

MOUNTAIN BOUNTY FARM NEWS

Winter 2018-19, Week 19 of 25

Dear Farm Friends,

The first week of April marks a turning point for us here at the farm. It's when our interns show up for their first week of work and are thrown into the chaos of springtime on a production farm. The pace is rapid and most everything is new, but time and time again they impress us with strong work ethic and an uncanny determination to succeed. And so much fresh perspective! Each person lends their own tune to the season as we collectively engage in this big collaborative project of growing amazing food for ourselves and for our community.

This time last year, we were moving at full speed, but this year we're still playing the waiting game. We'll be spending our time clearing brush and shining up the more forgotten parts of our farm sites, and in between it all there will be lots of golden opportunities to orient and to teach. It's going to be a great season, and we're all looking forward to meeting these wonderful new farmers and welcoming them into our community. Enjoy your veggies and have a great week!

~Farmer Kale

*This week is the final delivery for winter fruit shares, and veggie shares end in May.
[Don't forget to renew for summer!](#)*

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:

- Pea Shoots- Natural Trading Company
- Romaine Lettuce- [Pinnacle Organic](#), San Juan Bautista CA
- Red Leaf Lettuce- [Pinnacle Organic](#), San Juan Bautista CA
- Stir Fry Mix- [Coke Farm](#), San Juan Bautista CA
- Salad turnips- [Coke Farm](#), San Juan Bautista CA
- Spring onions- [Coke Farm](#), San Juan Bautista CA
- Beets- [Riverdog Farm](#), Guinda CA
- Red Russian kale- [Riverdog Farm](#), Guinda CA
- Carrots- [Full Belly Farm](#), Capay Valley CA

SMALL BOX:

- Pea Shoots- Natural Trading Company
- Romaine Lettuce- [Pinnacle Organic](#), San Juan Bautista CA
- Salad turnips- [Coke Farm](#), San Juan Bautista CA
- Spring onions- [Coke Farm](#), San Juan Bautista CA

- Beets- [Riverdog Farm](#), Guinda CA
- Red Russian kale- [Riverdog Farm](#), Guinda 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.

THIS WEEK IS THE FINAL DELIVERY OF WINTER FRUIT.

Summer fruit shares begin June 4, don't forget to renew!

- Washington navels from Lee Family Farms
- Cara cara pink navels from Lee Family Farms

FLOWER SHARE:

Provided by Angie Tomey at [Little Boy Flowers](#) • info@littleboyflowers.com

The ranunculus are so gorgeous right now! These get planted in the fall as little sprouted corms. They like having the long, cool winter to slowly develop their root system. In really cold areas of the country, you can get away with spring planting them but not really here where it usually gets too hot too fast. If you want to try growing them at home, I recommend planting them in the fall. You can get corms from most bulb suppliers. This week in your bouquets you'll have lots of ranunculus, anemones, poppies, and tulips as well as some sweet smelling narcissus. Enjoy! ☐

~Angie

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

BEETS

This recipe is a fun concept for a new twist on hummus, make it pink!

- [Beet Hummus](#)

SPRING ONIONS

- [Spring Onion Pesto with Kamut Flatbread](#)
- Try this pesto with [Roasted Salad Turnips, or make Turnip Greens Pesto](#)

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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