

# Mountain Bounty Farm News

Dear farm friends,

Please, refrain from opening other people's boxes at your pickup site-- our packing crew really has given their best attention to making all of the boxes identical so rest assured that you're getting a fair share when you take the box on top of the stack. You can see them doing it here, in this cool time-lapse video Mike made last year:

[Youtube: Mountain Bounty Farm CSA Box Pack](#)

A few other ways we can all support our CSA are to stack empty boxes neatly for the site hosts, sign off on the delivery lists, observe site hosts' posted pickup hours, and refer friends to the farm too. If you do, we'd like to reward you both with a \$10 coupon toward your orders! Tell your friends to use the coupon code **FRIENDS17** when they checkout online, and to let us know who referred them so we can put a credit on your account for your next renewal.

Thanks for all your support for our whole CSA community!

~Mielle

[\(530\)292-3776](tel:5302923776)

## 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.*

- Basil
- Eggplant
- Zucchini
- Yellow onions
- Sweet corn
- Tomatoes
- Chioggia beets-- *Oooh these babies are looking and tasting good. The greens are not to be missed.*
- Cilantro
- Carrots
- Green Bell Peppers
- Jalapeno Peppers

### **SMALL BOX:**

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

- Basil
- Cucumbers
- Scallions
- Sweet Corn
- Tomatoes
- Lettuce
- Chioggia beets-- *Oooh these babies are looking and tasting good. The greens are not to be missed.*

## **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
- O'Henry yellow peaches-- Lee Family Farms, Reedley, CA
- Black Kat pluots-- Lee Family Farms, Reedley, CA
- Majestic Sweet yellow nectarines-- Lee Family Farms, Reedley, CA

## **FLOWER SHARE**

*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)*

### **CHIOGGIA BEETS**

Here's an article I wrote for Moonshine Ink last year, with 3 recipes- pickled, fried and roasted. Try the scallion-cilantro pesto recipe with your basil instead of the cilantro this week!

- [Chioggia Beets 3 Ways](#)

Here's another article I found with lots more ideas:

- [30 Beet Dishes That'll Convince You to Try a New Recipe](#)

## **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**