

Mountain Bounty Farm News

Dear Farm Members,

The big news this week is of course the heat. It had to come sooner or later. With all the delightful coolness lately, the transition to heat feels painfully abrupt. I know, I'll adapt. Usually, by late summer, I start to feel like I can handle the heat, right about when it starts to cool off.

This is our peak farming season: harvest is in full swing – we are picking 3 days a week, big planting season is still underway, weeds are going nuts, and oh yeah everything needs to be watered all the time. While things are going very well and the farm and produce look beautiful, many of us are feeling a bit overwhelmed right now. No matter how skilled and organized we are, this happens every year at this time. And every year by late July things have begun to ease a little bit. Another of farming's gifts: learning how to live on that crazy chaotic edge.

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:

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

Note: We got some hail about a week ago and this week's lettuce, arugula, and radish leaves all show some signs of hail damage.

- Rainbow chard
- Lettuces
- Cilantro
- Cucumbers – *all the cucumbers we grow are thin skinned Middle Eastern types. They are much more delicate and tender than your standard leather skinned supermarket cuke. They don't need to be peeled, and do need to be eaten right away.*
- Zucchini
- Arugula
- Carrots
- Garlic – *harvested two weeks ago, it's not fully cured, but very much ready to eat.*
- Spinach – *maybe the last til fall, so enjoy, it's been a great spinach spring.*
- Radishes
- Napa Cabbage

SMALL BOX:

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

Note: We got some hail about a week ago and this week's lettuce, arugula, and radish leaves all show some signs of hail damage.

- Rainbow chard
- Lettuce
- Cucumbers – *all the cucumbers we grow are thin skinned Middle Eastern types. They are much more delicate and tender than your standard leather-skinned supermarket cuke. They don't need to be peeled, and do need to be eaten right away.*
- Carrots
- Garlic – *harvested two weeks ago, it's not fully cured, but very much ready to eat.*
- Spinach – *maybe the last til fall, so enjoy, it's been a great spinach spring.*
- Radishes
- 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.*

FRUIT SHARE CONTENTS:

- June Lady yellow peaches-- [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
- Bing and Rainier Cherries-- Mountain Sweet Orchard, Oregon House, 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're excited to bring you a really nice box for week 3 of our summer fruit share! If you're just getting started this week, here are a few tips we've been sharing in the previous weeks again, about how to best enjoy your fruit share this summer as the heat rises:

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,

~ Avery Singleton, CSA Manager

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

CILANTRO, CUCUMBER, ZUCCHINI

- [Cucumber Cilantro Raita](#)
- [Cucumber Cilantro Margarita](#)
- [Broiled Zucchini with Yogurt Sauce](#)

PEACHES, CHERRIES

Try this cobbler with your cherries instead of blueberries!

- [Cornmeal Drop Biscuit Peach Blueberry Cobbler](#)