

Mountain Bounty Farm News

Dear Farm Members,

Here are some recent farm photos for you. We are also posting lots of photos and videos to [Instagram](#), so check that out if you want to see more of what's happening.



Newly seeded sweet corn with drip irrigation moistening the soil.



Pre-harvest morning meeting at the whiteboard. Maia in charge.

This week on the farm we continue with our mad planting season. In order to harvest a diverse mix of veggies for you every week, we plant regularly every week from early January through October. But there is a giant bulge in the middle, from April through July, when all the biggest plantings go in. Last week we seeded more sweet corn and dry beans, and transplanted celery, lettuce, scallions, sweet potatoes, and melons. This week we'll transplant peppers, late tomatoes, and more successions of chard and lettuce. In addition to all this, we plan to harvest about half the garlic crop, and accomplish lots of weeding, trellising, irrigation, greenhouse seeding, and other plant care, and harvest for the first Nevada City Farmers Market on Friday – as well as harvesting and packing your CSA boxes!

Thanks for supporting Mountain Bounty,

John Tecklin

This week's CSA contents:

Please help yourself to some of the brochures we'll leave at your pickup site to share with friends, family, neighbors, favorite cafes, etc. We appreciate your support to spread the word about our small-farm CSA.

REGULAR BOX:

*Disclaimer: These lists are what you will *likely* receive in your boxes. The contents can always change according to the actual harvest.*

- Lettuce
- Spinach
- Beets
- Chard
- Zucchini
- Scallions
- Cilantro
- Hakurei salad turnips (*see recipes*)
- Arugula
- Broccoli

SMALL BOX:

*Disclaimer: These lists are what you will *likely* receive in your boxes. The contents can always change according to the actual harvest.*

- Lettuce
- Spinach
- Beets
- Scallions
- Cilantro
- Arugula
- Broccoli

SALSA ADD-ON OPTION:

- We have a limited availability our famously awesome farm salsa, exclusively for sale to our CSA members. All-organic farm ingredients, in classy, reusable Weck jars. Case of 12 for \$120, or half-case for \$65. To order or ask questions contact Kali at kali.feiereisel@gmail.com.

RECIPES

Note: 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 enjoy eating locally and seasonally is in 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](tel:5302923776)

HAKUREI SALAD TURNIPS

These are one of those specialty crops that you will probably only find in your CSA, because farmers know what's good to eat! These turnips are sweet and tender, nothing like their strong-flavored winter cousins. We love to crunch them raw in a salad or crudite platter, like a cucumber or very mild radish. This link has a few suggestions for using them in recipes along with their mild greens:

- [Hakurei Turnips Tips and Recipes](#)

Here's a Japanese-inspired recipe that looks tasty:

- [Hakurei Turnips on Soba Noodles](#)

Or try them pickled, always a hit:

- [Pickled Hakurei Turnips](#)

BROCCOLI, BEETS, SCALLIONS

Here's a recipe for a nice salad from this week's box:

- [Beet, Broccoli & Toasted Seeds Salad](#) (*use scallion greens for chives*)

CSA SUCCESS

I'm sharing these links again for new members this week, to help everyone be a successful and happy CSA member. Once you know a few simple tips and techniques, how to stock your pantry well, and have some reliable recipes under your belt for each season, you can make incredibly delicious meals with anything the farmers put in your box, year 'round. Here are a couple recipes and interesting foodie sites customized toward CSAs below. Let me know what you think!

- [Basic Vinaigrette Recipe](#)
- [How to Make a Salad](#) (everything you need to know)
- [Getting Hooked on Cooking with CSA](#)- this is a great article with cooking tips, recipes, and extensive notes on how to stock a CSA-friendly pantry.
- [Local Thyme - Cook your way through CSA](#)- this is a seasonal recipe service to help you make the most of ingredients from your local farms.
- [Cook With What You Have](#)- same author as the previous article, her site offers classes, recipes and resources for healthy, delicious, and quick meals geared toward CSA farms & locally-sourced ingredients.

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Mountain Bounty Farm

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

www.mountainbountyfarm.com

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