

## 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,

This week's boxes are indicative of the changing season. Corn has given way to broccoli. Tomatoes are almost finished. Melons are becoming a memory. We do have another week or two of red peppers. Our warm weather crops did very well this year; it was an incredibly abundant summer. With gratitude for that abundance, and for the changes that are upon us (and for change itself!), we now turn towards spinach and all the other vibrant fall veggies.

I've included a few photos from the fields. For more, check us out on Instagram, we regularly post photos and videos there.

Thanks for supporting Mountain Bounty,  
John Tecklin



*Perfect spinach ready for your box this week.*



*Sweet potato harvest has been very abundant. Coming soon to a CSA box near you!*



*Gorgeous fall greens palette at our Birchville road fields.*



*We've got a strong fall carrot game.*

## **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.*

- French fingerling potatoes
- Curly kale
- Eggplant
- Tomatoes – Well, we are sadly near the end of tomato season. It's been a good one this year, with tomatoes coming at you since mid-June. Hopefully we'll be able to eke out a few more for you in the next week or two.
- Sweet red peppers
- Green beans
- Spinach
- Yellow onions
- Garlic
- Dill
- Broccoli

### **SMALL BOX:**

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

- French fingerling potatoes
- Curly kale

- Green beans
- Spinach
- Yellow onions
- Garlic
- Carrots

## **FRUIT SHARE CONTENTS:**

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

- Gala apples-- G Bar G Ranch, Half Moon Bay, CA
- Red Scarlett grapes-- Lee Family Farms, Reedley, CA
- Fall Fiesta pluots-- Lee Family Farms, Reedley, CA
- Shinko Asian pears-- Lee Family Farms, Reedley, CA

## **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**