

Important dates:

This week is the final delivery of summer fruit. The final week of summer veggies is October 31. Don't forget to [renew](#) for your winter CSA, it begins November 8!

- Oct. 31: First payment deadline for winter shares // final W. Nevada Co. summer boxes
- Nov. 2: Final Truckee/Tahoe/Reno summer boxes
- Nov. 8 & 9: Winter veggie and fruit shares begin
- Nov. 22: Wednesday deliveries for Thanksgiving week
- Dec. 22 - Jan. 5: No holiday deliveries

Mountain Bounty Farm News

Dear Farm Members,

The theme lately on the farm is fall clean up. It is so satisfying to pick up stuff that's been left lying around and put it away! The drip irrigation has been largely removed from the fields, crops mowed, and a good bit of cover crop has been seeded in anticipation of rain, whenever it comes. Most of the rest of the cover crop should go in this week. There's a teeny bit of weeding left, a few more potatoes to dig, and some final greens seedings for late fall and winter that will go into our large greenhouses. It's a glorious time to be a farmer – or really to be anyone who gets to be outdoors right now.

Thanks 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.*

- Dino kale
- Fennel – *finally it's back after a long summer. While fennel is not universally loved, I say love the haters! Maybe they'll try it someday!*
- Cabbage
- Lettuce
- Arugula
- Carrots
- Cilantro
- Leeks
- Sweet potatoes!!!
- Broccoli
- Sweet red 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.*

- Cabbage
- Lettuce
- Arugula
- Cilantro
- Leeks
- Sweet potatoes!!!
- Broccoli
- Sweet red peppers

FRUIT SHARE CONTENTS (FINAL SUMMER BOX):

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

Thanks to all for your faithful support of our summer fruit CSA... **this is the last week.** Great winter fruit will be available the first week of November. In your box this week:

- Gala and/or Golden Delicious apples-- G Bar G Ranch, Half Moon Bay, CA
- Shinko Asian pears-- Lee Family Farms, Reedley, CA
- Fall Fiesta pluots-- Lee Family Farms, Reedley, CA
- Autumn Flame peaches-- Lee Family Farms, Reedley, CA

Enjoy!

Sunset Ridge Fine Fruits

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

[Facebook](#)

www.gotmandarins.com

sunsetridge@gotmandarins.com

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)

FENNEL

Here's a couple ideas for even the most fennel-phobic friends- try one this week and let us know how it goes!

- [Hate Licorice? These 7 Fennel Recipes Are So Good You'll Change Your Mind](#)
- [Fennel: A Love-Hate Relationship](#)

SWEET RED PEPPERS

This is one of my favorite recipes ever! It's a delicious dip for veggies and crackers that is perfect for a fall celebration. You can buy pomegranate molasses at Middle Eastern markets, or substitute as

directed below. There's also a variation for a great pasta sauce at the bottom.
From *Piece of My Heart* cookbook.

- **MHAMMARA RED BELL WALNUT DIP**

Place in food processor & grind well:

1 cup walnuts, toasted

Add:

1 clove garlic, pressed or minced

3/4 tsp salt

1 Tbl balsamic vinegar

1/2 lemon, juiced

1 cup flesh of roasted red bell peppers (about 3)

1/4 tsp cayenne

1/4 tsp cumin

1 tsp smoked paprika

Several twists fresh ground black pepper

1 Tbl pomegranate molasses OR 1/2 tsp maple syrup plus an extra splash of balsamic vinegar or lemon.

Adjust salt and all seasonings to taste.

- **ROMESCO SAUCE VARIATION**

To make a version of this Spanish sauce for pasta, polenta, or vegetables, add roasted tomatoes and a bit of olive oil.

- **[HOW TO ROAST A RED BELL PEPPER](#)**

This is the most delicious way to prepare the last of your sweet peppers, and then you can freeze them for pasta or bruschetta.

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