

Important dates:

- Oct. 5: Last summer fruit CSA box
- Oct. 31: First payment deadline for winter shares
- Nov. 2: Last summer veggie CSA box
- Nov. 9: Winter veggie and fruit shares begin
- Dec. 22 - Jan. 5: No holiday deliveries

Mountain Bounty Farm News

Dear Farm Members,

Thanks to the folks who came out for our farm tour on Sunday. It's always satisfying to create a little more connection between what's happening in the fields and those eating the food. For those who missed out, our fall crops are stunning right now. During weekdays, if anyone is interested and available, you are welcome to just drive on by our Birchville road fields and come have a look around.

Winter squash woes and melon triumphs:

We are going to start giving out the first "winter" squashes this week. I know, that does seem a bit early, and it's 2-3 weeks earlier than past years. Unfortunately, this year's winter squash crop had some pest issues, greatly reducing the yield and damaging what was left. Mostly we think it was due to a nasty little insect called the cucumber beetle. They feed on the squash, and they also spread some bad squash diseases around. We've struggled with the cucumber beetle for several years now, with some years worse than others. With what remains of the crop, we are worried that it won't keep very well. So we are sharing it with you starting now, and every other week alternating with potatoes, for a few weeks.

Every year we have some disappointments. But one of the wonderful things about our diverse farming model is that every year we also have even more successes. This year has been notable for challenges with the winter squash and onions. And notable for success with tomatoes, melons, lettuce, greens in general, broccoli, and most everything else to varying degrees. Melons and tomatoes were extra abundant and good quality this year. Thankfully our cup is way more than half full!

Thank you 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.*

- Radishes
- Carrots
- Scallions
- Collard greens!
- Red sweet peppers
- Tomatoes
- Corn
- Sunshine Orange Kabocha squash – *please eat this soon, it's yummy but it won't keep long*
- Golden beets
- Green beans
- Lettuce

SMALL BOX:

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

- Radishes
- Carrots
- Scallions
- Collard greens!
- Red sweet peppers
- Tomatoes
- Delicata squash

FRUIT SHARE CONTENTS:

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

- Golden Delicious apples
- Golden apples- G Bar G Ranch, Half Moon Bay, CA
- Autumn Flame peaches- Lee Family Farms, Reedley, CA

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)

SQUASH - and red peppers and collards and apples

Different types in each box this week... most winter squash can be used interchangeably but I prefer to simply roast my delicatas rather than use in soup or stews. They cook quickly and so make a great roasted vegetable for breakfast to warm the house in the cool autumn mornings, and their cute little size makes for nice stuffed squash recipes. Here's a bunch of ideas to get you started:

- [Vegan Thai Curry Recipe with Kabocha, Red Pepper, Greens, and Coconut](#)
- [Whole-Roasted Stuffed Delicata Squash](#)
(use your collards in place of the kale for these 2 recipes)
- [Winter Squash Sheet Pan Breakfast](#) (couldn't be simpler!)
- [Squash and Red Pepper Skillet](#)
- [Delicata Apple Hash](#)

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