

Mountain Bounty Farm News

Dear Farm Members,

We survived the heatwave – barely. While we’ve seen these temps many times before, this one was extra tough for a couple of reasons. It came after a prolonged cool and wet spring that lulled our bodies into thinking we live in Oregon. So we hadn’t built up to it very well. And this heat came with unusually high humidity. Humidity for most of last week was 40-50%. When it gets really hot around here it’s usually under 20% humidity. Whew. Now we can adjust to summer.

Due to the somewhat late spring, veggie-wise we are still in spring mode. We’ve found a few ripe cherry tomatoes, but real harvest is a couple weeks away. Also in a couple weeks we will start picking green beans. And toward the later part of July it’ll be time for sweet corn, melons, and the start of the tomato avalanche.

Thanks for supporting Mountain Bounty,
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:

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

- Kale
- Basil
- Dill
- Cucumbers – *we are experimenting with some standard type cucumber varieties this year to see if they are more resistant to cucumber beetles, which have been a big pest problem for us. So some of the cucumbers you receive will look darker green, bumpier, and have thicker skins that you may want to peel.*
- Zucchini
- Small Walla Walla onions – *harvested early as “spring” onions*
- Broccoli
- Beets
- Cauliflower
- Lettuces

SMALL BOX:

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

- Kale
- Basil
- Cucumbers– *we are experimenting with some standard type cucumber varieties this year to see if they are more resistant to cucumber beetles, which have been a big pest problem for us. So some of the cucumbers you receive will look darker green, bumpier, and have thicker skins that you may want to peel.*
- Zucchini
- Small Walla Walla onions – *harvested early as “spring” onions*
- Cauliflower OR Broccoli
- Lettuce

FRUIT SHARE CONTENTS:

- Ebony Rose pluots-- [Lee Family Farms](#), Reedley CA
- White Lady white peaches-- [Lee Family Farms](#), Reedley CA
- Honey Fire yellow nectarines-- [Lee Family Farms](#), Reedley CA
- June Pearl white nectarines-- [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

We've got some delicious stone fruits for you for Week 4 of our Fruit Share!

All of the fruit this week comes from Lee Family Farms. The Lee family does an exceptional job producing some of the tastiest fruit around on their 100+ acres down in Reedley. They have a wonderful selection of different varieties, and we're looking forward to being able to share those with you through the next few weeks!

With fruit being so perishable, we've tried to include pieces a bit on the firmer side this week as we packed up your boxes. It should ripen up nicely for you on the counter in a day or two. Of course fruit is always a great snack on its own, but try adding it into savory dishes as well. We really enjoy slicing up peaches or nectarines to add to a green salad, or even mixed in to a chicken salad.

Hope you enjoy this week's share!

Avery Singleton, CSA Manager
Sunset Ridge Fine Fruits

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

[Facebook](#) • www.gotmandarins.com • sunsetridge@gotmandarins.com

FLOWER SHARE NEWS

Flower Shares are delayed - begins July 11 & 13

Hi there summer flower share members!

Thanks so much for signing up for my summer bouquet program which I think is going to be better than ever. I wanted to send over a quick note to let you know that I'm pushing back the start date for the beginning of the bouquet deliveries by two weeks. My spring plantings were so delayed with the unusually cool and wet weather we have had and everything is taking a lot longer to get flowering. I've been going back and forth about this decision because I do have some blooms but I don't have the quantity that I'd like to have to make your bouquets super full and generous. So, please bear with me the next few weeks as you remain flower-less- I think the late summer/fall is going to prove to be most abundant and glorious.

Thanks for your patience!

~Angie Tomey

littleboyflowers.com • [530-277-5877](tel:530-277-5877) • info@littleboyflowers.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:530-292-3776)

BASIL, STONE FRUITS, LETTUCE, KALE

Flavor pairings made in heaven!

- [Basil-infused Grilled Fruit Salad](#)
- [Kale and Stone Fruit Salad with Basil Balsamic Peach Vinaigrette](#)

DILL, CUCUMBERS

More heavenly pairings for your box this week. Most of the cucumber varieties that we grow tend to be very tender-skinned but this week's may want to be peeled, give them a taste and see what you like.

- [Sweet and Sour Cucumbers with Fresh Dill](#)
- [Cucumber Salad with Sour Cream and Dill](#)