

# Mountain Bounty Farm News

Dear Farm Members,

Despite all the recent heat, the veggie harvest hasn't quite gotten into summer mode yet. We will be picking a smattering of tomatoes for you this week. But next week we'll finally have sweet corn, green beans, and hopefully more tomatoes. All of this is 2-3 weeks later than we'd like (I'm trying not to say what's normal anymore) due to the awesomely wet and cool winter/spring. While a bit "late," the "summer" veggies are looking good. The all-important tomatoes are lush, jungly, and promising a long and abundant harvest. Melons may still be a couple weeks off, but they can sneak up on you, so we'll see.

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:**

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

- Rainbow Chard
- Little gem lettuces
- Beets
- Scallions
- Tomatoes-- *since this is the first harvest there will be an unpredictable mix of tomato types.*
- Cucumbers
- Walla Walla sweet onions
- Basil
- Carrots
- Zucchini

### **SMALL BOX:**

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

- Rainbow Chard
- Little gem lettuce
- Tomatoes-- *since this is the first harvest there will be an unpredictable mix of tomato types.*
- Walla Walla sweet onions
- Basil
- Carrots
- Broccoli

### **FRUIT SHARE CONTENTS:**

- Cherry plums-- Lee Family Farms, Reedley CA
- Summersweet white peaches-- Lee Family Farms, Reedley, CA
- Elegant Lady yellow peaches-- Lee Family Farms, Reedley, CA
- Mango nectarines-- Lee Family Farms, Reedley, CA
- Emerald Gem pluots-- Lee Family Farms, Reedley, CA

### **FLOWER SHARE CONTENTS:**

*This is our first week of Angie's gorgeous flower shares-- if you want to add one to your order next week let us know!*

- Sunflowers
- Zinnias

- Dahlias
- Grasses
- Snapdragons
- Black carrot

#### **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 to any new members this week and to our returning members! Week 6 of the Fruit Share is providing us with some different varieties that we're excited for you to try! In addition to the always popular white and yellow peaches, we have some green pluots this week and also a Mango nectarine. This yellow skinned nectarine is a cross between two pale skinned nectarines, and has a fragrant yellow flesh reminiscent of a mango. All the fruit this week is from Ken at Lee Family Farms.

I hope you all enjoy!

- Avery, CSA Manager

Sunset Ridge Fine Fruits

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

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## **LITTLE BOY FLOWERS - FLOWER SHARE NEWS**

The flower fields are popping with color now that the heat of summer has kicked in. This first week of your flower share you'll have beautiful sunflowers, zinnias, dahlias, grasses, snapdragons and black carrot.

Enjoy!

- Angie Tomey

[littleboyflowers.com](http://littleboyflowers.com) • [530-277-5877](tel:530-277-5877) • [info@littleboyflowers.com](mailto: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)*

### **WALLA WALLA ONIONS, BASIL, CUCUMBER**

These sweet onions are great for summer grills, pickling, and even onion rings for a burger night!

- [Pickled Walla Walla Onions](#)
- [Sweet Walla Walla Onion Rings with Basil Buttermilk Dip](#)
- Cucumber-Onion Salad (scroll to the bottom of the article)

### **BEETS, STONE FRUIT, LETTUCE**

- [Spiced Crostata with Pluots](#)
- [Pork & Plums](#)
- [Roasted Beet Salad with Peaches, Pluots, Blue Cheese and Walnuts](#)

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Mountain Bounty Farm

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