

Summer CSA 2016 WEEK 12

Farm News, Box Contents, Recipes

Dear Farm Members,

Another week of summer's bounty coming your way! John and Angie are still on their family bike trip through the Vancouver islands this week so here's another photo newsletter.

Enjoy,
~Your crew at Mountain Bounty Farm

IN YOUR VEGGIE BOXES THIS WEEK

Regular Box:

- Corn
- Melon
- Beets
- Tomatoes
- Eggplant
- Thai basil
- Salt and Pepper Cucumbers
- Lettuce
- Onions or Fresh Camelot Shallots
- Green Revolution Sweet pepper

Small Box:

- Corn
- Melon
- Beets
- Tomatoes
- Eggplant
- Thai Basil
- Salt and Pepper Cucumbers
- Onions
- Lettuce

FRUIT SHARE NEWS

This week we have Majestic Sweet nectarines, Flavor Grenade pluots, O'Henry yellow peaches and delicious Krissy grapes - all grown with skill and care by the Lee Family Farm.

To your health and well being, enjoy.

Greg Lewis - Sunset Ridge Fine Fruits
7825 Fox Hill Lane - Newcastle, Ca 95658. Office phone [916-663-9158](tel:916-663-9158)

FLOWER SHARE NEWS

This heat the past week has really pushed things along. The main dahlia planting of about 800 plants is starting to come into full bloom. The heat-loving flowers like the feathery- plumed celosia and the marigolds are thriving.

The last few weeks we've been busy getting all the last seedings of the season finished before it's too late. We've also been seeding all the biennials that will overwinter like foxgloves and delphiniums.

This week in your bouquets you'll see marigolds, celosia, lots of dahlias and some new gorgeous zinnias.

Enjoy!

Angie Tomey

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Connect.



RECIPES

EGGPLANT & THAI BASIL

This week's Thai basil is a real treat! It's usually only found at specialty or Asian markets, and we love it. Its flavor is markedly different than Italian sweet basil, and you may be surprised by its crisp pungency that plays particularly well with Southeast Asian food. Thai basil is bolder and slightly spicier than the sweet kind. Asian eggplant is the smaller, skinny type, and is so delicious when cooked well. Here's a couple recipes to give it a try:

- **Braised Eggplant with Garlic and Thai Basil**
- **Sweet and Spicy Asian Eggplant**
- **Roasted Eggplant with Tofu & Thai Basil**
- **Pad Kra Pao (Thai Basil Chicken)**

If you're not a fan of Asian flavors, here's a recipe for you:

- **Grilled Eggplant, Corn and Bread Salad with Tomato-Basil Vinaigrette**

CUCUMBER

Here's a nice side dish to accompany an asian meal with one of the recipes above:

- **Thai Cucumber Salad**

TOMATO & CORN

Here's a different dish for the non-Asian meal:

- **Tomato, Corn & Cheese Galette with Fresh Basil**