

## Mountain Bounty Farm News

Dear Farm Members,

All I can think about is the incredibly pleasant spring weather. It's been so moderate that all the greens are thriving -- perfect spinach weather. And perfect farmer weather. Often at this time of year we experience dramatic temperature spikes, which can be stressful for the plants and the people. The fields are filling up and lovely. It would be a great time to ride your bike down Birchville Rd and make a stop to wander around the fields.

Thanks for your support,  
John Tecklin

### **This week's CSA contents:**

*Please help yourself to some of the brochures 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.*

- Dino Kale aka Lacinato Kale
- Garlic Scapes - *see recipes below!*
- Mokum Carrots - *one of our favorite varieties*
- Sugar Snap peas
- Easter Egg radishes
- Lettuces
- Broccoli
- Spinach
- Fennel - *see recipes below!*
- Pointy Headed cabbage – *These are a new type we are trying out, partially in order to find a smaller cabbage. Besides being fun, these little cabbages are tender, dense, and yummy.*

#### **SMALL BOX:**

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

- Dino Kale aka Lacinato Kale
- Mokum Carrots - *one of our favorite varieties*
- Sugar Snap peas
- Lettuce
- Broccoli
- Fennel - *see recipes below!*

- Zucchini

**FRUIT SHARE CONTENTS:**

- Sweet Bing cherries- [Smit Farms](#), Linden CA
- Patterson Apricots- [Blossom Hill](#), [Lucich-Santos Farms](#), Patterson CA
- Grand Rosa plums (in the Santa Rosa variety)- [Lee Family Farms](#), Reedley CA
- Princess Time peaches- [Lee Family Farms](#), Reedley CA

**SALSA ADD-ON OPTION:**

- We still have a limited availability of our famously awesome farm salsa, exclusively for sale to 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](mailto:kali.feiereisel@gmail.com).

**SUNSET RIDGE FARM - FRUIT SHARE NEWS**

Welcome new and returning summer CSA fruit subscribers! We are excited about bringing you and your family delicious and nutritious organic fruits from our region. Here are a few tips to help you enjoy your enjoy your fruit share this summer:

1. Pick up your fruit as early as possible, and keep it in a cool spot. Fruit is fragile and does not do well with heat after it has been picked. Please don't leave the fruit in your vehicle.
2. Refrigerate whatever you won't eat as soon as possible. Firmer fruit should be left out on the kitchen counter or other cool place indoors, but only for a few days. Monitor the softening process closely, and eat it when ripe. While refrigeration will delay ripening and keep your fruit longer, remember that almost all fruit has better taste and texture at room temperature, so if you do choose to refrigerate, remove fruit from the refrigerator several hours or days before you plan to eat it, for maximum flavor.
3. Wash all fruit prior to eating. Unlike the veggie share, we do not wash the fruit prior to packing as washing can hurt keeping quality.
4. Our goal is to bring you fruit at just the right ripeness for eating... not too firm and not too soft. It's a thin line to walk. We try to err on the side of soft and ripe as opposed to firm and underripe, with some firmer pieces that are intended to ripen as the week goes on. We want the fruit to hang on the tree until it reaches the perfect point of ripeness and ship-ability-- that is, fruit that will hold its quality throughout the week. Mother nature and the ripening process dictate the timing on this. A few days one way or the other affects the quality and we work hard to get it right each week, but sometimes we miss it a little and some fruit may go soft faster than expected. We expect that a few pieces may not make it all

week, so we typically load the boxes with a half- to a whole-pound of extra fruit beyond the 7lbs to compensate for this possibility.

Enjoy,

~ Greg Lewis

Sunset Ridge Fine Fruits

*Organic mandarins, oranges, lemons, grapefruits, apricots, apples, plums, Asian pears, pomegranates, and more.*

[Facebook](#)

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## **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*

### **POINTY-HEADED CABBAGE**

This fun vegetable is a smaller, cone-shaped variety of green cabbage. We think you'll like it!

- [Perfect Summer Slaw](#)

### **GARLIC SCAPES**

This yummy specialty item is one of the reasons you'll be happy to have a CSA! You may not have picked these out on your own but after trying them in one of these recipes you'll be searching them out at your farmers markets:

- [What are Garlic Scapes and what do I do with them?](#)- Pickles, soups, pesto, and more!

### **FENNEL**

We love this crunchy, deliciously licorice-flavored veggie, sliced thin in our salads or a little thicker just for snacking or dipping. If you're still learning to love it, try one of these recipes, sure to turn you over!

- [33 Recipes That Will Make You Fall For Fennel All Over Again](#)

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**Mountain Bounty Farm**

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