

Mountain Bounty Farm News

We only have 4 more weeks of summer boxes!

[Don't forget to renew for your winter CSA, it begins November 8.](#)

Important dates:

- 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

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.*

- Kenebec white potatoes
- Rainbow chard
- Lettuce
- Carrots
- Tomatoes-- *last of the long and abundant season. It's been great and we will miss them.*
- Spinach
- Sweet peppers
- Onions
- Broccoli
- Celery

SMALL BOX:

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

- Kenebec white potatoes
- Lettuce
- Carrots
- Tomatoes-- *last of the long and abundant season. It's been great and we will miss them.*
- Spinach
- Onions
- Broccoli

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)

Thanks again to Donna Fontaine for more tried-and true recipes this week!

- [Paleo Whole30 Chicken Pot Pie Soup](#)- carrots, celery, potatoes
- [Paleo Beef with Broccoli](#)

HELPFUL MEMBER LINKS

[Current Members](#)

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

[Summer Welcome Letter](#)

(policies & instructions)

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