

MOUNTAIN BOUNTY FARM NEWS

Dear Farm Members,

This week on the farm we will be picking butternut squash, which is the last of the winter storage squashes to come out of the field. Right now, the buttercup/kabocha squash are curing in our greenhouse, and delicata, spaghetti, and a few acorn squash are in big bins under an oak tree. To varying degrees, all of these squashes get sweeter with curing and a little storage time, so we start doling them out in October and beyond. As August comes to an end, we also need to get the onions out of the field where they have been drying in windrows. Picking up and sorting the onions is a big job, and we'd hoped to have it done by now. So this week we are going to take a break from weeding in order to get those onions done. While we are experiencing another heat wave, the light is changing and fall seems almost possible.

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:

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

- Melon
- Sweet red peppers!! *One of our very favorite treats and the flavor of fall. Red peppers are just starting to ripen, and there will be many more for all coming soon.*
- Green beans
- White onions
- Sweet corn
- Red slicing tomatoes
- Heirloom tomatoes
- Zucchini
- Arugula
- Cilantro
- Garlic

SMALL BOX:

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

- Melon
- Green beans
- Sweet corn
- Red slicing tomatoes
- Heirloom tomato
- Cucumbers
- Lettuce
- Garlic

FRUIT SHARE CONTENTS:

Your fruit shares are always padded with an extra pound or so of fruit to make up for damage or spoilage.

- Fantasia nectarines - Mountain Sweet Farm, Oregon House CA
- Somerfeld apples - Smit Farms, Linden CA
- Bartlett pears - Stillwater Orchards, Courtland CA

FLOWER SHARE

Angie will be sending your news in a separate message.

SUNSET RIDGE FARM - FRUIT SHARE NEWS

We've got some great fruit for you this week, including some beautiful Bartlett pears from Courtland. Located in the Sacramento River Delta, Stillwater Orchards has been in the Elliot family since the 1860s. They take great pride in producing some of the best pears around. Hope you enjoy!

Avery, 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](tel:5302923776)

GREEN BEANS, GARLIC

These fridge pickles are a delicious condiment for summer tacos or a crudite platter, try them out:

- [Spicy Quick-Pickled Green Beans](#)

ARUGULA, FRUIT

Midly spicy arugula contrasts nicely with any summer fruit. Here's a recipe to use as a guideline with yours this week:

- [Summer Fruit Salad with Arugula](#)

TOMATOES TOMATOES TOMATOES

Here's a great collection of lots of inspiring recipes for using up all your tomatoes, plus some of the other summer crops like zucchini, corn and peppers:

- [The Best Tomato Recipes Ever](#)

HELPFUL MEMBER LINKS

[Current Members](#)

(link to our website page for all your membership needs)

[Summer Welcome Letter](#)

(policies & instructions)

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Mountain Bounty Farm