

Mountain Bounty Farm News

Early discount renewals for winter veggies begin Friday!

Renew your veggie share for the winter season this Friday through Sunday, and we'll discount your invoice by one week. Pass it on to your friends, neighbors, and coworkers--- this is open to the public! Thanks for all your support.

Important dates:

- Summer veggie CSA ends Oct. 31 // Winter veggie shares begin Nov. 8 (Wednesday pickups in winter)
- Summer fruit shares end Oct. 3 // Winter fruit shares begin Nov. 8
- Summer flowers end this week // Early spring flowers begin March 2018
- We'll be closed (no holiday deliveries) Dec. 22 - Jan. 5

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
- Sweet Red peppers
- Cilantro
- Tomatoes
- Sweet corn
- Carrots
- Onions
- Arugula
- Leeks
- Kenebec white potatoes

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
- Sweet Red peppers
- Cilantro
- Tomatoes
- Sweet corn
- Lettuces
- Kenebec white potatoes

FRUIT SHARE CONTENTS:

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

- Krissy red grapes- Lee Family Farms, Reedley CA

- Autumn Flame yellow peaches- Lee Family Farms, Reedley CA
- Arctic Snow White nectarines- Lee Family Farms, Reedley CA
- Emerald Beaut plums- Lee Family Farms, Reedley CA

FLOWER SHARE - FINAL WEEK!

Angie will be sending your news in a separate message.

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)

Thanks to Donna Fountaine for this week's recipes!

- [Corn with Cilantro Lime Butter](#)
- [Delicious Gazpacho Soup](#)

HELPFUL MEMBER LINKS

[Current Members](#)

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

[Summer Welcome Letter](#)

(policies & instructions)

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