

Mountain Bounty Farm News

Normal delivery this week, as with all holidays this season.

Dear Farm Members,

Sorry, it's not going to be farm news this week. I got a bone to pick. As we prepare to celebrate our independence (or our interdependence?), my heart is breaking at the way our so called great country treats those less fortunate among us, and especially immigrants and refugees. I often revel in my good fortune, so grateful for living in a beautiful, peaceful spot and surrounded by family and an abundance of the best food anywhere. But when I think about those others, sometimes it can be hard to swallow my perfect beet salad.

And it's personal too. My own grandparents immigrated to this country in 1917 fleeing pogroms in Eastern Europe. Stuff they wouldn't talk about. But it turns out they were the lucky ones. They made it out.

At that time, a mere hundred years ago, almost EVERYONE in America was either an immigrant themselves or the close descendant of immigrants (except the real Native Americans – but that's another sad story). So quickly we forget. So quickly people like our own young grandparents, become strangers, and dangerous.

A friend passed along the link to [this video](#) produced by Lin-Manuel Miranda (creator of the musical Hamilton), a brilliant piece called "Immigrants (We Get the Job Done)." For me it provided a much-needed antidote to the anti-immigrant rhetoric which is so rampant these days.

Let's all show a little care for others, and also do what we can to fight back against both old and revitalized discrimination. If you haven't already, please consider getting politically involved. Let's keep up the pressure on our government to do better for immigrants and refugees, not worse. Please make those regular calls to our congress people and senators!

With thanks,

John Tecklin

A few important reminders to keep our CSA program running smoothly:

- **If you send a friend to pickup for you**, you must tell them to initial the delivery list, and to only take what is listed. *Please remind them to check the size of the veggie boxes!*
- Unfold returned boxes and leave in a neat stack at your pickup site- please don't make the site hosts clean up after us.

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.*

- Tatsoi – *This fabulous veggie is the dark green leafy one that looks kind of like bok choy. It also tastes kind of like bok choy, and is similarly very tender and should be cooked very briefly.*
- Baby Lettuces
- Cucumbers – *as I mentioned last week, we are experimenting with some more standard American style cucumbers. So you may see a mix of those along with our long favorite Middle Eastern type cucumber types in your box. The American types are bumpy and have tougher skins so you may want to peel them. I've been eating them both ways and both ways are fine.*
- Zucchini
- Broccoli – *winding down the spring plantings, this may be the last until fall.*
- Walla Walla sweet onions
- Carrots
- Cilantro
- New Potatoes!!!!!! *In honor of America, since they are native to our continent. Local!*
- Garlic
- Cabbage – *mixed varieties*

SMALL BOX:

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

- Tatsoi – *This is the dark green leafy thing that looks kind of like bok choy. It also tastes kind of like bok choy, and is similarly very tender and should be cooked very briefly.*
- Baby Lettuces
- Cucumbers – *as I mentioned last week, we are experimenting with some more standard American style cucumbers. So you may see a mix of those along with our long favorite Middle Eastern type cucumber types in your box. The American types are bumpy and have tougher skins so you may want to peel them. I've been eating them both ways and both ways are fine.*
- Zucchini
- Carrots
- New Potatoes!!!!!! *In honor of America, since they are native to our continent. Local!*
- Garlic

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

- Ebony Rose plums-- Lee Family Farms, Reedley CA
- Summersweet white peaches-- Lee Family Farms, Reedley, CA
- Crimson Fire yellow peaches-- Lee Family Farms, Reedley, CA
- Fire Sweet yellow nectarines-- Lee Family Farms, Reedley, CA
- Candy Pearl white nectarines-- Lee Family Farms, Reedley, CA

Welcome to Week 5 of the fruit share!

I hope you're enjoying the delicious fruit as much as we are here. This week, all of our fruit comes from Lee Family Farms again. They have some new varieties for us to try this week, including some Crimson Fire peaches that I'm personally looking forward to. As the middle of summer approaches, I can't help but think about homemade ice cream that my family always made when I was a kid - peach in particular. Check out the recipes below for a really tasty honey-peach ice cream by Dorie Greenspan.

Enjoy, and Happy 4th!

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

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

- **CABBAGE, CARROTS, CILANTRO, EVEN STONE FRUITS!:** [5 Unexpected Twists on Coleslaw for Fourth of July](#)
- **NEW POTATOES, GARLIC:** [French-Style New Potato Salad](#)
- **TATSOI, BROCCOLI:** [Crispy Tofu with Asian Greens](#) (use broccoli & tatsoi)
- **PEACHES:** [Honey Peach Ice Cream](#)

HELPFUL MEMBER LINKS

- [Current Members](#)
(link to our website page for all your membership needs)
- [Summer Welcome Letter](#)
(policies & instructions)