

Mountain Bounty Farm News

Dear Farm Members,

Welcome to Mountain Bounty's 20th season! In 1997, I moved back here, to the neighborhood where I grew up. I had gone to college in Portland, lived there for a dozen years and gotten my start in farming. Back home on the San Juan Ridge, I cleared blackberries on land that belonged to a family friend and planted a half acre garden. I washed the produce in a kiddie pool under a blue tarp, stored it under a shade tree, and somehow convinced 48 people to join in this new CSA idea. At the time, I thought I knew what I was doing. In hindsight, I wasn't totally clueless, but nearly. Thank goodness for the ability to learn from that long series of mistakes. Bit by bit, over the years, the farm has greatly improved in just about every way. One of the most unique things about Mountain Bounty, and I think one of our biggest successes, is our evolution from a one man show to a farm that is run by a team. Core crew members Missy Neville, Maia Lipkin, Jake Benedict, Mike Berlinghieri, Aaron Zueck, and Andre Blumenstein (together with many important players from earlier years who have gone on to start other successful farms) have really upped our game.

And of course, we would be nowhere without all of the dedicated CSA members who have hung in there with us and supported us through all of it. Thank You!!! Our hope is that the farm can continue to nourish you for a long time to come.

With many thanks,

John Tecklin



Above: Some of the MBF 2017 crew

This week's CSA contents:

Note: due to the historically wet winter and spring, many of our plantings were significantly delayed. We have chosen to supplement your box with a few items from partner farms that we work with for the winter share. The items from the other farms are noted below. We may do this again next week as well.

- We've included one of our new clear bumper stickers in your box... apply it to a clean, warm (not cold) surface, and press out the air bubbles from one edge as you apply it.
- Please help yourself to some of the brochures we'll leave 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.*

- Napa Cabbage
- Mizuna – this is the bunched green with light green spiky leaves. It's a very mild and tender mustard that is great in salads or stir fried for only a few seconds.
- Lettuce
- Red Russian Kale
- Dill
- Zucchini
- Artichokes – from [Coke Farm](#), San Juan Bautista
- Spring Onions – from [Full Belly Farm](#), Guinda
- Carrots – from [Full Belly Farm](#), Guinda

SMALL BOX:

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

- Small Napa Cabbage
- Small bunch Mizuna – this is the bunched green with light green spiky leaves. It's a very mild and tender mustard that is great in salads or stir fried for only a few seconds.
- Lettuce
- Small bunch Red Russian Kale
- Dill
- Artichokes – from [Coke Farm](#), San Juan Bautista
- Carrots – from [Full Belly Farm](#), Guinda

SALSA ADD-ON OPTION:

- We have a limited availability our famously awesome farm salsa, exclusively for sale to our CSA members. All-organic farm ingredients, in classy, reusable Weck jars. Case of 12 for \$120, or half-case for \$65. To order or ask questions contact Kali at kali.feiereisel@gmail.com.

HELPFUL MEMBER LINKS

This list of links will always be at the bottom of your newsletters this season.

Current Members

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

Pickup Sites Information

(addresses & details)

Summer Welcome Letter

(policies & instructions)

Partner Calendar

(for shared accounts to organize alternating pickups)

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)

CSA SUCCESS

This week I want to start with a few recipes and links to help you be a successful and happy CSA member. Once you know a few simple tips and techniques, how to stock your pantry well, and have some reliable recipes under your belt for each season, you can make incredibly delicious meals with anything the farmers put in your box, year 'round. Here are a couple recipes and interesting foodie sites customized toward CSAs below. Let me know what you think!

- [Basic Vinaigrette Recipe](#)
- [How to Make a Salad](#) (everything you need to know)
- [Getting Hooked on Cooking with CSA](#)- this is a great article with cooking tips, recipes, and extensive notes on how to stock a CSA-friendly pantry.
- [Local Thyme - Cook your way through CSA](#)- this is a seasonal recipe service to help you make the most of ingredients from your local farms.
- [Cook With What You Have](#)- same author as the previous article, her site offers classes, recipes and resources for healthy, delicious, and quick meals geared toward CSA farms & locally-sourced ingredients.

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