broccoli to cook it, here, the florets are seared until deeply browned on one side while remaining bright green on the other. This gives the soup a layer of caramelized flavor while also preserving the fresh green taste of the broccoli itself.

- [Seared Broccoli Potato Soup](#)

## **RADICCHIO**

Austere as this salad may seem, it's got 2 secret tricks that will make you better at making salads: 1. You infuse the vinegar with chopped onion for an hour, then quietly remove it. The vinegar is left with a richer, more complex flavor, without the oppressive oniony kickback. 2. You toss the dressed leaves with a dusting of finely grated Manchego to help the coating stick.

- [Toro Bravo's Radicchio Salad with Manchego Vinaigrette](#)

Another grown-up salad with heightened and complicated flavors, this one has just five ingredients. Together they make a stunningly unusual composition of bitter, sweet, and salty-savory.

- [Radicchio Fall Salad with Green Olives and Parmesan](#)