

Mountain Bounty Farm CSA News

Here are some shots from this morning in the fields.

Rachel harvesting Chioggia beets, and Missy in the scallions:



"Skyphos" red butter lettuce, one of this week's lettuce varieties:



Potato field, and scallion harvest:



Dry beans and potatoes:



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.*

- Red Russian Kale
- Lettuce
- Italian Parsley
- Zucchini
- Scallions
- Hakurei Turnips
- Oregano
- Broccoli
- Chioggia Beets
- Sugar Snap Peas
- Baby Bok Choy

SMALL BOX:

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

- Red Russian Kale
- Lettuce
- Italian Parsley
- Zucchini
- Scallions
- Oregano
- Broccoli
- Chioggia Beets

FRUIT SHARE CONTENTS:

- Bing & Rainier 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.

SUNSET RIDGE FARM - FRUIT SHARE NEWS

Here are a few tips we posted last week again, just to remind everyone how to best 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.

~ Greg Lewis

Sunset Ridge Fine Fruits

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

[Facebook](#)

www.gotmandarins.com

sunsetridge@gotmandarins.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

ZUCCHINI, OREGANO, PARSLEY

While browsing the internet for this week's recipes, I came across a page called "How to Match Herbs with Vegetables" and had the thought of how unimportant this is for CSA members~ nature (and your farmers) take care of this by making sure complementary veggies and herbs come into season at the same time. When you eat seasonally from a local farm, the pairing is taken care of for you!

- [Chimichurri Sauce](#) - a delicious South American condiment for steak, fish, chicken, veggies, even pasta.
- [Baked Zucchini with Parsley and Oregano](#)
- [Pasta with Zucchini and Oregano](#)

CHIOGGIA BEETS

These beauties are sweeter and less "beety" than regular red beets, so kids and beet-resisters might enjoy them more! Their greens are more lush and tender, too. They'll lose their beautiful pattern if overcooked, so go for quick-roasted, steamed, raw, pickled, or even quickly deep-fried to retain the pretty stripes. Here's an article I submitted to Moonshine Ink last summer~ try the cilantro-scallion dip with your parsley this week!

- [Chioggia Beets 3 Ways](#)

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MountainBountyFarm.com