

MOUNTAIN BOUNTY FARM NEWS

Winter 2018-19, Week 11 of 25

Dear Farm Members,

With low-elevation snow in the forecast this Monday and Tuesday we're crossing our fingers and hoping all goes smoothly. These are the days—dark and full of winter chill—when we turn to farm infrastructure that spends much of the growing season in retirement. These tools and methodologies can make a big difference in the long run, allowing us to extend our growing season earlier into the spring and later into the winter. For example, tiny tomato seedlings aren't the biggest fans of temperatures below 45 degrees, and so they receive special treatment, living out their days in our cozy auxiliary greenhouse with supplemental light, a space heater, and a wood-burning stove that we stoke only for the coldest nights. This plush set-up demands fairly frequent attention, but it means that we'll be transplanting by mid-March and eating handfuls of cherry tomatoes and slicers by late June/early July.

Our main propagation greenhouse, where we keep the more cold-hardy transplants like broccoli, lettuce, parsley, etc., is double walled for added insulation, and has a pump that inflates the space between the walls with air, trapping heat with a sort of 'bubble' effect. The bubble does good work, adding an extra 5-10 degrees, and these little plant babies are tougher than you'd think. But on the coldest of nights we'll still throw on some cloth row cover for a little extra protection - anything to protect spring broccoli!

It's a sign of the season, when we're caught between the flush of new growth and the clutches of winter. This week your boxes will be full of the usual mid-winter goodness— more greens from the relative safety of our hoop-houses, bunches of chard and kale, some lovely butternut squash from Terra Firma farms, our first spring onions of the year, and more. Happy eating!

~Farmer Kale

THIS WEEK'S CSA CONTENTS

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

REGULAR BOX:

- Carrots- [Mountain Bounty Farm](#), Nevada City CA
- Arugula- [Mountain Bounty Farm](#), Nevada City CA
- Butternut Squash- [Terra Firma Farm](#), Winters CA
- Broccoli- [Full Belly Farm](#), Capay Valley CA
- Lettuce- [Full Belly Farm](#), Capay Valley CA
- Rainbow Chard- [Coke Farm](#), San Juan Bautista CA
- Dino Kale- [Coke Farm](#), San Juan Bautista CA
- Cilantro- [Riverdog Farm](#), Guinda CA
- Spring onions- [Riverdog Farm](#), Guinda CA
- Shallots- [Pinnacle Organic](#), San Juan Bautista CA

SMALL BOX:

- Carrots- [Mountain Bounty Farm](#), Nevada City
- Stir-Fry Mix- [Mountain Bounty Farm](#), Nevada City
- Butternut Squash- [Terra Firma Farm](#), Winters CA
- Broccoli- [Full Belly Farm](#), Capay Valley CA
- Rainbow Chard- [Coke Farm](#), San Juan Bautista CA
- Cilantro- [Riverdog Farm](#), Guinda CA
- Shallots- [Pinnacle Organic](#), San Juan Bautista CA

FRUIT SHARE:

Provided by [Sunset Ridge Fine Fruits](#). Your fruit shares are always padded with an extra half-pound or so of fruit to make up for damage or spoilage.

- Washington Navel oranges from Sunset Ridge Fine Fruits
- Meyer lemons from Sunset Ridge Fine Fruits
- Red Flame grapefruit from Sunset Ridge Fine Fruits
- Minneola Tangelo from Sunset Ridge Fine Fruits
- Bruno Kiwi from Triple B Ranch, Gridley CA

RECIPES

Note: recipes may sometimes call for more or less of a certain item in your boxes, or an 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

GREENS GREENS GREENS

This is the time of year when we get to eat lots of dark leafy greens, nourishing our bodies to withstand the chilly deep winter before all the tender sweet spring crops come on. Even knowing how good they are for us, it can be a challenge to get creative with all the wonderful greens in our boxes this week. Here's a few suggestions to help you out, and a link to why it matters.

- [15 Ways To Eat Your Greens In The Wintertime](#)
- [Celebrating Winter Greens 5 Recipes We Love Right Now](#)
- [Spinach with Fresh Indian Cheese](#) (this can be made with all kinds of greens like chard, kale, or spinach)
- [10 Incredible Effects on Your Body When You Eat Dark, Leafy Greens](#)

HOW TO PICKUP:

1. Check the delivery list for what's been delivered.
2. Take (only) what is listed there.
3. Initial next to your account's order to indicate you've taken what's listed.
4. Return empty boxes every week in a neat, unfolded stack.

If there's a problem, please take only what we've delivered and contact us ASAP by email or phone, we'll help you sort it out.

If you share your subscription, please use [this handy partner calendar](#) to organize pickups. If this isn't helpful, you must check in every week about who will pick up so one of you does not accidentally take someone else's order.

If you send someone else to pickup for you, please make sure they know the pickup procedure so they do not accidentally take someone else's order.

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