

# Summer CSA 2016 WEEK 23

**Next week is the last summer delivery, don't forget to renew for winter!**

## Farm News, Box Contents, Recipes

Dear Farm Members,

We are winding down our "summer" CSA season. Next week is the final week. So if you haven't signed up for the winter share, please do it now. With our newly configured winter CSA, the usual seasonal transition is feeling less like an abrupt change and more like a gradual tapering down of the season. We will be continuing to harvest a substantial portion of the box contents for the first 5-6 weeks of the winter shares. After that we will still have one or two items in the boxes for quite a while. In the fields, all the cover crops are seeded and some are already greening up nicely. Yeah for all the rain! From now on out as later crops are harvested, those areas will be covered with a protective layer of straw mulch. Over the winter the mulch will slowly break down, adding organic matter to the soil. I hope you are enjoying these last boxes, they hold some of the most succulent produce of the season! Thanks,

John Tecklin  
Mountain Bounty Farm  
[\(530\)292-3776](tel:(530)292-3776)

### **IN YOUR VEGGIE BOXES THIS WEEK**

**Disclaimer:** *this list is what you will \*likely\* receive in your boxes this week. The contents can always change according to the actual harvest.*

#### **REGULAR BOX:**

- Broccoli
- Rainbow chard
- Lettuce
- Leeks

- Sunshine Kabocha squash: This is one of our favorite squashes and we are very excited about this year's crop. It also beloved by all the pests and for several years we have had a hard time getting a good solid harvest. This year there are enough for everyone! These squash are sweet and moist and good just about any way you cook them.
- Potatoes
- Rosemary
- Carrots – this week's are a multicolored blend. Some of the colors taste better than others and overall we recommend roasting.
- Hakurei turnips
- Sweet peppers: Sadly, this is it for the peppers. We cleaned out the pepper patch as it was declining with the cool weather. This week's offering is a mix of mostly green peppers, but all are mild.

### **SMALL BOX:**

- Broccoli
- Small bunch Rainbow chard
- Leek
- Sunshine Kabocha squash: This is one of our favorite squashes and we are very excited about this year's crop. It also beloved by all the pests and for several years we have had a hard time getting a good solid harvest. This year there are enough for everyone! These squash are sweet and moist and good just about any way you cook them.
- Rosemary
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- Sweet peppers: Sadly, this is it for the peppers. We cleaned out the pepper patch as it was declining with the cool weather. This week's offering is a mix of mostly green peppers, all are mild varieties.

## **RECIPES**

*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 succeed in eating locally and seasonally is 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

## **CARROTS**

Roasting brings out the natural sweetness from roots, and other veggies too. The first recipe is very simple, if you've never tried this before. The second includes a delicious maple butter sauce-- feel free to sub your rosemary for the thyme:

- **Multicolored Roasted Carrots**
- **Roasted Carrots with Pistachios and Roasted Apple Cider Gastrique**

## **KABOCHA SQUASH**

Everything about the Sunshine variety is better than other Kabocha Squash varieties, from the sweet, nutty flavor to the glorious persimmon-orange color, which is beautiful as a fall decoration until you enjoy it for dinner. Sunshine is stringless, filled with succulent, ultra-sweet flesh and a nutty afterbite you'll love. The creamy-sweet flavor is brought out well when it's baked, steamed or simmered:

- **Roasted Kabocha with Cumin Salt**
- **Thai Red Curry with Kabocha and Green Peppers**
- **Kabocha No Nimono (Japanese simmered squash)**