

# MOUNTAIN BOUNTY FARM NEWS

Dear Farm Members,

My original farming partner and mentor used to share an anecdote about his farming mentor Trauger Groh. Trauger was a German biodynamic farmer that started one of the first two CSA farms in the US, that both began in 1986. Although Trauger died last summer at age 83, the farm, Temple-Wilton Community Farm in New Hampshire, still continues. Supposedly, every year at the beginning of September he would declare that they had “broken summer’s back.” I’ve been repeating this story to my crew every year and pondering on it a bit myself.

Of course I don’t take it literally that we can somehow conquer summer. Literally, it’s more like summer breaks our backs -- every time. But in a tongue-in-cheek, crusty old farmer kind of way, we are proud to have survived another summer. Making it through the seemingly endless lists of impossible tasks. Making it through heat wave after heat wave. And proud to be connected to a lineage of visionary farmers, working with the soil, responding to the seasons, hoping we can squeak through another year.

Thanks for sticking with us,  
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.*

- Carrots
- Thai Basil
- Eggplant
- Cucumbers – *probably the last for this season*
- Tomatoes – *deep into their long and amazingly productive season, we are continuing to flood you with tomatoes as long as they last. Hopefully we'll have plenty at least into early October.*
- Yellow onions
- Shishito frying peppers
- Jalapeno peppers
- Melon
- 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.*

- Carrots
- Thai Basil
- Eggplant
- Tomatoes – *deep into their long and amazingly productive season, we are continuing to flood you with tomatoes as long as they last. Hopefully we'll have plenty at least into early October.*
- Yellow onions
- Green bell peppers
- Jalapeno peppers

## 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)*

### EGGPLANT, THAI BASIL, ONION, CHILIS, CUCUMBER, CARROT

This week's box is screaming for a delicious southeast Asian meal! Here's a few recipes to get your ideas flowing:

- [Thai Spicy Eggplant with Sweet Basil](#) (vegetarian)
- [Stir-Fried Chicken and Eggplant with Thai Basil](#)
- [Thai Cucumber Salad](#)
- [Easy Thai Peanut Chicken Lettuce Wraps](#) (replace the red bell pepper with tomatoes and these [Thai Style Carrot Pickles](#))

### PEARS

This recipe comes complements of Avery over at Sunset Ridge Fine Fruits:

- [Spiced Red Wine Poached Pears](#)

## FRUIT SHARE NEWS - SUNSET RIDGE FARM

### FRUIT SHARE CONTENTS:

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

- Red Scarlett grapes - Lee Family Farms, Reedley CA
- Emerald Beaut plums - Lee Family Farms, Reedley CA
- Fuji apples - Smit Farms, Linden CA
- Bartlett pears - Stillwater Orchards, Courtland CA

Hi fruit share members!

I hope you've been enjoying the transition from summer stone fruits to fruits that feel a bit more like fall is on its way - even if the weather isn't there yet! We've got a bright and colorful box for you this

week full of late summer treats. I've included a delicious recipe below for wine-poached pears, one of my favorites.

Also, please remember to bring back any empty boxes that you've got from your share so we can reuse them week to week.

Thanks and enjoy!

Avery, CSA Manager

*Organic mandarins, oranges, lemons, grapefruits, apricots, apples, plums, Asian pears, pomegranates, and more.*

[Facebook](#)

[www.gotmandarins.com](http://www.gotmandarins.com)

[sunsetridge@gotmandarins.com](mailto:sunsetridge@gotmandarins.com)

## **FLOWER SHARE NEWS**

*Angie will send your news in a separate message.*

## **HELPFUL MEMBER LINKS**

[Current Members](#)

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

[Summer Welcome Letter](#)

*(policies & instructions)*

~

**Mountain Bounty Farm**