

Summer CSA 2016 WEEK 20

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

Fruit Share members, this is your last box!

This is a great time to get on board with the last few weeks of summer veggies... and please return your fruit boxes to the pickup site this week.

Farm News, Box Contents, Recipes

Dear Farm Members,

Now that we are in October and it's really fall, this week we begin adding fall and winter squashes into your boxes. We are starting out with an acorn squash type called Festival. It's gorgeous. Unfortunately it doesn't have as much flavor as we'd like. Please check out the recipe section for ideas on how to liven it up – or just keep it as an object of beauty! We have several different kinds of squash headed your way for the final four weeks of the Summer CSA season: Delicata, Kabocha, and Butternut, as well as sweet potatoes. Time for some rich, warm, comfort food. We had high hopes for a nice little rain this weekend to moisten the soil and allow us to seed more cover crops, but alas we only received .12", not enough to get the job done. Nevertheless, we are bathed in beautiful fall light, everything smells good, and the weather is so pleasantly cool. Now we just need to wait patiently for a little more moisture. Happy fall,

John Tecklin

Mountain Bounty Farm

[\(530\)292-3776](tel:5302923776)

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

- Tomatoes -- almost done, enjoy them while you can!
- Lettuce
- Basil
- Sweet Peppers
- Carrots
- Purple Cabbage
- Hakurei salad turnips
- Broccoli
- Garlic
- Rainbow Chard
- Festival Squash -- this fall hard squash is so stunning to look at, but unfortunately also a bit bland. Sometimes there is a tradeoff between looks and substance. Use them for decoration or Check out the recipes below for ideas on how to use them as a base for all kinds of tasty dishes.

SMALL BOX:

- Tomatoes -- almost done, enjoy them while you can!
- Sweet Peppers
- Carrots
- Small Purple Cabbage
- Hakurei salad turnips
- Small Broccoli
- Garlic
- Small bunch Rainbow Chard
- Festival Squash -- this fall hard squash is so stunning to look at, but unfortunately also a bit bland. Sometimes there is a tradeoff between looks and substance. Use them for decoration or Check out the recipes below for ideas on how to use them as a base for all kinds of tasty dishes.

FRUIT SHARE NEWS

Fruit Share members, this is your last box... this is a great time to get on board with the last few weeks of summer veggie boxes!

As we wrap up the last week of the summer fruit share...we have loaded the boxes with the flavors of Fall.

First of all we have Pom Wonderful pomegranates from Lee Family Farms. These fruits originate from the Mediterranean region and been around for thousands of years. To de-seed them, cut in half and submerge the half Pom in a large bowl of water and loosen seeds from the husk (Mielle has another method below too). In addition we have Shinko Asian pears, and Magenta

grapes. From the G Bar G Ranch we have Gala apples. Enjoy and thanks for supporting our summer fruit CSA. Please continue to return all the empty fruit boxes to your pick up site *during pickup hours*. Greg Lewis - Sunset Ridge Fine Fruits 7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [916-663-9158](tel:916-663-9158)

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!

FESTIVAL SQUASH

This mild-tasting squash makes a humble yet satisfying autumn side dish. Warm the house with your oven and try one of these deliciously simple recipes:

- [Creamy Baked Acorn Squash](#)
- [Baked Acorn Squash with Butter and Brown Sugar](#)
- [Acorn Squash with Mustard and Honey](#)

Use your chard in place of kale for this one:

- [Acorn Squash with Kale and Sausage](#)

BASIL

This might be your last chance to put some basil up in the freezer for a mid-winter treat!~

- [The Best Way to Freeze Pesto is not what you think!](#)

POMEGRANATES

Wonderful wonderful pomegranates, eating one is one of the first fall rituals in my family. Some like to de-seed them in water, but I don't want to lose all that magnificent juice! Instead, cut in half through the "belly" and hold cut-side-down over a large bowl. This is the fun part: get a sturdy wooden spoon and give it a good smack all across the hull. The seeds will magically fall through your fingers into the bowl. Voila~

- [Black and Wild Rice Salad with Roasted Squash](#)