

# Farm News

Sept. 12 and 15, 2011



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## Around The Farm

After that really hot week, it's nice to have some cooler weather upon us. The taste of fall is in the air. Soon we'll be seeing the annual migration of the Sandhill Cranes which pass over our farm each spring and fall around the Equinox. We'll be listening for them in the next couple of weeks.

Our fall crops are looking fantastic. Some of the crops like the cabbage and escarole have snuck up on us and are ready earlier than usual, but overall everything is looking great. Our home fields are greening up with our plantings of lettuces, cilantro, radicchio, broccoli and cabbage. Our winter squash is just about ready to be picked and our peppers are finally coloring up! With the changing of the seasons just around the corner, now is the time to savor the last days of summertime and all that it brings to the farm.

This week we'll be getting geared up for our big **harvest festival on Sunday**. In the past we've always had this event at our home fields but this year we'll be moving the party down to our new site on Birchville rd. We'd love to be able to show everyone both sites since they're very different and have different things growing at each, but we thought this new field would be a perfect place for a big party! As I mentioned before, we're really excited to have Rita Hosking and Cousin Jack playing music for us starting at 5pm. The food and drinks will be available starting at 3pm. John will be leading our first farm tour at 4pm and we'll have ongoing kids' activities all afternoon. Admission is \$5 for CSA members and \$10 for non-members and kids are free. Check out our website for directions and more information.

<http://mountainbountyfarm.com/category/news-and-events/>

In your boxes this week you'll see the first of our sweet and hot peppers. The sweet peppers we grow are not bell peppers which most people are used to. They are longer and tapered at the end which sometimes makes people think that they might be spicy. They are not. They're sweet

and delicious. We will also include a few small hot peppers like jalapeños or serranos. The next round of corn is ready and should be tasty. Also in your boxes you'll find beets, tomatoes, lettuce and escarole. The escarole and lettuce look similar but the escarole should be a lot bigger than the baby lettuce in your box today. Escarole is a chicory, thus it is more bitter and crisper than lettuce. The innermost tender leaves are the tastiest part and it is best used fresh in a salad. It pairs especially well with fruit like pears or apples and nuts. Over the years, it's become one of my absolute favorite things to eat from the farm.

## Cooking the Harvest

I made these corn cakes last week and they were quick, easy and super yummy! Serve with a fresh salsa and some sour cream. This recipe was enough for 3 of us.

**Jalapeño Corn Cakes** from *Sunset Magazine* issue ?

1 egg  
1 c milk  
¾ c cornmeal  
½ c flour  
½ tsp salt  
2 tsp baking powder  
1 tsp marjoram  
3 green onions or ½ onion  
½-1 jalapeño (I used a whole one and some thought it was too spicy.)  
2 c corn  
¼ c oil

Whisk egg and milk and add cornmeal, flour, salt, baking powder, marjoram. Fold in onions, jalapeno and corn. Add oil to skillet and heat over medium heat. Make little pancakes and cook until fluffed up and browned on each side.

Serve with fresh salsa and sour cream.

## Reminders

Our weekly newsletters and recipes can be found on our website blog at [www.MountainBountyFarm.com](http://www.MountainBountyFarm.com). Shares are donated promptly at the close of pickup hours. If you can't make it in time, have a friend pick up your shares.